

Southwell Litany

by Bishop George Ridding (Church of England)

O Lord, open our minds to see ourselves as You see us, or even as others see us and we see others, and from all unwillingness to know our own weaknesses,

Save us and help us, we humbly ask You, O Lord.

1. From weakness of purpose; from lack of true care and interest; from the sluggishness of laziness, and the slackness of indifference; and from all spiritual deadness of heart,

Save us and help us, we humbly ask You, O Lord.

2. From dullness of conscience, from feeble sense of duty; from thoughtless disregard of consequences to others; from a low idea of the obligations of our Christian calling; and from all half-heartedness in our service to You,

Save us and help us, we humbly ask You, O Lord.

3. From weariness in continuing struggles; from despondency in failure and disappointment; from a sense of unworthiness; from unhealthy thoughts of imaginary back-slidings,

Save us and help us, we humbly ask You, O Lord.

4. From love of flattery; from over-ready belief in praise; from dislike of criticism; from the comfort of self-deception in persuading ourselves that others think better than the truth of us,

Save us and help us, we humbly ask You, O Lord.

5. From pride and self-will; from desire to have our own way in all things; from overweening love of our own ideas and blindness to the value of others; from resentment against opposition; and from contempt for the claims of others.

Save us and help us, we humbly ask You, O Lord.

6. From all hasty words of impatience; from taunting words of sarcasm; from responding to others in irritation; from all infirmity of temper in provoking and being provoked; from love of unkind gossip, and from all idle words that may hurt others,

Save us and help us, we humbly ask You, O Lord.

7. Teach us by the standard of Your Word, by the judgment of others, by examinations of ourselves. Give us earnest desire to strengthen ourselves continually by study, by diligence, by prayer and meditation,

Save us and help us, we humbly ask You, O Lord.

8. Mostly, O Lord, we pray that You will give us knowledge of You, to see You in all Your works, to always feel Your presence near us, to hear and know Your call. May Your Spirit be our will, and in all our flaws and weaknesses may we have a solid faith in You.

Save us and help us, we humbly ask You, O Lord.