

Litany of Our Lady of Discernment

R/ Our Lady, Spiritual Teacher of Discernment, keep my heart as a temple of discernment. (Repeat after each of the following requests)

Give me the humility to recognize myself as a sinner. *R/*

Illuminate my darkness and grant that I may live in complete truth. *R/*

Grant me the grace to be faithful to Christ until I die and the fear of God to defend the faith in times of persecution and tribulation. *R/*

Help me to avoid temptation, recognize it and reject it. *R/*

Give me the grace to always recognize the inspirations of the Holy Spirit, to be able to discern the good from the bad and all lies. *R/*

Help me to find, to value and to desire what is transcendent and enduring. *R/*

Help me to fight against my instincts, weaknesses and passions. *R/*

Help me to distinguish between what is real and what is unreal, what is true and what is false, what is good and what is bad, what is best and what is worst, what is right and what is wrong. *R/*

Deliver me from “false freedom” that hinders my walk with God and with my brothers. *R/*

Give me the courage to recognize where God wants to take me, how He is acting in me and thus be able to respond to the needs of my brothers. *R/*

Give me the wisdom to know and interpret the decisions I make and review them so as not to be mistaken. *R/*

Give me the grace to value silence and contemplation in different experiences of life – listening to my conscience in prayer. *R/*