



The Litany of Humility for Parents

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

From the desire to have my children and myself be esteemed as intelligent and accomplished in the eyes of the world, **Deliver me, Jesus.**

From the desire to have a picture-perfect Catholic family, **Deliver me, Jesus.**

From the desire to have it appear as if my family and I have it all together, **Deliver me, Jesus.**

From the desire to protect my children from all pain, **Deliver me, Jesus.**

From the desire to have my family, especially my children, and me praised, **Deliver me, Jesus.**

From the desire to have my family, especially my children, and me preferred to others, **Deliver me, Jesus.**

From the tendency to compare my familial situation to another's, **Deliver me, Jesus.**

From the desire to control my children's behavior and choices, **Deliver me, Jesus.**

From the desire to be approved by other parents or by family members and even by my own children, **Deliver me, Jesus.**

From the fear of warping my children and dooming them to failure because of screwy parenting, **Deliver me, Jesus.**

From the fear of being calumniated because we may make counter-cultural parenting decisions, **Deliver me, Jesus.**

From the fear of failing my children because of personal weaknesses and human inadequacies, **Deliver me, Jesus.**

From the fear that every other family is "functioning" and "normal" except for my own, **Deliver me, Jesus.**

From the fear that taking care of myself mentally, spiritually, physically, and emotionally is selfish, **Deliver me, Jesus.**

From the fear that I have to make perfect parenting decisions or else my children will be failures, **Deliver me, Jesus.**

That my children may love you above all things of this world, **Jesus, grant me the grace to desire it.**

That my children may value the opinion of their future spouses or superiors more than mine, **Jesus, grant me the grace to desire it.**

That my children may one day chose their own vocational responsibilities and set me aside, **Jesus, grant me the grace to desire it.**

That my family may become holier than I am, provided that I may become as holy as I should, **Jesus, grant me the grace to desire it.**

Amen.

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