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LITANY OF HOLY SELF-WORTH

*Forty true affirmations of the
Father's love to consider
with humble gratitude*



**Almighty God and Father,
in light of Your Revelation
of Your Marvelous Works
in Creation,
in view of the Redemptive
Passion, Death, and
Resurrection of Your Son,
uplifted by the grace of Your
Holy Spirit poured forth
upon the world
and in my heart,
I beg You in humility
and gratitude
that I may recognize
without shame or pride,
in due magnanimity,
in praise of Your glory:**

You have created me out of infinite
love, **I believe in Your love for me
and all mankind.*

You hold me in existence with
infinite love, **I believe in Your
love for me and all mankind.*

You formed me in my mother's
womb, **I believe . . .*

You know the path of my whole
life, **I believe . . .*

You know all my thoughts
and the deepest desires of
my heart, *

You are closer to me than I
am to myself, *

You summon me to real
holiness, *

You choose to apply Your
grace to my soul, *

You redeemed me through
my reception of the
Sacrament of Baptism, *

You enriched my soul with
sanctifying grace, *

You give me brothers and
sisters in Christ, in His
Mystical Body, the
Church, *

You give me as intercessors
and examples the saints in
Heaven, *

You send me Your angels to
assist me and guide me, *

You readily forgive my
repented faults, failings,
sins in action and
omission, *

You cleanse me of my sins in
the Sacrament of
Confession, *

**I believe in Your love for me and all mankind.*

You do not rejoice in the death of the sinner, but desire that he be converted and live, *
You refresh my soul with grace, *
You desire my prayer, *
You want my free-will response, *
You cast into the depths of the sea all my sins, *
You nourish my soul with the Body, Blood, Soul, and Divinity of Your Son in Holy Communion, *
You give me the mother of Your Son as my mother too, *
You accompany me in my days, *
You with me always makes me never alone, *
You strengthen me for the spiritual battle through the Sacrament of Confirmation, *
You guide my efforts in pursuing my vocation and fulfilling my duties, *

**I believe in Your love for me and all mankind.*

[You bless my path to holiness with my spouse in the Sacrament of Marriage, *]
[You allow me to be configured to Your Son, bridegroom of the Church, in the Sacrament of Holy Orders *]
You enlighten my heart with Your Holy Spirit, *
You make me fruitful in good works, *
You have a place prepared for me in Heaven, to sing Your praises forever, *
You can make up in an instant the shortcomings of my response to You, *
You are my most loving, kind, wise, affectionate Father, *
You will not allow the evil voices to triumph, *
You permit sufferings of temptation to purify me, *
You permit sufferings of mind and body to stretch my heart's capacity for love, *
You design every moment of my life for my good, *

**I believe in Your love for me and all mankind.*

You make Your grace to abound all the more, even after my abounding sins, **I believe in Your love for me and all mankind.*
You multiply Your blessings for my family, friends and enemies, **I believe in Your love for me and all mankind.*
You bless others through me and me through them, **I believe in Your love for me and all mankind.*
You make all things new through Your Son, **I believe in Your love for me and all mankind.*

O Mary, our Blessed Mother, Eternal Queen of Heaven, you are the one who was the lowly servant exalted by Your Son, our Savior, please intercede that I may accept my lowliness with humility and recognize the grandeur of God's love, grace, and all-wise providence at work in me with magnanimity and unwavering confidence.
Amen.