

Praying Through Lent: The Litany of Humility

Humility is the prize of all the virtues, and practicing it well is the key to obtaining all the rest. Penance, fasting, and almsgiving, all highlighted during the Lenten season, are ways to cultivate humility in our hearts, in addition to reciting this beautiful prayer.

The Litany of Humility is attributed to Rafael Cardinal Merry del Val (1865-1930) who served as the Secretary of State for Pope St. Pius X.

Although this prayer is wonderful to pray regularly when our pride rears its ugly head, it is an especially poignant prayer and meditation for the Lenten season. Our ultimate example in humility is our Savior Jesus Christ, who willingly suffered in silence on our behalf each one of the things listed in this litany.

THE 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 honored, *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.* Amen.

