

# 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.**



*This Litany was written  
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