

LITANY OF TRUST

written by the Sisters of Life



JESUS I TRUST IN YOU.

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.

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