

**Deliver me, O Jesus**

From the desire of being esteemed  
From the desire of being loved  
From the desire of being extolled (placed on high, lifted up)  
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 (falsely or maliciously accused)  
From the fear of being forgotten  
From the fear of being ridiculed  
From the fear of being wronged  
From the fear of being suspected

**Jesus, grant me the grace to desire**

That others may be loved more than I  
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 go 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.

Adapted from:

Merry Cardinal del Val, secretary of state to Pope Saint Pius X  
from the prayer book for Jesuits, 1963