

# PRAYING WITH THE DIVINE MERCY IMAGE

*Instructions:* For somewhere around 5-15 minutes, please slowly and prayerful ponder this sacred image, open to whatever Jesus wishes to reveal to you. The purpose is to get to know Him better, so we can love Him more deeply, and then follow Him more closely. Consider asking, several times if you wish: “Jesus, what would You like me to know about You?” Call upon the Holy Spirit for guidance. Ask Our Lady if she wants to show you anything in particular. Rest in the silence as you gaze upon the Lord and all the various features painted on the canvas. What do you notice? What especially catches your attention? Does something move your heart? Do you have an inspiring thought come into your mind? Towards the end of the time of prayer, and anytime afterwards, turn what you learned about Jesus into a prayer directed at Him (e.g. “Jesus, thank you for being so humble.”). Finally, share whatever else is on your heart, and be sure to say, “Thank You!”

**Litany of Trust** (Sisters of Life):

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 false security that I have what it takes ... *Deliver me, Jesus.*

From the fear that trusting You will leave me more destitute ... *Deliver me, Jesus.*

From all suspicion of Your words and promises ... *Deliver me, Jesus.*

From the rebellion against childlike dependency on You ... *Deliver me, Jesus.*

From refusals and reluctances in accepting Your will ... *Deliver me, Jesus.*

From anxiety about the future ... *Deliver me, Jesus.*

From resentment or excessive preoccupation with the past ... *Deliver me, Jesus.*

From restless self-seeking in the present moment ... *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 the fear of what love demands ... *Deliver me, Jesus.*

From discouragement ... *Deliver me, Jesus.*

That You are continually holding me, sustaining me, loving me ... *Jesus, I trust in you.*

That Your love goes deeper than my sins and failings, and transforms me ... *Jesus, I trust in you.*

That not knowing what tomorrow brings is an invitation to lean on You ... *Jesus, I trust in you.*

That You are with me in my suffering ... *Jesus, I trust in you.*

That my suffering, united to Your own, will bear fruit in this life and the next ... *Jesus, I trust in you.*

That You will not leave me orphan, that You are present in 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 what is asked ... *Jesus, I trust in you.*

That my life is a gift ... *Jesus, I trust in you.*

That You will teach me to trust You ... *Jesus, I trust in you.*

That You are my Lord and my God ... *Jesus, I trust in you.*

That I am Your beloved one ... *Jesus, I trust in you.*

AMEN

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