**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/)