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LITANY OF HUMILITY

Humility is an essential virtue for our spiritual lives. St. Faustina was told by our Lord that “true greatness of the soul is in loving God and in humility.” Through this litany, our Blessed Mother guides us to trust her Son to deliver us from the excessive desires and fears which endanger our souls and lead us to pride.



O Jesus, meek and
humble of heart,
Make my heart like yours.

From self-will,
Deliver me, O Lord.

From the desire of being
esteemed,

From the desire of being
loved,

From the desire of being
extolled,

From the desire of being
honored,

From the desire of being
praised,

From the desire of being
preferred to others,

From the desire of being
consulted,

From the desire of being
approved,

From the desire to be
understood,

From the desire to be
visited,

From the fear of being
humiliated,

From the fear of being
despised,

From the fear of
suffering rebukes,

From the fear of being
calumniated,

From the fear of being
forgotten,

From the fear of being
ridiculed,

From the fear of being
suspected,

From the fear of being
wronged,

From the fear of being
abandoned,

From the fear of being
refused,

Deliver me, O Lord.

Deliver me, O Lord.

Deliver me, O Lord.

Deliver me, O Lord.

Deliver me, O Lord.

That others may be loved
more than I, *Lord, grant
me the grace to desire it.*

That others may be
esteemed more than I,

That, in the opinion of
the world, others
may increase and I
may decrease,

That others may be
chosen and I set
aside,

That others may be
praised and I go
unnoticed,

That others may be
preferred to me in
everything,

That others may
become holier than I,
provided that I may
become as holy as I
should,

Lord, grant me the grace to desire it.

At being unknown and
poor, *Lord, I want to
rejoice.*

At being deprived of the
natural perfections of
body and mind,

When people do not
think of me,

When they assign me
the meanest tasks,

When they do not even
deign to make use of
me,

When they never ask
my opinion,

When they leave me at
the lowest place,

When they never
compliment me,

When they blame me in
season and out of
season,

Lord, I want to rejoice.

Lord, I want to rejoice.

Blessed are those who suffer
persecution for
Jesus' sake,
*For theirs is the kingdom of
heaven.*

(Litany of Humility attributed to Rafael Cardinal Merry del Val as found in *The Power of Silence* by Robert Cardinal Sarah, pp. 17-19.)

INVOCATIONS FOR HUMILITY

O Mary, Mother of the
humble, *pray for me.*

St. Joseph, patron of the
humble, *pray for me.*

St. Michael, who first crushed
pride, *pray for me.*

St. John the Baptist, who
decreased so that Christ
may increase, *pray for me.*

St. Francis, imitator of a master
meek and humble, *pray for me.*

All ye holy spirits sanctified
by humility, *pray for me.*

Let us pray:

O sweet Jesus, meek and humble
of Heart, make my heart like unto
Thine, and give me the grace of
final perseverance. Amen.