

## 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, **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 discredited, **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.**

## LITANY OF DIGNITY (VITALITY)

O Jesus! Defender of the weak, **Hear me.**

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

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

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

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

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

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

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

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

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

From the desire of being happy in complacency, **Deliver me, Jesus.**

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

From the desire of being safely placid, **Deliver me, Jesus.**

From the desire of being unobtrusive to avoid conflict, **Deliver me, Jesus.**

From the desire of being forgivably naive, **Deliver me, Jesus.**

From the desire of being the suffering servant, **Deliver me, Jesus.**

From the desire of being underutilized to remain above reproach, **Deliver me  
Jesus.**

That everyone may be loved unconditionally, including me,  
**Jesus, grant me the grace to desire it.**

That everyone, including me, may be able to give and receive genuine esteem,  
**Jesus, grant me the grace to desire it.**

That the opinion of the world may be challenged by the light of Christ in everyone,  
including me,

**Jesus, grant me the grace to desire it.**

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

That everyone (including me) may receive due credit as an opportunity to glorify  
You, the giver of every good thing,

**Jesus, grant me the grace to desire it.**

That everyone (including me) may be afforded spaciousness to live out their  
vocation in the world,

**Jesus, grant me the grace to desire it.**

That we may all spur one another on to holiness, as a society in our institution  
building, and as individuals in our quotidian thoughts and actions,

**Jesus, grant me the grace to desire it. Amen.**