



LITANY OF HUMILITY

Rafael Cardinal Merry del Val
(1865-1930),
Secretary of State for Pope St Pius X

O Jesus! Meek and humble of heart, **Hear me.**

From the desire of being esteemed, **Deliver me, O 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,
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.

—PRAYER FOR DELIVERANCE —

All: My Lord, You are all powerful, You are God, You are Father. We beg You through the intercession and help of the archangels Michael, Raphael and Gabriel, for the deliverance of our brothers and sisters who are enslaved by the evil one. All saints of Heaven, come to our aid.

From anxiety, sadness and obsessions,
All: We beg You. *Free us, O Lord.*

From hatred, fornication, and envy,
From thoughts of jealousy, rage, and death,
From every thought of suicide and abortion,
From every form of sinful sexuality,
From every division in our family,
and every harmful friendship,
From every sort of spell, malefic, witchcraft,
and every form of the occult,

All: Lord, You Who said, “I leave you peace, My peace I give you,” grant that, through the intercession of the Blessed Virgin Mary, we may be liberated from every evil spell and enjoy your peace always. Through our Lord Jesus Christ, your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

—THE GLORIA—

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son.
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
 have mercy on us;
you take away the sins of the world,
 receive our prayer;
You are seated at the right hand of the Father,
 have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.



—THE NICENE CREED—

I believe in one God, the Father almighty,
maker of heaven and earth,
 of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven, *(please bow)*

*and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.*

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.