

About Litany of Humility Prayer

This prayer, **Litany of Humility**, was composed by Rafael Cardinal Merry del Val (1865-1930), Cardinal Secretary of State of the Holy See under Pope Saint Pius X. If you observe carefully at each line in this litany, you can see that they are asking for huge humility to that extreme that the world might think we are fools to pray such a prayer and might even call us incompetent. So for each Christian, it takes extreme guts to pray this **Litany of Humility** prayer. But I am sure you won't find a better prayer for Humility than this one.

As You Pray, The Litany of Humility, you ask for three different graces that will allow you to live a genuine Christian life. These are the graces:

- to set aside your attempts to make yourself feel “special” through the acceptance and admiration of others;
- to overcome your repugnance to feeling emotionally hurt by others;
- to seek the good of others in all things, setting aside all competition, even at your own expense.

Still, let's be careful that this is done in a psychologically healthy manner.

First, it's good when our work is recognized and appreciated; the spiritual point is that we shouldn't crave this admiration as an aspect of a personal identity, but that we endeavour to accept all benefits of our work in praise of Christ, who emptied Himself for our sake, who suffered for us, who died on a cross for us, and in whose service we do our work. But may I never boast except in the cross of our *Lord Jesus Christ (Galatians 6:14)*.

Second, we all feel hurt when someone insults us; still, the spiritual point is that we don't need to build up psychological defences to protect ourselves from the pain of being insulted if only, even in our deepest hurt, we always endeavour to trust in Christ, who alone will protect us from all danger. Be not afraid, as Jesus says repetitively throughout the Gospels.

Finally, although “placing others first” runs counter to natural self-preservation, the spiritual point is that, if we really trust in God, not only can we stop competing with others to satisfy our pride but also we can endeavour to notice the needs of others, looking on others with compassion, in the hope that they might be saved from damnation because of their own desperate obsession with self-preservation. Nevertheless, our concern for others must not take on a form of masochism or self-defilement; in all of our charity to others we must never relinquish the responsibility of developing our talents to the fullest, so that we can serve Christ effectively and joyfully, in pure love.

Litany of Humility

O Jesus! meek and humble of heart, 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 extolled, **Deliver me, Jesus.**

From the desire of being honoured, **Deliver me, Jesus.**

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

From the desire of being preferred to others, **Deliver me, Jesus.**

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

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

From the fear of being humiliated, **Deliver me, Jesus.**

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

From the fear of suffering rebukes, **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 desire it.**

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

That, in the opinion of the world, others may increase and I may decrease, **Jesus, grant me the grace to desire it.**

That others may be chosen and I set aside, **Jesus, grant me the grace to desire it.**

That others may be praised and I unnoticed, **Jesus, grant me the grace to desire it.**

That others may be preferred to me in everything, **Jesus, grant me the grace to desire it.**

That others may become holier than I, provided that I may become as holy as I should, **Jesus, grant me the grace to desire it.**

God does not demand that we be perfect before He will love us.

He simply asks us to accept His guidance so that we can learn from our mistakes and grow in perfection.