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## LITANY OF HOLY SELF-WORTH

*Forty true affirmations of the  
Father's love to consider  
with humble gratitude*



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**Almighty God and Father,  
in light of Your Revelation  
of Your Marvelous Works  
in Creation,  
in view of the Redemptive  
Passion, Death, and  
Resurrection of Your Son,  
uplifted by the grace of Your  
Holy Spirit poured forth  
upon the world  
and in my heart,  
I beg You in humility  
and gratitude  
that I may recognize  
without shame or pride,  
in due magnanimity,  
in praise of Your glory:**

You have created me out of infinite  
love, *I believe in Your love for me  
and all mankind.*

You hold me in existence with  
infinite love, *I believe in Your  
love for me and all mankind.*

You formed me in my mother's  
womb, *I believe . . .*

You know the path of my whole  
life, *I believe . . .*

You know all my thoughts  
and the deepest desires of  
my heart,  
You are closer to me than I  
am to myself,  
You summon me to real  
holiness,  
You choose to apply Your  
grace to my soul,  
You redeemed me through  
my reception of the  
Sacrament of Baptism,  
You enriched my soul with  
sanctifying grace,  
You give me brothers and  
sisters in Christ, in His  
Mystical Body, the Church  
You give me as intercessors  
and examples the saints in  
Heaven,  
You send me Your angels to  
assist me and guide me,  
You readily forgive my  
repented faults, failings,  
sins in action and  
omission,  
You cleanse me of my sins in  
the Sacrament of  
Confession,

*I believe in Your love for me and all mankind.*

You do not rejoice in the  
death of the sinner, but  
desire that he be  
converted and live,  
You refresh my soul with  
grace,  
You desire my prayer,  
You want my free-will  
response,  
You cast into the depths of  
the sea all my sins,  
You nourish my soul with the  
Body, Blood, Soul, and  
Divinity of Your Son in  
Holy Communion,  
You give me the mother of  
Your Son as my mother  
too,  
You accompany me in my  
days,  
You with me always makes  
me never alone,  
You strengthen me for the  
spiritual battle through  
the Sacrament of  
Confirmation,  
You guide my efforts in  
pursuing my vocation and  
fulfilling my duties,

*I believe in Your love for me and all mankind.*

[You bless my path to holiness  
with my spouse in the  
Sacrament of Marriage,]

[You allow me to be  
configured to Your Son,  
bridegroom of the Church,  
in the Sacrament of Holy  
Orders]

You enlighten my heart with  
Your Holy Spirit,

You make me fruitful in good  
works,

You have a place prepared for  
me in Heaven, to sing  
Your praises forever,

You can make up in an instant  
the shortcomings of my  
response to You,

You are my most loving, kind,  
wise, affectionate Father,

You will not allow the evil  
voices to triumph,

You permit sufferings of  
temptation to purify me,

You permit sufferings of mind  
and body to stretch my  
heart's capacity for love,

You design every moment of  
my life for my good,

*I believe in Your love for me and all mankind.*

You make Your grace to abound all  
the more, even after my  
abounding sins, *I believe in Your  
love for me and all mankind.*

You multiply Your blessings for  
my family, friends and  
enemies, *I believe in Your love for  
me and all mankind.*

You bless others through me and  
me through them, *I believe in  
Your love for me and all mankind.*

You make all things new through  
Your Son, *I believe in Your love  
for me and all mankind.*

O Mary, our Blessed Mother,  
Eternal Queen of Heaven,  
you are the one who was  
the lowly servant  
exalted by Your Son, our Savior,  
please intercede that I may accept  
my lowliness with humility  
and recognize the grandeur  
of God's love, grace,  
and all-wise providence  
at work in me  
with magnanimity and  
unwavering confidence.  
Amen.