



A Lenten Litany for a Humble Heart

Set up an altar with an open Bible, a crucifix, candles (unlit), a globe to represent the missions and a World Mission Rosary which can be obtained from the Missionary Childhood Office.

Leader: During Lent, we are asked to reflect on ways that we can live our Catholic faith more fully. Every day, we are given opportunities to put others—and Jesus—first. To do so, we must ask for the grace to be humble.

Reader 1: *As we listen to God's word today, let us be mindful of His message, asking ourselves, "Do I live with a humble, peaceful heart?"*

Reader 2: *A Reading from the Book of James*

(James 3:13-18)

Who among you is wise and understanding? Let him show his works by a good life in the humility that comes from wisdom. But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. Wisdom of this kind does not come down from above but is earthly, unspiritual, demonic. For where jealousy and selfish ambition exist, there is disorder and every foul practice. But the wisdom from above is first of all pure, then peaceable, gentle, compliant, full of mercy and good fruits, without inconstancy or insincerity. And the fruit of righteousness is sown in peace for those who cultivate peace.

The Word of the Lord.

All: Thanks Be to God.

Pause for silent reflection

Reader 1: In this Litany for Lent, we pray for ourselves and for all the children of the world whose lives we touch through our membership in the Missionary Childhood Association.

Reader 2: As we pray for ourselves, our response is:

Keep me safe, Lord Jesus.

Reader 1: From the desire to always be first

All: Keep me safe, Lord Jesus.

Reader 2: From the need to be preferred over others

All: Keep me safe, Lord Jesus.

Reader 1: From the fear of making public mistakes

All: Keep me safe, Lord Jesus.

Reader 2: From the fear of being ridiculed

All: Keep me safe, Lord Jesus.

Give me a humble, peaceful heart, Lord Jesus.

Reader 1: As we pray for children in the missions, our response is:

Give me a humble, peaceful heart, Lord Jesus.

Reader 2: That I may put the needs of others before my own

All: Give me a humble, peaceful heart, Lord Jesus.

Reader 1: That by living a holier life I may bring others to holiness

All: Give me a humble, peaceful heart, Lord Jesus.

Reader 2: That I may remember daily to pray and sacrifice for children in the missions

All: Give me a humble, peaceful heart, Lord Jesus.

Leader: Lord Jesus, as missionary disciples, You call us to a life of humble service to others. We can learn this by following Your example. This Lent, we pray that we put aside our own self interests and develop a habit of putting the needs of others first—even those who live so far away that we may never meet them. We know they are your children, too. Bless us all as we grow in Your humble love.

All: Amen.