

The Litany of Trust

From the belief that I have to earn Your love, **Deliver me, Jesus.**

From the fear that I am unlovable, **Deliver me, Jesus.**

From the false security that I have what it takes, **Deliver me, Jesus.**

From the fear that trusting You will leave me more destitute, **Deliver me, Jesus.**

From all suspicion of Your words and promises, **Deliver me, Jesus.**

From the rebellion against childlike dependency on You, **Deliver me, Jesus.**

From refusals and reluctances in accepting Your will, **Deliver me, Jesus.**

From anxiety about the future, **Deliver me, Jesus.**

From resentment or excessive preoccupation with the past, **Deliver me, Jesus.**

From restless self-seeking in the present moment, **Deliver me, Jesus.**

From disbelief in Your love and presence, **Deliver me, Jesus.**

From the fear of being asked to give more than I have, **Deliver me, Jesus.**

From the belief that my life has no meaning or worth, **Deliver me, Jesus.**

From the fear of what love demands, **Deliver me, Jesus.**

From discouragement, **Deliver me, Jesus.**

That You are continually holding me, sustaining me, loving me,
Jesus, I trust in You.

That Your love goes deeper than my sins and failings and transforms me,
Jesus, I trust in You.

That not knowing what tomorrow brings is an invitation to lean on You,
Jesus, I trust in You.

That You are with me in my suffering,
Jesus, I trust in You.

That my suffering, united to Your own, will bear fruit in this life and the next,
Jesus, I trust in You.

That You will not leave me orphan, that You are present in Your Church,
Jesus, I trust in You.

That Your plan is better than anything else,
Jesus, I trust in You.

That You always hear me and in Your goodness always respond to me,
Jesus, I trust in You.

That You give me the grace to accept forgiveness and to forgive others,
Jesus, I trust in You.

That You give me all the strength I need for what is asked,
Jesus, I trust in You.

That my life is a gift,
Jesus, I trust in You.

That You will teach me to trust You,
Jesus, I trust in You.

That You are my Lord and my God, **Jesus, I trust in You.**

That I am Your beloved one, **Jesus, I trust in You.**