

A LITANY OF CHASTITY

Lord have mercy on me, **Christ have mercy on me.**
Lord have mercy on me, Christ hear me, **Christ graciously hear me.**

God the Father of heaven, **Have mercy on me.**
God the Son, Redeemer of the World, **Have mercy on me.**
God the Holy Spirit, **Have mercy on me.**
Holy Trinity, One God, **Have mercy on me.**

Mary, Most Pure, **Pray for me.**
Joseph, Most Chaste, **Pray for me.**
Jesus, Burning Fire of Love, **Heal and restore me.**



From the lie that I am not good, Deliver me, Jesus.	That I may reject affections for all sexual sin and every temptation to impurity, Please help me, Jesus.
From the lie that I am not wanted...	That I may resist any shame that leads me to shut You out of my heart...
From the lie that I am not chosen...	That I may believe that my sexual desire is inherently good and a gift from You...
From the lie that I alone am responsible for my healing and freedom...	That I may embrace the call to authentic love and all of its demands...
From the lie that I alone am responsible for my holiness...	That I may embrace and safeguard authentic love and life in every sincere gift of myself...
From the lie that I am alone in the battle for purity...	That I may embrace the joys and crosses of my current state in life...
From the lie that I have not been forgiven by You...	That I may seek to be a sincere gift to everyone I encounter...
From the temptation to grasp at others to fill my heart...	That I may bring all of my struggles with chastity to the foot of the cross...
From the temptations toward masturbation and pornography...	That I may more fully receive and embrace the gift of my masculinity/femininity...
From the temptation to run and hide from Your loving gaze...	That I may have the courage to defend the dignity of my brothers and sisters and speak truth over their lives...
From the temptation to use and objectify others...	That I may have pure sight to see myself and others as You see them...
From any resentment toward the Father's plan for sexuality...	That I may have the grace to wonder at the gift of Your creation...
From any rejection of the gift of my masculinity/femininity...	That I may trust in Your goodness and trust in Your plan for my life...
From all forms of violence against my own dignity and the dignity of others...	That I may come to know and accept that You alone can fulfill the deepest desires of my heart...
From the sting of my past mistakes for which I've been forgiven...	

Closing Prayer:

Lord, Jesus Christ, you promise me that your yoke is easy and your burden is light. Help me to embrace the call to love in your image and, in doing so, to experience the freedom of being a child of God. I ask all of this through the intercession of the Immaculate Heart of Mary and the Chaste Heart of Joseph.
Amen.



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