Litany of Grieving

O blood and water which gushed forth from the heart of
Jesus as a font of mercy for us, I trust in You.

From doubts in Your goodness, *deliver me, Jesus.*
From fear that this death was God's desire, *deliver me, Jesus.*
From fear that I am unworthy of being remembered by You, *deliver me, Jesus.*
From fear that my prayers do not matter, *deliver me, Jesus.*
From fear that You are indifferent to my suffering, *deliver me, Jesus.*
From fear that the intensity of my grief reflects a lack of faith, *deliver me, Jesus.*
From fear that my anger will cause You to turn away from me, *deliver me, Jesus.*
From fear that I should have known how to prevent this death, *deliver me, Jesus.*
From fear of losing other people I love, *deliver me, Jesus.*
From resentment toward those who have not been there for me, *deliver me, Jesus.*
From resistance to the suffering that can't be avoided, *deliver me, Jesus.*

In the agony of my grief, *Jesus and Mary, be my companions.*
When I have been abandoned by family and friends, *Jesus and Mary, be my companions.*
When others say things that hurt my broken heart, *Jesus and Mary, be my companions.*
In facing the social difficulties that come with grief, *Jesus and Mary, be my companions.*
When I feel alone in my grief, *Jesus and Mary, be my companions.*
When I am overwhelmed by unexpected waves of grief, *Jesus and Mary, be my companions.*
In the disappointment that there was no miracle to prevent this death, *Jesus and Mary, be my companions.*
When I must bear witness to the suffering of those I love, *Jesus and Mary, be my companions.*
In managing traumatic memories, *Jesus and Mary, be my companions.*
When I need courage to surrender and embrace this sorrow, *Jesus and Mary, be my companions.*
When I fall under the weight of this cross, *Jesus and Mary, be my companions.*
When my only prayer is silence and tears, *Jesus and Mary, be my companions.*
When I need help accepting kind gestures from others, *Jesus and Mary, be my companions.*
When I need help trusting God amid my suffering, *Jesus and Mary, be my companions.*
When I struggle to keep my eyes and heart on You, *Jesus and Mary, be my companions.*
When I need help holding onto an eternal perspective, *Jesus and Mary, be my companions.*
When I need help finding purpose in my pain, *Jesus and Mary, be my companions.*
When it is hard to wait joyfully for a reunion in heaven, *Jesus and Mary, be my companions.*
In bittersweet moments when grief and joy coexist, *Jesus and Mary, be my companions.*
When I need hope that grief will soften and joy will return, *Jesus and Mary, be my companions.*

For the abundance of Your mercy in our sinfulness and brokenness, *Jesus, I give You thanks and praise.*
That You accepted a death on the cross to open the gates of heaven to us, *Jesus, I give You thanks and praise.*
That Your promise of heaven allows me to grieve with hope, *Jesus, I give You thanks and praise.*
For the comforts You offer through the hands of others, *Jesus, I give You thanks and praise.*
For the companionship of those who have shared a similar loss, *Jesus, I give You thanks and praise.*
For the small daily joys that bring light to the darkness, *Jesus, I give You thanks and praise.*
For the growth in wisdom and virtue made possible through suffering, *Jesus, I give You thanks and praise.*
For the certainty that love is stronger than death, *Jesus, I give You thanks and praise.*
For the gift of having [name] as part of my life, *Jesus, I give You thanks and praise.*

Written by
Dionne Eastmo and
Brianne Edwards

Visit the Dioces of Rapid City Grief Ministry
website for more Catholic grief support resources.