

Jesus, *to be with you* is to see and believe. With You, life is more real. You hold me in existence and declare that I am good; You see my heart as your home. You know how to navigate my heart; thank you for your promise that you are with me always. Amen.

## SCRIPTURE FOR YOUR PRAYER

### THE FIRST DISCIPLES

*The Gospel of John 1:35-39*

The next day John was there again with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus. Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon.

### THOMAS

*The Gospel of John 20:24-29*

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nail marks and put my hand into his side, I will not believe." Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

### THE APPEARANCE TO MARY OF MAGDALA

*The Gospel of John 20:11-16*

Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher.

\***A.R.R.R.** may be helpful in your conversation with God:

**Acknowledge** thoughts, feelings, and desires that arise in prayer.

**Relate** honestly to God what you notice coming up. Speak to him as yourself. He loves you, and reverences your heart.

**Receive** God's response. He desires to be with you here. Allow God time to give His response. Stay in conversation, give yourself the gift of prolonged silence. Ask God for help if you find this difficult.

**Respond** to what you have received. This may be more conversation, more laughter or tears. This may be gratitude, resting in the grace received, journaling, or a change in your life.

\* The order of these steps is not a checklist, but like any human interaction and conversation, vibrant and dynamic. Therefore, prayer may flow back and forth and back again between the four steps.

# Litany of Trust

*Sisters of Life, [www.sistersoflife.org](http://www.sistersoflife.org)*

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.***

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