



## 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 responds 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