

USER AGREEMENT:

“I agree before God that if, after examining the contents of this file, I decide to print, save, or otherwise use the contents, I will send a donation, as requested, for each set of pamphlets used.”

OTHERWISE, DO NOT CONTINUE.

MY WEBSITE is not a not a commercial enterprise. It is dedicated to healing, not profit. It is the work of one man without the monetary support of sponsors or advertising. Through this work I have made my knowledge and experience available to all, regardless of their financial resources.

If you make use of this prayer booklet, please consider the effort I put into making it and express your gratitude with a donation. What is the point of praying if your prayer is stained with ingratitude?

*"I don't have any money," you say. Then look honestly at yourself. Try fasting for one day and see if the soda you don't drink, the coffee you don't drink, the snacks you don't eat, and the meat you don't eat will fill your hands with the money to pay *something* for what you have received here.*

Donate by mail with cash, a personal check (USA only), or a bank draft:

Raymond Lloyd Richmond, Ph.D.
55 New Montgomery Street, Suite 420
San Francisco, CA 94105-3429
USA

Donate with PayPal through:

www.ChastitySF.com/donations.htm

THE LITANY OF HUMILITY

Suggested minimum donation: \$2.50 for each set of two pamphlets

Instructions:

1. *Read all these instructions carefully before doing anything.*
2. This file will make two pamphlets.
3. Print page 4 of this file first, and then print page 3 (with the picture) of this file on the reverse side of page 4.
4. Trim all the margins to remove the dotted lines.
5. Fold each trimmed section in half.

BLESS the Lord, O my soul! and let all that is within me bless His holy name. Bless the Lord, O my soul! and never forget all that He hath done for thee.

—Psalm 103:1-2

Available only by donation to
Chastity – In San Francisco?
www.ChastitySF.com

The
LITANY
of **Humility**



by Rafael Cardinal Merry del Val

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THE LITANY OF HUMILITY

○ 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,

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 being rebuked,

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,

* *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, *

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
everything,

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.*

—Rafael Cardinal Merry del Val
(1865-1930)

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