

Litany of Humility

FROM HOLY WRIT

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

2 Chronicles 7:14

The fear of the LORD is the instruction of wisdom; and before honour is humility.

Proverbs 15:33

Before destruction the heart of man is haughty, and before honour is humility.

Proverbs 18:12

By humility and the fear of the LORD are riches, and honour, and life.

Proverbs 22:4

Whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted.

Matthew 23:2, Luke 14:11

Every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.

Luke 18:14

And being found in fashion as a man, he [Jesus] humbled himself, and became obedient unto death, even the death of the cross.

Philippians 2:8

God resisteth the proud, but giveth grace unto the humble.

James 4:6, 1 Peter 5:5

Humble yourselves in the sight of the Lord, and he shall lift you up.

James 4:10

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time.

1 Peter 5:6

THE LITANY

O Jesus, meek and humble of heart,
Jesus, hear me.

From the desire of being esteemed,
Deliver me, Jesus.

From the desire of being loved,
Deliver me, Jesus.

From the desire of being sought,
Deliver me, Jesus.

From the desire of being honored,
Deliver me, Jesus.

From the desire of being praised,
Deliver me, Jesus.

From the desire of being preferred,
Deliver me, Jesus.

From the desire of being consulted,
Deliver me, Jesus.

From the desire of being approved,
Deliver me, Jesus.

From the desire of being considered,
Deliver me, Jesus.

From the fear of being humbled,
Deliver me, Jesus.

From the fear of being despised,
Deliver me, Jesus.

From the fear of being rebuffed,
Deliver me, Jesus.

From the fear of being calumniated,
Deliver me, Jesus.

From the fear of being forgotten,
Deliver me, Jesus.

From the fear of being ridiculed,
Deliver me, Jesus.

From the fear of being wronged,
Deliver me, Jesus.

From the fear of being suspected,
Deliver me, Jesus.

That others may be loved more than I,
Jesus, grant me the grace to wish.

That others may be esteemed more
than I,
Jesus, grant me the grace to wish.

That others may grow in the opinion
of the world and I diminish,
Jesus, grant me the grace to wish.

That others may be employed and I
set aside,
Jesus, grant me the grace to wish.

That others may be praised and I
forgotten,
Jesus, grant me the grace to wish.

That others may be preferred before
me in everything,
Jesus, grant me the grace to wish.

That others may be more holy than I,
provided I am as holy as I can be,
Jesus, grant me the grace to wish.

ALMIGHTY and everlasting God, Who,
of Thy tender love towards mankind,
has sent Thy Son, our Saviour Jesus
Christ, to take upon Him our flesh,
and to suffer death upon the cross,
that all mankind should follow the
example of His great humility;
Mercifully grant that we may both
follow the example of His patience,
and also be made partakers of His
resurrection; through the same Jesus
Christ our Lord. Amen.

O GOD, who resisteth the proud and
givest grace to the humble: grant to
us the virtue of true humility, after the
pattern wherewith thine Only-
Begotten Son manifested himself to
Thy faithful people; that we may in
nowise provoke thine anger to
ourselves, but may in lowliness of
heart obtain Thy exalting grace;
through the same Christ our Lord.
Amen.