

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 all suspicion of your words and promises, **Deliver me, Jesus.**

From all of the ways I run away from or refuse to do what you ask of me, **Deliver me, Jesus.**

From fear about the future, **Deliver me, Jesus.**

From not believing that you love me and are with me, **Deliver me, Jesus.**

From the belief that my life has no meaning or worth, **Deliver me, Jesus.**

That your love goes deeper than my sins and failings and transforms me, **Jesus, I trust in you.**

That you are with me in my suffering, **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 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 prayer has been adapted from the Litany of Trust written and published by the Sisters of Life. The original prayer can be found online at sistersoflife.org