

# Litany of Trust

Trusting that God has a plan for your life is a major tenet of faith, but it is difficult to let go and hand over the reins to God. This prayer from the Sisters of Life can help.

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.*

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