

# BENEDICTION



## Litany of Humility

V/ Jesus, meek and humble of heart!  
R/ Hear me!

V/ From the desire of being esteemed,  
R/ Lord Jesus, free me!

V/ From the desire of being loved,  
R/ Lord Jesus, free me!

V/ From the desire of being acclaimed,  
R/ Lord Jesus, free me!

V/ From the desire of being honored,  
R/ Lord Jesus, free me!

V/ From the desire of being praised,  
R/ Lord Jesus, free me!

V/ From the desire of being preferred,  
R/ Lord Jesus, free me!

V/ From the desire of being consulted,  
R/ Lord Jesus, free me!

V/ From the desire of being approved,  
R/ Lord Jesus, free me!

V/ From the desire of being valued,  
R/ Lord Jesus, free me!

V/ From the fear of being humiliated,  
R/ Lord Jesus, free me!

V/ From the fear of being despised,  
R/ Lord Jesus, free me!

V/ From the fear of being dismissed,  
R/ Lord Jesus, free me!

V/ From the fear of being rejected,  
R/ Lord Jesus, free me!

V/ From the fear of being defamed,  
R/ Lord Jesus, free me!

V/ From the fear of being wronged,  
R/ Lord Jesus, free me!

V/ From the fear of being suspected,  
R/ Lord Jesus, free me!

V/ From resenting that my opinion is not followed,  
R/ Lord Jesus, free me!

V/ That others will be loved more than I,  
R/ Lord Jesus, make this my prayer!

V/ That others will be esteemed more than I,  
R/ Lord Jesus, make this my prayer!

V/ That others will increase in the opinion of the world while I diminish,  
R/ Lord Jesus, make this my prayer!

V/ That others will be chosen while I am set aside,  
R/ Lord Jesus, make this my prayer!

V/ That others will be praised while I am overlooked,  
R/ Lord Jesus, make this my prayer!

V/ That others will be preferred to me in everything,  
R/ Lord Jesus, make this my prayer!

V/ Let us pray:

Lord Jesus, though you were God, you humbled yourself to the extreme of dying on a cross, to set an enduring example to the shame of my arrogance and vanity. Help me to learn your example and put it into practice so that, by humbling myself in accordance with my lowliness here on earth, you can lift me up to rejoice in you forever in heaven.

R/ Amen.

After the priest finishes the litany, the cantor begins the Tantum Ergo (on next page) everyone joins in.