

LITANY OF THE CLOSED HEART



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord Jesus, you created me in love and for love. Bring me to a place of vulnerability within the safety of your loving arms. Help me today by transforming my closed heart into a heart that can love you, myself, and my neighbor as you intend.

Jesus, I offer you my heart with all its sufferings.
Jesus, I offer you my heart with all its doubts.
Jesus, I offer you my heart with all its hurts.
Jesus, I offer you my heart with all its fears.
Jesus, I offer you my heart with all its burdens.
Jesus, I offer you my heart with all its hope, and all its lack of hope.
Jesus, I offer you my heart with all its joy, and all its lack of joy.
Jesus, I offer you my heart with all its love, and all its lack of love.
Jesus, Son of God, have mercy on me.

When I'm withdrawn, **Lord, have mercy.**
When I'm consumed with worry, **Lord...**
When I numb out...
When I feel cynical...
When I lose trust...
When I'm distracted...
When I try to escape my feelings...
When my body holds my stress...
When I'm under pressure...
When I am filled with anger...
When I become obsessed with tasks...
When I feel the urge to act out...
When I feel ashamed...
When I feel unforgiven...
Jesus, I know you love me in all my wounds...

Jesus, my helper, **Open my heart.**
Jesus, light of my mind, **Open...**
Jesus, my guide...
Jesus, my teacher...

Jesus, bread of life...
Jesus, face of mercy...
Jesus, my redeemer...
Jesus, my life...
Jesus, my desire...
Jesus, my comforter...
Jesus, my trust...
Jesus, my safe haven...

Jesus, you created me in love, **Hold me in your arms.**
Jesus, you created me for love, **Hold me...**
Jesus, you created me to be loved...
Jesus, you created my heart...
Jesus, you see my heart...
Jesus, you know my true heart...
Jesus, you comfort my heart...
Jesus, you treasure my heart...
Jesus, you encourage my heart...
Jesus, you created me as your beloved...

Jesus, awaken and restore my stony heart,
I trust in you.

Jesus, receive my new heart, I trust...
Jesus, draw close to me in my struggles, I trust...
Jesus, forgive me...
Jesus, give me new life...
Jesus, hold me...
Jesus, contain my stress...
Jesus, relieve the pressure...
Jesus, comfort my pain...
Jesus, help me see that I'm not defined by what I do...
Jesus, let all my actions flow from your love for me...
Jesus, you give meaning to my life...
Jesus, help me love and forgive others...
Jesus, help me embrace my vulnerability...

Lord, you are the healer of my soul and my heart. I ask that through this prayer you would transform me more and more into the likeness of your precious and sacred heart. Let your kindness and compassion transform my heart and bring me always into the security of your loving embrace. Amen.



For a free extensive guide to praying this litany and for downloadable pdfs and printed copies of all our litanies, see SoulsAndHearts.com/lit.

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