



PRESENCE

The Lord never leaves our side. How often do we call that fact to mind? Sit quietly and simply call to mind the presence of God. You can acknowledge His presence by saying, "Jesus, you are here." Take as much time as you need in this step.

Also take time to call upon the Holy Spirit to make this prayer time fruitful. You can do this by saying something like, "Holy Spirit, please make this time fruitful. Help me to be open to receive anything that you have in store for me during this prayer time. I entrust this time to you."

REFLECTION QUESTIONS

1. Do I trust in the Lord like Mary?
2. Why do I doubt the Lord, myself, and/or others?
3. Where in my life do I need to trust in God more?
4. How can I improve in my trust in the Lord this advent?

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.

LITANY OF TRUST CONT'D

*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

REST

“Be still and know that I am God” (Psalm 46:11). Take time to simply bask in God’s grace in silence. His grace is complete gift. If you notice that your thoughts are wandering, simply return to the stillness of God’s presence and grace.

CONCLUSION

Thank God for his presence and for any consolations and insights you may have received during this time of prayer. Thank Him if you did not receive any consolations or insights during this time of prayer.

Pray an Our Father, Hail Mary, and Glory Be.

ENCOUNTER HIM. FOLLOW HIM. MAKE DISCIPLES.