**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.**
That I am Your beloved one
**Jesus, I trust in you.**

Amen.

\*This beautiful prayer was written by Sr. Faustina Maria Pia, [*Sister of Life*](http://www.sistersoflife.org/) and originally published on the [*Sisters of Life website*](http://www.sistersoflife.org/). Visit them at:[***www.sistersoflife.org***](http://www.sistersoflife.org/)