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 ...
From the desire of being extolled ...
From the desire of being honored ...
From the desire of being praised ...
From the desire of being preferred to others ...
From the desire of being consulted ...
From the desire of being approved ...

From the fear of being humiliated ...
From the fear of being despised...
From the fear of suffering rebukes ...
From the fear of being calumniated ...
From the fear of being forgotten ...
From the fear of being ridiculed ...
From the fear of being wronged ...
From the fear of being suspected ...

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

That others may be esteemed more than I ...
That, in the opinion of the world,
others may increase and I may decrease ...
That others may be chosen and I set aside ...
That others may be praised and I unnoticed ...
That others may be preferred to me in every-
thing ...
That others may become holier than
I, provided that I may become as holy as I
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Daily Aspirations of St. Anthony Mary Claret

Who is like God?
Who is like Jesus Christ?
Who is like Mary, Virgin and Mother of God?
Who is like the angels of heaven?
Who is like the saints in glory?
Who is like the just upon earth?
Long live Jesus!
Long live Mary Most Holy!
Long live the holy law of God!
Long live the holy evangelical counsels!
Long live the holy sacraments of the Church!
Long live the holy Sacrifice of the Mass!
Long live the Blessed Sacrament of the Altar!
Long live the Holy Rosary of Mary!
Long live the grace of God!
Long live the Christian virtues!
Long live the works of mercy!
Death to vices, faults, and sins!

A short prayer by St. Anthony Mary Claret:
"Long live Jesus; death to sin; death to self-love, the enemy of the love of God."

Invocations for humility

O Mary, Mother of the humble, *pray for me.*
St. Joseph, patron of the humble, . . .
St. Michael, who first crushed pride, . . .
St. Francis, imitator of a master meek and humble, ...
All ye holy spirits sanctified by humility, . . .

O sweet Jesus! meek and humble of Heart, make my heart like unto Thine, and give me the grace of final perseverance. Amen.

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