

## THE LITANY OF TRUST

Written by the Sisters of Life.

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.

Amen.