

Composure and Quietness

Psalm 131*

We live in a noisy world. External noises bombard our ears daily—the noises of jets and traffic and lawn mowers and sirens. Then there are all the internal noises of deadlines and commitments and activities. At a deeper level still is the noise of anxiety and fear and uncertainty and guilt. The problem is not one of finding a time and place to be alone. The problem is how to find quietness for the soul in the middle of all of life's noises. Inner quietness in the middle of a noisy world is possible, and Psalm 131 shows the way.

Honest appraisal of oneself (1)

Humble acceptance of God's care (2)

Hopeful anticipation of the future (3)

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, *Deliver me, Jesus.*
From the desire of being extolled, *Deliver me, Jesus.*
From the desire of being honored, *Deliver me, Jesus.*
From the desire of being praised, *Deliver me, Jesus.*
From the desire of being preferred to others, *Deliver me, Jesus.*
From the desire of being consulted, *Deliver me, Jesus.*
From the desire of being approved, *Deliver me, Jesus.*
From the fear of being humiliated, *Deliver me, Jesus.*
From the fear of being despised, *Deliver me, Jesus.*
From the fear of suffering rebukes, *Deliver me, Jesus.*
From the fear of being [defamed], *Deliver me, Jesus.*
From the fear of being forgotten, *Deliver me, Jesus.*
From the fear of being ridiculed, *Deliver me, Jesus.*
From the fear of being wronged, *Deliver me, Jesus.*
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, *Jesus, grant me the grace to desire it.*
That, in the opinion of the world, others may increase and I may decrease, *Jesus, grant me the grace to desire it.*
That others may be chosen and I set aside, *Jesus, grant me the grace to desire it.*
That others may be praised and I unnoticed, *Jesus, grant me the grace to desire it.*
That others may be preferred to me in everything, *Jesus, grant me the grace to desire it.*
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. Amen.*

—Attributed to Rafael Cardinal Merry Del Val, by Charles Belmonten (Handbook of Prayers, Studium Theologiae Foundation, Manila, 1986).

* These notes are prayerfully provided to aid, not replace, your personal study of God's Word.