

# The Southwell Litany

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

*Save us and help us, we humbly beseech thee, O Lord.*

# A LITANY FOR THE PERSONAL LIFE

---

*It has been found helpful to have the petitions of this litany said quite slowly, with a brief silence after each suffrage or response.*

Let us pray:

O Lord, open our minds to see ourselves as thou seest us, or even as others see us and we see others, and from all unwillingness to know our infirmities,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From moral weakness of spirit; from timidity; from hesitation; from fear of men and dread of responsibility, strengthen us with courage to speak the truth in love and self-control; and alike from the weakness of hasty violence and weakness of moral cowardice,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From weakness of judgment; from the indecision that can make no choice; from the irresolution that carries no choice into act; and from losing opportunities to serve thee,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From infirmity of purpose; from want of earnest care and interest; from the sluggishness of indolence, and the slackness of indifference; and from all spiritual deadness of heart,

*Save us and help us, we humbly beseech thee,  
O Lord.*

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 for thee,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From weariness in continuing struggles; from despondency in failure and disappointment; from overburdened sense of unworthiness; from morbid fancies of imaginary back-slidings, raise us to a lively hope and trust in thy presence and mercy, in the power of faith and prayer; and from all exaggerated fears and vexations,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From self-conceit, vanity and boasting; from delight in supposed success and superiority, raise us to the modesty and humility of true sense and taste and reality; and from all the harms and hindrances of offensive manners and self-assertion,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From affectation and untruth, conscious or unconscious; from pretence and acting a part which is hypocrisy; from impulsive self-adaptation to the moment in unreality to please persons or make circumstances easy, strengthen us to manly simplicity; and from all false appearances,

*Save us and help us, we humbly beseech thee,  
O Lord.*

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 beseech thee,  
O Lord.*

From all love of display and sacrifice to popularity; from thought of ourselves in forgetfulness of thee in our worship; hold our minds in spiritual reverence; and in all our words and works from all self-glorification,

*Save us and help us, we humbly beseech thee,  
O Lord.*

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 contempt for the claims of others; enlarge the generosity of

our hearts and enlighten the fairness of our judgments; and from all selfish arbitrariness of temper,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From all jealousy, whether of equals or superiors; from grudging others success; from impatience of submission and eagerness for authority; give us the spirit of brotherhood to share loyally with fellow-workers in all true proportions; and from all insubordination to law, order and authority,

*Save us and help us, we humbly beseech thee,  
O Lord.*

From all hasty utterances of impatience; from the retort of irritation and the taunt of sarcasm; from all infirmity of temper in provoking or being provoked; from love of unkind gossip, and from all idle words that may do hurt,

*Save us and help us, we humbly beseech thee,  
O Lord.*

In all times of temptation to follow pleasure, to leave duty for amusement, to indulge in distraction and dissipation, in dishonesty and debt, to degrade our high calling and forget our Christian vows, and in all ties of frailty in our flesh,

*Save us and help us, we humbly beseech thee,  
O Lord.*

In all times of ignorance and perplexity as to what is right and best to do, do thou, O Lord, direct us with wisdom to judge aright, order our ways and overrule our circumstances as thou canst in thy good Providence; and in our mistakes and misunderstandings,

*Save us and help us, we humbly beseech thee, O Lord.*

In times of doubts and questionings, when our belief is perplexed by new learning, new thought, when our faith is strained by creeds, by doctrines, by mysteries beyond our understanding, give us the faithfulness of learners and the courage of believers in thee; alike from stubborn rejection of new revelations, and from hasty assurance that we are wiser than our fathers,

*Save us and help us, we humbly beseech thee, O Lord.*

From strife and partisanship and division among the brethren, from magnifying our certainties to condemn all differences, and from all arrogance in our dealings with all men,

*Save us and help us, we humbly beseech thee, O Lord.*

Give us knowledge of ourselves, our powers and weaknesses, our spirit, our sympathy, our imagination, our knowledge, our truth; teach us by the standard of thy Word, by the judgments of others, by examinations of ourselves; give us earnest

desire to strengthen ourselves continually by study, by diligence, by prayer and meditation; and from all fancies, delusions, and prejudices of habit, or temper, or society,

*Save us and help us, we humbly beseech thee, O Lord.*

Give us true knowledge of our brethren in their differences from us and in their likenesses to us, that we may deal with their real selves, not measuring their feelings by our own, but patiently considering their varied lives and thoughts and circumstances; and in all our relations to them, from false judgments of our own, from misplaced trust and distrust, from misplaced giving and refusing, from misplaced praise and rebuke,

*Save us and help us, we humbly beseech thee, O Lord.*

Chiefly, O Lord, we pray thee, give us knowledge of thee, to see thee in all thy works, always to feel thy presence near, to hear and know thy call. May thy Spirit be our will, and in all our shortcomings and infirmities may we have sure faith in thee,

*Save us and help us, we humbly beseech thee, O Lord.*

Finally, O Lord, we humbly beseech thee, blot out our past transgressions, heal the evils of our past negligences and ignorances, make us amend our past mistakes and misunderstandings; uplift our hearts to new love, new energy and devotion, that

we may be unburdened from the grief and shame of past faithlessness to go forth in thy strength to persevere through success and failure, through good report and evil report, even to the end; and in all time of our tribulation, in all time of our prosperity,

*Save us and help us, we humbly beseech thee,  
O Lord.*

---

The Lord's Prayer

---

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

*Twentieth Printing*



---

1968. Forward Movement Publications,  
412 Sycamore Street, Cincinnati, Ohio 45202.  
Printed in U.S.A.