

A Private Litany of Humility

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

From the desire of being honored, 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 comfort and ease, deliver me, Jesus.

From the fear of being humiliated, deliver me, Jesus.

From the fear of being criticized, deliver me, Jesus.

From the fear of being passed over, deliver me, Jesus.

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

From the fear of being lonely, deliver me, Jesus.

From the fear of being hurt, deliver me, Jesus.

From the fear of suffering, deliver me, Jesus.

That others may be loved more than I,

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.

O Jesus, meek and humble of heart, make my heart like yours.

O Jesus, meek and humble of heart, strengthen me with your Spirit.

O Jesus, meek and humble of heart, teach me your ways.

O Jesus, meek and humble of heart,
help me put my self-importance aside
to learn the kind of cooperation with others
that makes possible the presence
of your Abba's household.

Amen.