

Litany of Trust

by Sister Faustina Maria Pia, S.V.

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 dependence 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 of the present moment,

— *Deliver me, Jesus.*

From disbelief in Your love and presence in suffering & trial,

— *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 provide the grace to forgive myself and 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.*