**Litany of Trust** https://hallow.com/blog/how-to-pray-the-litany-of-trust/

Time needed: 15 minutes.

1. **Make the Sign of the Cross.**

*In the name of the Father, and of the Son, and of the Holy Spirit.*

1. **Ask Jesus to deliver you from the various fears and insecurities that hold us back from fully trusting Him. After each petition, respond with “Deliver me, Jesus.”**

*From the belief that I have to earn Your love*
*From the fear that I am unlovable*
*From the false security that I have what it takes*
*From the fear that trusting You will leave me more destitute*
*From all suspicion of Your words and promises*
*From the rebellion against childlike dependency on You*
*From refusals and reluctances in accepting Your will
From anxiety about the future*
*From resentment or excessive preoccupation with the past*
*From restless self-seeking in the present moment*
*From disbelief in Your love and presence*
*From the fear of being asked to give more than I have*
*From the belief that my life has no meaning or worth*
*From the fear of what love demands*
*From discouragement*

1. **Place your trust in Jesus, knowing that He will always wrap you in His arms. After each petition, respond with “Jesus, I trust in You.”**

That You are continually holding me, sustaining me, loving me
That Your love goes deeper than my sins and failings and transforms me
That not knowing what tomorrow brings is an invitation to lean on You
That You are with me in my suffering
That my suffering, united to Your own, will bear fruit in this life and the next
That You will not leave me orphan, that You are present in Your Church
That Your plan is better than anything else
That You always hear me and in Your goodness always respond to me
That You give me the grace to accept forgiveness and to forgive others
That You give me all the strength I need for what is asked
That my life is a gift
That You will teach me to trust You

1. **Conclude with the Sign of the Cross.**

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*