

LITANY OF CONSOLATION

When the darkness of depression overshadows me
—Lord Jesus, you say:

I am the Light of the world.

When plagued by my fragility and all my
limitations—Lord Jesus, you say:

***Blessed are the poor in spirit; the kingdom of
God is theirs.***

When sadness takes hold of me—Lord Jesus, you
say:

***Blessed are the sorrowing; they shall be
consoled.***

When tormented by my insecurity and my
inadequacy—Lord Jesus, you say:

***Blessed are the lowly; they shall inherit the
earth.***

When lost and unsure about where to turn—Lord
Jesus, you say:

***Your Father knows what you need before you
ask him.***

When fretful and obsessive about so many things
—Lord Jesus, you say:

***Do not worry about what you are to eat or drink
or use for clothing***

When lethargy and listlessness take over—Lord
Jesus, you say:

***Seek first the Father's kingship over you and all
will be given you.***

When worry about the future paralyzes me—Lord
Jesus, you say:

Let tomorrow take care of itself.

When I feel helpless and forsaken—Lord Jesus,
you say:

Ask and you will receive.

When shame and guilt overwhelm me—Lord
Jesus, you say:

***I have come to call, not the self righteous, but
sinners.***

When engulfed by anxiety and fear—Lord Jesus,
you say:

Do not be afraid of anything.

When my life lacks any purpose or direction—
Lord Jesus, you say:

Follow me.

When I believe I am worthless and a total
disappointment—Lord Jesus, you say:

***You are worth more than an entire flock of
sparrows.***

When weighed down by the addictions of my life
— Lord Jesus, you say:

***Come to me, all you who are weary and find life
burdensome.***

When the harshness and ruthlessness of life assail
me—Lord Jesus, you say:

***I am gentle and humble of heart; your souls will
find rest.***

When it seems I have only a little to offer—Lord
Jesus, you say:

To the one who has, more will be given.

When I crave approval and fear the judgment of
others—Lord Jesus, you say:

***Whoever becomes lowly like a little child is of
greatest importance in the Kingdom of God.***

When I'm feeling discouraged because of my
body—Lord Jesus, you say:

Remain in me.

Do not be afraid of anything.

When my situation seems hopeless—Lord Jesus,
you say:

For God, all things are possible.

When I fear that my life is irrelevant and
insignificant—Lord Jesus, you say:

The last shall be first.

When I'm afraid to face the truth about myself—
Lord Jesus, you say:

Whoever humbles himself shall be exalted.

When exhausted by tedium, tiresomeness, and
stress—Lord Jesus, you say:

***Come by yourselves to an out-of-the-way place
and rest a little.***

When terrified by the raging storms of life—Lord
Jesus, you say:

Do not be afraid; it is I.

When I am full of doubt, with no one to depend on—Lord Jesus, you say:
Everything is possible to one who trusts.

When it's hard to persevere and I'm tempted to give up—Lord Jesus, you say:
By patient endurance you will save your lives.

When bitterness and resentment poison my heart—Lord Jesus, you say:
If the Son frees you, you will truly be free.

When I feel like I belong to no one—Lord Jesus, you say:
I know my sheep and my sheep know me.

When I see nothing but my wrongdoing and failures—Lord Jesus, you say:
Do not let your heart be troubled; have faith in me.

When swayed by moralism, relativism, and nihilism—Lord Jesus, you say:
I am the way, the truth, and the life.

When I'm feeling cut off, alienated, and alone—Lord Jesus, you say:
I am the vine, you are the branches.

When duped by self absorption and self obsessiveness—Lord Jesus, you say: ***Apart from me you can do nothing.***

When despairing because of isolation and alienation—Lord Jesus, you say:
I will not leave you orphans.

When downcast from feeling friendless and betrayed—Lord Jesus, you say:
I call you friends.

When I refuse to believe that anyone could love me—Lord Jesus, you say:
It was not you who chose me, it was I who chose you.

When tempted to apathy, cynicism, and dread—Lord Jesus, you say:
Ask and you shall receive, that your joy may be full.

When polluted by the hatred and violence of the world—Lord Jesus, you say:
Take courage; I have overcome the world.

When I think that happiness is nothing but a delusion—Lord Jesus, you ask me:
Do you love me?

When my life reaches a dead end and I lack all desire—lord Jesus, you ask me:
Do you love me?

When I decide that life has no meaning—Lord Jesus, you ask me:
Do you love me?

Yes, Lord Jesus, I do! —Lord Jesus, you say:
Live on in my love.

-Father Peter John Cameron, O.P.