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## LITANY TO OUR BLESSED MOTHER FOR HUMILITY AND CHARITY

*This Litany is good for public and private devotion—pleaded in all humility and charity.*



*Response:*

**Sorrowful and Immaculate Heart  
of Mary, our Blessed Mother,  
impart to us (me) your  
humility and charity.**

Your Immaculate Conception was hidden  
from the wise and learned,  
Your birth brought joy in the world,  
You were raised in a small remote village,  
You were solemnly presented in the  
temple as a little child,  
You were betrothed to St. Joseph and  
vowed to be a virgin,  
You trembled at the words of the angel  
who praised you,  
You are the handmaid of the Lord,  
You hastened to Elizabeth to bring joy  
and blessings,  
You received praise by reflecting praise to  
God,  
Your soul magnifies the Lord,  
Your spirit rejoices in God your Savior,  
You think of the lowly, the hungry, the  
poor,  
You recognize God's work in salvation  
history,  
You served in hidden ways in the house  
of Zachary,  
You remained silent in the face of St.  
Joseph's perplexity,  
You endured the calumny and insults of  
those who rashly judged you,

You obeyed the command of the emperor  
Augustus and went to Bethlehem,  
You submitted to your spouse and  
accompanied him to his ancestral  
town,  
You accepted rejection from innkeepers  
without resentment,  
You gave birth with surpassing joy and  
peace in a cave used as a stable,  
You gave birth in hiddenness,  
You received the shepherds to visit your  
Son,  
You obeyed the Law to be purified in the  
temple,  
You heard the prophecies of Simeon and  
Anna,  
You received the gifts of the wise men  
who adored your Son,  
You unhesitatingly obeyed your spouse  
when you fled into Egypt,  
You mourned the Holy Innocents who  
were murdered by Herod,  
You prayed for your Egyptian neighbors,  
You returned to Nazareth at the direction  
of your spouse,  
You treasured all the Mysteries of your  
Son in your heart,  
You worked as a homemaker for your  
family in Nazareth,  
You devotedly attended the Feast of the  
Passover in Jerusalem,  
You sought our Lord for three days in  
sorrow,

You refrained from all anger and simply  
asked a question to your Son,  
You cared for St. Joseph at his deathbed,  
You noticed the need of wine for the  
wedding guests, and perceived the  
disciples' need for Faith,  
You presented your concern to your Son  
and prompted the servers to obey  
Him,  
You endured your family rejecting your  
Son,  
You heard the prophecies of the Passion  
and knew of your Son's imminent  
sufferings,  
You forgave the scribes and Pharisees  
who conspired against your Son,  
You accompanied in your heart the  
sufferings of your Son's Passion,  
You prayed for Judas who betrayed your  
Son,  
You prayed for the conversion of the  
thieves crucified with your Son,  
You prayed for the soldiers who cruelly  
treated your Son,  
You pray for us, sinners who crucify your  
Son,  
You shed tears of sorrow, the greatest  
sorrow from the purest perfect love,  
You crushed the head of the serpent,  
You awaited with unwavering Faith the  
Resurrection of your Son,  
You were visited by our Risen Lord,  
You witnessed the Ascension of your Son  
in the midst of the apostles,

You gathered in prayer with the apostles  
and disciples,  
You received the Holy Spirit as your  
motherhood expanded on Pentecost,  
You were submissive in all things to the  
Holy Spirit, your spouse,  
You received our Lord in Holy  
Communion with the utmost  
reverence in body and soul,  
You interceded for the infant Church and  
prayed for the conversion of Saul of  
Tarsus,  
You encouraged St. James in Spain and  
St. Peter in Rome,  
You attended to the Way of the Cross of  
your Son,  
You trusted in God and continued in  
supplications and prayers night and  
day without ceasing,  
You attended Holy Mass offered by St.  
Peter at your house in Ephesus,  
\*You abounded in all virtues and graces,  
and were fruitful in virtue and grace,  
\*You were cheerful in persecutions and  
afflictions,  
\*You were free from murmuring in the  
midst of penury and want,  
\*You were grateful to those that injured  
you,  
\*You rejoiced when exposed to troubles,  
\*You sympathized with the wretched and  
the afflicted as sharing in their  
afflictions,

\*You were not slow to come to the  
assistance of the afflicted,  
\*You shined forth gloriously as  
contending in the fight of faith  
against the pernicious conflicts of  
vicious principles or conduct,  
\*You were the handmaid of all works of  
piety among the faithful,  
\*You are the teacher of our religion and  
of penance,  
\*You were indeed devoted to the humble,  
and you humbled yourself more  
devotedly than the devoted,  
\*You were wonderfully magnified by all,  
while you suffered detraction from  
the Scribes and Pharisees,  
You summoned all the apostles to your  
bedside at the end of your life,  
You commended your soul to your Son  
who assumed your Body and Soul  
into Heaven,  
You are Mother even to those who  
misunderstand and reject you,  
You are the Eternal Queen of Heaven,  
  
Let us pray,  
Lord Jesus Christ, we praise and thank  
you for the perfect example of humility  
and charity in the life of our Blessed  
Mother, who imparts to us, her children,  
the graces to grow in these and all  
virtues. Amen.

\*Drawn from "Letter to St. John the Apostle and  
Evangelist," attributed to St. Ignatius of Antioch.