

Novena: Litany of Trust for Families

Version 2 - 2020-06-09

This family-oriented litany of trust is designed to be used daily and takes less than ten minutes to complete. Feel free to use it as-is or adapt it to meet your family's needs. This novena is an application and adaptation of the Litany of Trust which was written by the Sisters of Life (www.sistersoflife.org). Each day of the Novena includes an opening prayer, a scripture reading, a time of short petitions, the Litany itself, and then an offering of the Our Father, a Hail Mary, and a Glory Be.

Why?

Instructions to parents: You may read this every day, or once before the beginning of the Novena, or whenever you feel your family needs a reminder.

God loves you and he wants you to know that he wants the best for you, and that no matter what you have done in the past, or will do in the future, he will continue to love you. This prayer will help us to lay all of our plans, regrets, and sins at the feet of Jesus, helping us to grow in Trust of our Good Father who desires to give us all good things under Heaven.

Every Day

1 Pray: O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of Your presence, Your love, and Your strength. Help us to have perfect trust in Your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to You, we shall see Your hand, Your purpose, Your will through all things. (Saint Ignatius)

2 Read and Pray: Read the scripture for the day of the Novena. Invite one member of your family to read the Scripture passage and cite the passage. After each reading, allow each member of the family to offer a short petition based on the theme of the day.

Day 1 Theme: God loves me and desires me to love others

Scripture: But God proves his love for us in that while we were still sinners Christ died for us. Romans 5:8 (NABRE)

Examples for prayer: praying for loved ones, praying for people who are hard to love, pray that I would know and experience God's love

Day 2 Theme: God knows about the things that make me anxious

Scripture: Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand. Isaiah 41:10 (NABRE)

Examples for prayer: lifting up something coming up like a big test or sports event, upcoming plans like vacation or medical procedures

Day 3 Theme: God provides for all of my needs

Scripture: Notice the ravens: they do not sow or reap; they have neither storehouse nor barn, yet God feeds them. How much more important are you than birds! Luke 12:24 (NABRE)

Examples for prayer: Prayer of thanksgiving for blessings, or prayer for something you or family member needs

Day 4 Theme: I will put my plans and desires in God's hands

Scripture: Trust in the Lord with all your heart, on your own intelligence do not rely; In all your ways be mindful of him, and he will make straight your paths. Proverbs 3:5 (NABRE)

Examples for prayer: pray about future, college, careers, new house, purchases, summer plans

Day 5 Theme: I am worthy of God's love

Scripture: I praise you, because I am wonderfully made; wonderful are your works! My very self you know. Psalms 139:14 (NABRE)

Examples of prayer: Negative thoughts, negative comments, comparing ourselves to others, when I feel like I'm not smart enough, etc.

Day 6 Theme: God is more important than the things I have

Scripture: Then he said to the crowd, “Take care to guard against all greed, for though one may be rich, one’s life does not consist of possessions.” Luke 12:15 (NABRE)

Examples of prayer: eg. Prayer for sick, poor, etc., attachment to devices or possessions

Day 7 Theme: God knows and understands my suffering

Scripture: Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us. Romans 5:3-5 (NABRE)

Examples of prayer: pray for those that are hurt or sick, offering up our own suffering or pain

Day 8 Theme: God forgives my sins and wants me to forgive others

Scripture: [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ. Ephesians 4:32 (NABRE)

Examples of prayer: asking a family member for forgiveness, or offering up a time when someone has hurt them, asking God for forgiveness for something they’ve done recently

Day 9 Theme: God guides me and his Church

Scripture: “I have told you this while I am with you. The Advocate, the holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that [I] told you. John 14:25-26 (NABRE)

Examples of prayer: prayer for the church (priests, deacons, parish, etc.), pray for wisdom for a situation, asking for the Holy Spirit to fill us

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Pray the Litany of Trust. Choose one person to read the first part while the rest of the family recites the response that follows.

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 desire to do everything without help ...

Deliver me, Jesus

From all doubt of Your words and promises ...

Deliver me, Jesus

From anxiety about the future ...

Deliver me, Jesus

From resentment or dwelling on the past ...

Deliver me, Jesus

From uneasiness ...

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 discouragement ...

Deliver me, Jesus

That You are continually holding me, supporting me, loving me ...

Jesus, I trust in you

That I can always rely on you ...

Jesus, I trust in you

That You are with me in my suffering ...

Jesus, I trust in you

That You are always with me and 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 every day ...

Jesus, I trust in you

That my life is a gift ...

Jesus, I trust in you

That I am Your beloved one ...

Jesus, I trust in you

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Pray: Our Father...Hail Mary...Glory Be



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