

# 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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