



LITANY OF HUMILITY

*This litany was composed by Rafael Cardinal Merry del Val (1865-1930),
Secretary of State under Pope Saint 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.