

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.

Litany of Trust from the Sisters of Life