

Litany of Humility Prayer Meditation

My son, conduct your affairs with humility, and you will be loved more than a giver of gifts. Sirach 3:17

Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. Matthew 11:29

O Jesus, meek and humble of heart,
Hear me.

Those who fear the Lord prepare their hearts and humble themselves before him. Sirach 2:17

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

Whoever exalts himself will be humbled; but whoever humbles himself will be exalted. Matthew 23:12

From the desire of being loved,
Deliver me, O Jesus.

...put away all filth and evil excess and humbly welcome the word that has been planted in you and is able to save your souls. James 1:21

From the desire of being extolled,
Deliver me, O Jesus.

He humbled himself, becoming obedient to death, even death on a cross. Philippians 2:8

From the desire of being honored,
Deliver me, O Jesus.

Good and upright is the LORD, therefore he shows sinners the way, He guides the humble in righteousness, and teaches the humble his way. Psalms 25:8-9

From the desire of being praised,
Deliver me, O Jesus.

...and all of you, clothe yourselves with humility in your dealings with one another, for: "God opposes the proud but bestows favor on the humble." 1 Peter 5:5

From the desire of being preferred to others,
Deliver me, O Jesus.

For humble people you save; haughty eyes you bring low. Psalms 18:28

From the desire of being consulted,
Deliver me, O Jesus.

For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted." Luke 14:11

From the desire of being approved,
Deliver me, O Jesus.

My son, with humility have self-esteem; and give yourself the esteem you deserve. Sirach 10:28

From the fear of being humiliated,
Deliver me, O Jesus.

The reward for humility and fear of the LORD is riches and honor and life. Proverbs 22:4

From the fear of being despised,
Deliver me, O Jesus.

...live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love, Ephesians 4:1-2

From the fear of suffering rebukes,
Deliver me, O Jesus.

So humble yourselves under the mighty hand of God, that he may exalt you in due time. 1 Peter 5:6

From the fear of being calumniated,
Deliver me, O Jesus.

You have been told, O mortal, what is good, and what the LORD requires of you: Only to do justice and to love goodness, and to walk humbly with your God. Micah 6:8

From the fear of being forgotten,
Deliver me, O Jesus.

Holy and humble of heart, bless the Lord; praise and exalt him above all forever. Daniel 3:87

From the fear of being ridiculed,
Deliver me, O Jesus.

The fear of the LORD is training for wisdom, and humility goes before honors. Proverbs 15:33

From the fear of being wronged,
Deliver me, O Jesus.

Seek the LORD, all you humble of the land, who have observed his law; Seek justice, seek humility; Perhaps you will be sheltered on the day of the LORD's anger. Zephaniah 2:3

From the fear of being suspected,
Deliver me, O Jesus.

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, Colossians 3:12

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

Humble yourselves before the Lord and he will exalt you. James 4:10

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

Humble yourself the more, the greater you are, and you will find mercy in the sight of God. Sirach 3:18

That, in the opinion of the world, others may increase and I may decrease,
Jesus, grant me the grace to desire it.

Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, Philippians 2:3

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

Whoever humbles himself like this child is the greatest in the kingdom of heaven. Matthew 18:4

That others may be praised and I go unnoticed,
Jesus, grant me the grace to desire it.

For the fear of the Lord is wisdom and discipline; faithfulness and humility are his delight. Sirach 1:27

That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.

Finally, all of you, be of one mind, sympathetic, loving toward one another, compassionate, humble. 1 Peter 3:8

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.

For great is the power of the Lord; by the humble he is glorified. Sirach 3:20

Amen.

“Do not fear, Daniel,” he continued; “from the first day you made up your mind to acquire understanding and humble yourself before God, your prayer was heard... Daniel 10:12