

LITANY OF THE WOUNDED HEART



In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

Lord Jesus, you created me in love and for
love. Bring me to a place of vulnerability
within the safety of your loving arms. Help
me today by transforming my wounded heart
into a heart that can love you, myself, and
my neighbor as you intend.

Jesus, I offer you my heart with all its sufferings.
Jesus, I offer you my heart with all its doubts.
Jesus, I offer you my heart with all its hurts.
Jesus, I offer you my heart with all its fears.
Jesus, I offer you my heart with all its burdens.
Jesus, I offer you my heart with all its hope,
and all its lack of hope.
Jesus, I offer you my heart with all its joy,
and all its lack of joy.
Jesus, I offer you my heart with all its love,
and all its lack of love.
Jesus, Son of God, have mercy on me.

When I feel unseen, **Lord, have mercy.**
When I feel unheard, **Lord...**
When I believe I'm not good enough...
When I feel inferior...
When I doubt my worth...
When I feel devalued...
When I feel exposed...
When I feel humiliated...
When I feel discouraged...
When I feel lonely...
When my feelings overwhelm me...
When I feel I'm too much...
When I feel unlovable...
When I feel despair...
Jesus, I know you love me in all my wounds...

Jesus, consoler of my sorrow, **Open my heart.**
Jesus, most tender, **Open...**
Jesus, my dignity...
Jesus, my hope...

Jesus, you created me in love,
Hold me in your arms.
Jesus, you created me for love, **Hold me...**
Jesus, you created me to be loved...
Jesus, you created my heart...
Jesus, you see my heart...
Jesus, you know my true heart...
Jesus, you comfort my heart...
Jesus, you treasure my heart...
Jesus, you encourage my heart...
Jesus, you created me as your beloved...

Jesus, soothe and comfort my weary heart,
I trust in you.
Jesus, see my pain, **I trust...**
Jesus, dispel my despondency...
Jesus, hear my cries...
Jesus, draw close to me...
Jesus, calm my fears...
Jesus, help me see my true worth as a child of God...
Jesus, shine your radiant light on me...
Jesus, hold me in your loving arms...
Jesus, help me love with my whole heart...
Jesus, you created me to love and to be loved...
Jesus, I offer you my heart with all its love...

Lord, you are the healer of my soul and my
heart. I ask that through this prayer you
would transform me more and more into the
likeness of your precious and sacred heart.
Let your kindness and compassion transform
my heart and bring me always into the
security of your loving embrace. Amen.



For a free extensive guide to praying this litany and for downloadable pdfs and printed copies of all our litanies, see SoulsAndHearts.com/lit.

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