

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 in 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.*** Amen.