St. Padre Pio Center for Deliverance Counseling™

Litany of Humility

This Litany is attributed to Rafael Cardinal Merry del Val (1865-1930), the Secretary of State of Pope Saint Pius X, by Father Charles Belmonte, S.Th.D., a priest of the Opus Dei Prelature who, inspired by the Cardinal, included it in collection, the "Handbook of Prayers," in 1986. Some words updated.

O Jesus! Meek and humble of heart, *Hear me.*

From the desire of being admired, *R.* *Deliver me, Jesus*
From the desire of being loved, *R.* *Deliver me, Jesus*
From the desire of being cheered, *R.*
From the desire of being honored, *R.*
From the desire of being praised, *R.*
From the desire of being preferred to others, *R.*
From the desire of being consulted, *R.*
From the desire of being approved, *R.*
From the fear of being humiliated, *R.*
From the fear of being despised, *R.*
From the fear of suffering rebukes, *R.*
From the fear of being accused falsely, *R.*
From the fear of being forgotten, *R.*
From the fear of being ridiculed, *R.*
From the fear of being wronged, *R.*
From the fear of being suspected, *R.*

That others may be loved more than I, *R.* *Jesus grant me the grace to desire it.*
That others may be admired more than I, *R.* *Jesus grant me the grace to desire it.*
That, in the opinion of the world, others may increase and I may decrease, *R.*
That others may be chosen and I set aside, *R.*
That others may be praised and I unnoticed, *R.*
That others may be preferred to me in everything, *R.*
That others may become holier than I, Provided that I may become as holy as I should, *R.*

Amen.