

# DISCIPLES ON THE WAY

Spiritual Support During  
the COVID-19 Outbreak



Diocese of  
Green Bay

## LITANY OF TRUST

*(Repeat the phrases in bold after the reflection leader)*

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.**

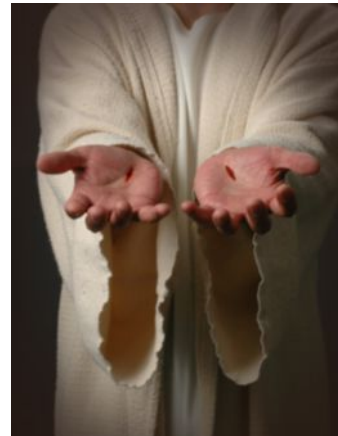
From the fear of what love demands...

**DELIVER ME, JESUS.**

From discouragement...

**DELIVER ME, JESUS.**

*(Continued on Page 2)*



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## LITANY OF TRUST

*(Continued from Page 1)*

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.**