

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.*

Amen.

Litany of Humility

O Jesus! meek and humble of heart,
Hear me.

From the desire of being esteemed,
Deliver me, Jesus.

From the desire of being loved,
Deliver me, Jesus.

From the desire of being extolled,
Deliver me, Jesus.

From the desire of being honored,
Deliver me, Jesus.

From the desire of being praised,
Deliver me, Jesus.

From the desire of being preferred to others,
Deliver me, Jesus.

From the desire of being consulted,
Deliver me, Jesus.

From the desire of being approved,
Deliver me, Jesus.

From the fear of being humiliated,
Deliver me, Jesus.

From the fear of being despised,
Deliver me, Jesus.

From the fear of suffering rebukes,
Deliver me, Jesus.

From the fear of being calumniated,
Deliver me, Jesus.

From the fear of being forgotten,
Deliver me, Jesus.

From the fear of being ridiculed,
Deliver me, Jesus.

From the fear of being wronged,
Deliver me, Jesus.

From the fear of being suspected,
Deliver me, Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

That, in the opinion of the world, others may
increase and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

That others may be praised and I unnoticed,
Jesus, grant me the grace to desire it.

That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.

That others may become holier than I, provided
that I may become as holy as I should,
Jesus, grant me the grace to desire it.

Amen.