

# 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.**