

Prayer of the Ladder of Humility

Adapted From the Ladder of Humility by Saint Benedict by Father Augustine Wetta OSB and Cathy Gilmore

Dear God, our loving Father, teach us these twelve habits of humility.

Humble us Lord, and Give us a healthy fear of losing your grace. Help us to avoid all thoughtlessness, so that we are ever aware of all you have commanded. *(Based on Ps 36:20)*

Enable us Lord to be in love NOT with our own will, but put into practice that word of the Lord which says: *"I came not to do My own will but the will of Him that sent Me"* *(John 6:38).*

Help us Lord, that out of love for you, we will be obedient to those You place in our lives to lead us, imitating Jesus, of whom the Apostle says: *"He was obedient even unto death."* *(Phil 2:8)*

Strengthen us Lord, to be patient in suffering, even when we encounter difficulties and injustice, for Scripture says: *"He that perseveres to the end shall be saved."* *(Mt 10:22)*

Hold us accountable Lord, so that we don't hide evil thoughts which arise in our hearts or evil we commit in secret. Instead, help us to reveal such to someone spiritually trustworthy. For Scripture says: *"Reveal your way to the Lord and trust in Him."* *(Ps 37:5)*

Give us patient endurance Lord, so that when ill treatment comes our way, we can do our best to try to accept it. Help us to be content with the lowliest and worst of everything, and in all that is demanded of us.

Teach us to embrace our own littleness Lord, so that we can *believe in our hearts that we are unworthy servants of you God, humbling ourselves and saying with the Prophet: "I am a worm, and no man, scorned, an outcast."* *(Ps 22:7)*

Make us joyfully obedient Lord, so that we *only do what is lawful and follow the example of our elders.*

Quiet our impulsive words Lord, so that we only speak when we are spoken to, for Scripture says, *"In a multitude of words sin is always present."* *(Prov 10:19)*

Free us from a selfish sense of humor Lord, so that we are not quick to laugh for our own enjoyment, for it is written: *"The fool lifts his voice in laughter."* *(Sir 21:23)*

Grow meekness in us Lord, so that if we must speak, we do so gently, humbly, earnestly and quietly, with few and sensible words; for it is written: *"The wise man is known by the fewness of his words."* *(Prov 17:27).*

Empower us with lowliness Lord, so that wherever we go, our heads bow in prayer, remembering the words of the publican: *"Lord, I am a sinner and not worthy to lift up my eyes to heaven"*

- AMEN.

(Lk 18:13)

Discover how to grow in virtues like HUMILITY through media and entertainment at www.VIRTUEWORKSMEDIA.com