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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.**

1. Your Immaculate Conception was hidden from the wise and learned,
2. Your birth brought joy in the world,
3. You were raised in a small remote village,
4. You were solemnly presented in the temple as a little child,
5. You were betrothed to St. Joseph and vowed to be a virgin,
6. You trembled at the words of the angel who praised you,
7. You are the handmaid of the Lord,
8. You hastened to Elizabeth to bring joy and blessings,
9. You received praise by reflecting praise to God,
10. Your soul magnifies the Lord,
11. Your spirit rejoices in God your Savior,
12. You think of the lowly, the hungry, the poor,
13. You recognize God's work in salvation history,
14. You served in hidden ways in the house of Zachary,
15. You remained silent in the face of St. Joseph's perplexity,
16. You endured the calumny and insults of those who rashly judged you,
17. You obeyed the command of the emperor Augustus and went to Bethlehem,

18. You submitted to your spouse and accompanied him to his ancestral town,
19. You accepted rejection from innkeepers without resentment,
20. You gave birth with surpassing joy and peace in a cave used as a stable,
21. You gave birth in hiddenness,
22. You received the shepherds to visit your Son,
23. You obeyed the Law to be purified in the temple,
24. You heard the prophecies of Simeon and Anna,
25. You received the gifts of the wise men who adored your Son,
26. You unhesitatingly obeyed your spouse when you fled into Egypt,
27. You mourned the Holy Innocents who were murdered by Herod,
28. You prayed for your Egyptian neighbors,
29. You returned to Nazareth at the direction of your spouse,
30. You treasured all the Mysteries of your Son in your heart,
31. You worked as a homemaker for your family in Nazareth,
32. You devotedly attended the Feast of the Passover in Jerusalem,
33. You sought our Lord for three days in sorrow,
34. You refrained from all anger and simply asked a question to your Son,
35. You cared for St. Joseph at his deathbed,

36. You noticed the need of wine for the wedding guests, and perceived the disciples' need for Faith,
37. You presented your concern to your Son and prompted the servers to obey Him,
38. You endured your family rejecting your Son,
39. You heard the prophecies of the Passion and knew of your Son's imminent sufferings,
40. You forgave the scribes and Pharisees who conspired against your Son,
41. You accompanied in your heart the sufferings of your Son's Passion,
42. You prayed for Judas who betrayed your Son,
43. You prayed for the conversion of the thieves crucified with your Son,
44. You prayed for the soldiers who cruelly treated your Son,
45. You pray for us, sinners who crucify your Son,
46. You shed tears of sorrow, the greatest sorrow from the purest perfect love,
47. You crushed the head of the serpent,
48. You awaited with unwavering Faith the Resurrection of your Son,
49. You were visited by our Risen Lord,
50. You witnessed the Ascension of your Son in the midst of the apostles,

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

66. *You were not slow to come to the assistance of the afflicted,
67. *You shined forth gloriously as contending in the fight of faith against the pernicious conflicts of vicious principles or conduct,
68. *You were the handmaid of all works of piety among the faithful,
69. *You are the teacher of our religion and of penance,
70. *You were indeed devoted to the humble, and you humbled yourself more devotedly than the devoted,
71. *You were wonderfully magnified by all, while you suffered detraction from the Scribes and Pharisees,
72. You summoned all the apostles to your bedside at the end of your life,
73. You commended your soul to your Son who assumed your Body and Soul into Heaven,
74. You are Mother even to those who misunderstand and reject you,
75. 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.