

# LITANY OF THE FEARFUL 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 fearful 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 afraid, **Lord, have mercy.**  
When I don't know how to feel safe, **Lord...**  
When life feels chaotic...  
When I'm confused...  
When I don't know how to trust...  
When I feel hurt...  
When I feel unloved...  
When I feel disappointed...  
When others fail me...  
When I feel let down...  
When I feel all alone...  
When I feel rejected...  
When I feel I don't belong...  
When I feel hopeless...  
When I'm afraid of being hurt...

Jesus, help me love others when it is difficult.  
Jesus, help me pray for those who have hurt me.  
Jesus, I know you love me in all my wounds.

Jesus, most compassionate, **Open my heart.**  
Jesus, healer of my wounds, **Open...**  
Jesus, my shepherd.  
Jesus, my protector.  
Jesus, unspeakable love.

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, you are present with me, **I trust in you.**  
Jesus, you bring me close to you, **I trust...**  
Jesus, you walk with me...  
Jesus, you accept me...  
Jesus, you calm all my fears...  
Jesus, you protect me from threats...  
Jesus, you delight in me...  
Jesus, help me trust you...

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](http://SoulsAndHearts.com/lit).

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