

## Litany of Peace

From the desire to control ... *Deliver me, Lord Jesus*  
From the desire to give my opinion ... *Deliver me, Lord Jesus*  
From the desire to project myself as the victim ...  
From the desire to impress others ...  
From the desire to please everyone ...  
From the tendency to complain ...  
From all my irrational fears ...  
From all violent speech ...  
From failing to accept uncertainty ...  
From comparing myself to others ...  
From not accepting my limitations ...  
From an unhealthy desire for perfection ...  
From an unhealthy attachment to others ...  
From excessive self-blame ...  
From holding on to grudges ...  
From holding on to the past ...  
From wanting more than I need ...  
From the impulse to justify myself ...  
From worrying about the future ...  
From thinking only about myself ...  
From losing perspective on life ...  
From not being able to laugh at myself ...  
From not being able to forgive myself ...  
From over analyzing the intentions of others ...  
From the desire to change others ...  
From thoughts that this world is all there is ...  
From failing to trust in God ...  
From failing to see God in all things ...

### **Peace Prayer:**

God of peace, calm me and heal me.

Let Your peace reign in my heart at this very moment and for all eternity.

We make our prayer in the Name of Jesus Christ, the Prince of Peace. Amen.