

# Litany of Peace

Based on "Searching for and Maintaining Peace" by Fr. Jacques Philippe

"Peace be with you". John 20:21

Peace – a fruit of the Holy Spirit

**†In the name of the Father, Son, and Holy Spirit...**

<i>From the belief that true Peace is an absence of trials or difficulties</i>	<i>Jesus, deliver me</i>
<i>From the belief that peace is dependent on external circumstances and relationships</i>	<i>Jesus, deliver me</i>
<i>From the belief that peace is unattainable and impossible</i>	<i>Jesus, deliver me</i>
<i>From the belief that peace is something I must stir up in myself</i>	<i>Jesus, deliver me</i>
<i>From the belief that failures, trials, and humiliations are obstacles to Peace</i>	<i>Jesus, deliver me</i>
<i>From the belief that all suffering needs to be alleviated or avoided</i>	<i>Jesus, deliver me</i>
<i>From the belief that I am alone and without help in my troubles</i>	<i>Jesus, deliver me</i>
<i>From the belief that I cannot bear suffering</i>	<i>Jesus, deliver me</i>
<i>From the belief that I cannot bear to helplessly watch other's suffer</i>	<i>Jesus, deliver me</i>
<i>From the belief that other people's suffering is somehow my fault</i>	<i>Jesus, deliver me</i>
<i>From the belief that my path to holiness is a project that I must work on</i>	<i>Jesus, deliver me</i>
<i>From the belief that my desires are more important or urgent than others' desires</i>	<i>Jesus, deliver me</i>
<i>From the belief that if anything good is going to happen, it is up to me to do it</i>	<i>Jesus, deliver me</i>
<i>From the belief that I must resolve all my problems by myself</i>	<i>Jesus, deliver me</i>
<i>From the belief that real life is elsewhere</i>	<i>Jesus, deliver me</i>
<i>From the belief that evil is more powerful than God</i>	<i>Jesus, deliver me</i>
<i>From the belief that the past cannot be redeemed</i>	<i>Jesus, deliver me</i>
<i>From my desire to have things easy and never have to be inconvenienced</i>	<i>Jesus, deliver me</i>
<i>From the anxiety of an unchangeable past</i>	<i>Jesus, deliver me</i>
<i>From the anxiety of an unforeseeable future</i>	<i>Jesus, deliver me</i>
<i>From the anxiety over my weaknesses and needs</i>	<i>Jesus, deliver me</i>
<i>From the fear of suffering physical pain</i>	<i>Jesus, deliver me</i>
<i>From the fear of suffering emotional pain</i>	<i>Jesus, deliver me</i>
<i>From the fear of suffering unfulfilled wants or needs</i>	<i>Jesus, deliver me</i>
<i>From the fear of being helpless watching others suffer</i>	<i>Jesus, deliver me.</i>
<i>From the fear of being abandoned, neglected, or overlooked</i>	<i>Jesus, deliver me</i>

<i>From the fear of the future</i>	<i>Jesus, deliver me</i>
<i>From the spirit of haste</i>	<i>Jesus, deliver me.</i>
<i>From the spirit of agitation, and disquietude</i>	<i>Jesus, deliver me.</i>
<i>From the spirit of self-sufficiency</i>	<i>Jesus, deliver me.</i>
<i>From the spirit of control</i>	<i>Jesus, deliver me.</i>
<i>From the spirit of distrust in the Lord's help</i>	<i>Jesus, deliver me.</i>
<i>From the spirit of discouragement</i>	<i>Jesus, deliver me.</i>
<i>From the spirit of despair</i>	<i>Jesus, deliver me.</i>
<i>From the spirit of worry that gnaws away at my peace</i>	<i>Jesus, deliver me.</i>

*Fill me, O Lord, with a confident childlike belief and trust in Your Divine Providence and faithfulness.*

*Fill me, O Lord, with the confidence in Your Wisdom and Your power*

*Fill me, O Lord, with the absolute certitude that the victory is already won because of Jesus' resurrection*

*Fill me, O Lord, with the gift of faith that I do not fight and rely on my own strength*

*Fill me, O Lord, with the gift of faith that Your grace is sufficient for me*

*Fill me, O Lord, with the gift of faith that Your power will manifest itself in my weakness*

*Fill me, O Lord, with the gift of faith to abandon myself to the one who never abandons me*

*Fill me, O Lord, with a patient heart that is faithful to my work*

*Fill me, O Lord, with an open heart to allow You to act and work in me*

*Fill me, O Lord, with Your Holy Spirit of gentleness and peace*

*Fill me, O Lord, with Your Holy Spirit of hope*

*Fill me, O Lord, with Your Holy Spirit of courage to trust in you despite difficulties and obstacles*

*Fill me, O Lord, with Your Holy Spirit of patience under trials*

*Fill me, O Lord, with Your Holy Spirit of forbearance*

*Fill me, O Lord, with Your Holy Spirit of fidelity to your teachings*

*Fill me, O Lord, with Your Holy Spirit of courage to amend my ways according to your ways*

Grant me, O Lord, the gift of knowing that you are with me and will bring good out of all of my trials and sufferings. Jesus, I thank You for making it possible for me to know God as a Provident Father.

**AMEN**

*"The way to God and the perfection that is demanded of us is shorter and more efficacious, markedly easier too, when one has learned, little by little, how to conserve, in all circumstances, a profound peace of heart."*

Fr. Jacques Philippe