

# The Litany of Trust

SISTERS OF LIFE

Annunciation Motherhouse

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*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.**