

## 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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