



Answering Christ's call,  
we guide people to encounter Him  
so as to live in hope, as pilgrims in daily life.

## Litany of Humility

Written by Cardinal Rafael Merry del Val (1865-1930), Cardinal Secretary of State of the Holy under Pope St. Pius X.

O Jesus, meek and humble of heart, *Hear me.*

From the desire of being esteemed, *Deliver me, O Jesus.*  
From the desire of being loved, *Deliver me, O Jesus.*  
From the desire of being extolled, *Deliver me, O Jesus.*  
From the desire of being honored, *Deliver me, O Jesus.*  
From the desire of being praised, *Deliver me, O Jesus.*  
From the desire of being preferred to others, *Deliver me, O Jesus.*  
From the desire of being consulted, *Deliver me, O Jesus.*  
From the desire of being approved, *Deliver me, O Jesus.*  
From the fear of being humiliated, *Deliver me, O Jesus.*  
From the fear of being despised, *Deliver me, O Jesus.*  
From the fear of suffering rebukes, *Deliver me, O Jesus.*  
From the fear of being calumniated, *Deliver me, O Jesus.*  
From the fear of being forgotten, *Deliver me, O Jesus.*  
From the fear of being ridiculed, *Deliver me, O Jesus.*  
From the fear of being wronged, *Deliver me, O Jesus.*  
From the fear of being suspected, *Deliver me, O Jesus.*

That others may be loved more than I, *Jesus, grant me the grace to desire it.*  
That others may be esteemed more than I, *Jesus, grant me the grace to desire it.*  
That, in the opinion of the world, others may increase and I may decrease, *Jesus, grant me the grace to desire it.*  
That others may be chosen and I set aside, *Jesus, grant me the grace to desire it.*  
That others may be praised and I go unnoticed, *Jesus, grant me the grace to desire it.*  
That others may be preferred to me in everything, *Jesus, grant me the grace to desire it.*  
That others may become holier than I, provided that I may become as holy as I should, *Jesus, grant me the grace to desire it.*

**Amen**

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