

# PURPOSE

## HANDOUT 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.**