



J.M.J.

# SCRIPTURAL LITANY OF HUMILITY

—Fr. Giuseppe Ignazio Franchi



O Jesus, humble of Heart,  
*hear my prayer!*

O Jesus, humble of Heart,  
*hear my prayer!*

O Jesus, humble of Heart,  
*grant me humility!*

1. Jesus, truly a hidden  
God, *Grant me humility!*

2. Jesus, laid in a manger,

3. Jesus, offered to the  
Lord and redeemed  
with two doves,

4. Jesus, borne into Egypt,

5. Jesus, baptized by John,

6. Jesus, taken up by the  
devil and placed on the  
pinnacle of the Temple,

7. Jesus, taken up by the  
devil upon a high  
mountain,

8. Jesus, by many reputed  
mad,

9. Jesus, by even some of  
Thy friends regarded  
as insane,

10. Jesus, thought to be  
possessed of a devil,

11. Jesus, who didst take  
the form of a servant,

12. Jesus, who didst wash  
the disciples' feet,

13. Jesus, the bread of life,

14. Jesus, concealed in the  
Eucharist.

15. Jesus, abandoned by  
Thy disciples,

16. Jesus, despised by  
Herod and his army,

17. Jesus, whose face was  
spat upon,

18. Jesus, struck in the face,

19. Jesus, crowned with  
thorns,

20. Jesus, mocked with the  
words: 'Hail, King of  
the Jews!'

21. Jesus, blindfolded and  
mocked,

22. Jesus, most shamefully  
scourged,

*Grant me humility!*

*Grant me humility!*

*Grant me humility!*

*Grant me humility!*

*Grant me humility!*

23. Jesus, exhibited to the people,  
 24. Jesus, the last of men,  
 25. Jesus, the refuse of the people,  
 26. Jesus, the opprobrium of men,  
 27. Jesus, object of the divine anger,  
 28. Jesus, humbled by God,  
 29. Jesus, a worm and no man,  
 30. Jesus, in whom there was neither beauty nor comeliness,  
 31. Jesus, in appearance a leper,  
 32. Jesus, crucified,  
 33. Jesus, crucified between two thieves,  
 34. Jesus, reputed with the wicked,  
 35. Jesus, blasphemed and mocked by the passers-by,  
 36. Jesus, obedient unto death,

*Grant me humility!*

*Grant me humility!*

*Grant me humility!*

37. Jesus, obedient to the death of the cross,  
 38. Jesus, who didst debase and humble Thyself,  
 39. Jesus, drenched with opprobrium,  
 40. Jesus, who didst cry out with a loud voice: 'My God, my God, why hast thou abandoned me?'

*Grant me humility!*

*Grant me humility!*

Lamb of God, who takest away the sins of the world, *pardon my sins of pride!*

Lamb of God, who takest away the sins of the world, *destroy my pride that my prayers may be heard!*

Lamb of God, who takest away the sins of the world, *have pity on me and make me truly humble of heart!*

O Jesus, hear my prayer!  
 O Jesus, grant my prayer!

LET US PRAY.

O Jesus, who didst suffer so much to leave us a perfect model of humility, and who didst command us to learn of Thee that Thou wast meek and humble of heart, make me docile to Thy lessons and faithful to their practice!

By Thy humiliations, by Thy infinite love, which led Thee to endure them, and by the glory that now crowns them, I beseech Thee to grant me humility, O Thou that livest and reignest with the Father and the Holy Spirit, world without end! Amen!

*Hand-book of Humility: or, The love of self-contempt, 1889, pp. 338-344, www.archive.org*