

Litany of a Suffering Heart

Deliver me 'O Jesus from

the fear of truly knowing myself
the fear of my own shame
the fear of my own wounds
the fear of my own failures and mistakes
the fear of my own weaknesses and imperfections
the fear of feeling emotion
the fear of honesty and vulnerability

the parts of me that want to minimize or hide
the parts of me that want to reject my story
the negative self-talk and criticism
the ideal version of me that is false
the lies that have taken root in me
the fear of who I am now
my own self-betrayal

the fear of knowing You more deeply
the fear of learning a new way with You
the fear of who You are in me
the fear of who I could become with You
the fear Your justice will not reign

the fantasies of life without the cross
the desire to control how I heal and recover
my lack of surrender and trust

Jesus, I trust in you. Amen.



THE
ABUNDANT
CATHOLIC

www.theabundantcatholic.com