



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

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