

### Litany of Humility

*Credited to: Rafael Cardinal Merry del Val (1865-1930), Secretary of State for Pope Saint Pius X*

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

From the desire of being esteemed, Deliver me, Jesus.

From the desire of being loved... Deliver me, Jesus.

From the desire of being extolled ... Deliver me, Jesus.

From the desire of being honored ... Deliver me, Jesus.

From the desire of being praised ... Deliver me, Jesus.

From the desire of being preferred to others... Deliver me, Jesus.

From the desire of being consulted ... Deliver me, Jesus.

From the desire of being approved ... Deliver me, Jesus.

From the fear of being humiliated ... Deliver me, Jesus.

From the fear of being despised... Deliver me, Jesus.

From the fear of suffering rebukes ... Deliver me, Jesus.

From the fear of being calumniated ... Deliver me, Jesus.

From the fear of being forgotten ... Deliver me, Jesus.

From the fear of being ridiculed ... Deliver me, Jesus.

From the fear of being wronged ... Deliver me, Jesus.

From the fear of being suspected ... Deliver me, 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 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.

#### ***O Jesus grant me:***

*knowledge and love of my nothingness, the awareness of my selfishness & pride, the pure intention of serving God, perfect submission to the Will of the Father, blind obedience to my superiors, holy hatred of all envy and jealousy, promptness in forgiving offenses, prudence in keeping silent about others' matters, peace and charity towards everyone, the yearning to be treated like Thee, and the grace of knowing how to accept it in a holy way. Holy Mary, Queen, Mother, and teacher of the humble, pray for me. St. Joseph, protector and model of the humble, pray for me. St. Michael, the Archangel, who was the first to bring down the arrogant, pray for me. All Saints, sanctified by the spirit of Humility, pray for me. Let us pray. Lord Jesus Christ, though being God Thou didst humble Thyself even unto death—and death on the cross—in order to be a constant example for us to confound our pride and self love. Grant us grace to imitate Thine example, so that by humbling ourselves as befits our wretchedness here on earth, we may be exalted and enjoy Thee in Heaven forever. Amen.*

### **Prayer for Humility**

Sacred Heart of Jesus, I ask for the grace of deep humility, in the spirit of the third degree:

To avoid speaking of self and trying to attract attention;

To bear criticism without being discouraged or sulking;

To accept advice when given, to ask and follow the same when needed;

To put myself last, and be content that others are preferred to me;

To acknowledge my faults and shortcomings frankly, both interiorly and exteriorly.

Help me, dear Lord, to live out the ideal set before me by St. Ignatius, of doing in all things the opposite to what worldly people do, rejecting with horror what they seek after, and eagerly seeking what they reject, in order to become more like You, who are meek and humble of heart. Amen.

### **Act of Humility for Family Members**

O God, rich in mercy and abounding in love, I confess to you that I have failed as a family member and sinned against my own blood through my actions and inactions, through selfish choices and negligence to love. As your [son/daughter] I ask your forgiveness and firmly resolve to respond to my own family, in my heart and in my actions, as you would, Lord: recognizing them as a precious gift, a beloved people. May the prayers I offer to you on behalf of all *families* be well-received and effective in your heavenly kingdom. Amen.