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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,

*Deliver me, O Lord.*

*Deliver me, O Lord.*

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,  
From the fear of being  
trapped,

*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.