

The Litany of the Tired Parent

V. Lord, have mercy.

R. Christ, have mercy.

V. Lord, have mercy on us. Christ, hear us.

R. Christ, graciously hear us.

V. God the Father of Heaven,

R. Have mercy on us.

V. God the Son, Redeemer of the World,

R. Have mercy on us.

V. God the Holy Spirit,

R. Have mercy on us.

V. Holy Trinity, One God,

R. Have mercy on us.

V. Holy Mary,

R. Pray for us.

St. Joseph . . .

Holy angels . . .

Blessed saints . . .

V. From the evil of sin,

R. Deliver us, Jesus.

From the temptations around us . . .

From the glamour of the world . . .

From the distractions that abound . . .

From the deadly sin of pride . . .

From the deadly sin of greed . . .

From the deadly sin of lust . . .

From the deadly sin of envy . . .

From the deadly sin of gluttony . . .

From the deadly sin of wrath . . .

From the deadly sin of sloth . . .

V. For the will to seek You in all things,

R. Jesus, grant me the grace to desire it.

For the will to prefer Your ways over ours . . .

For the will to spend more time with You . . .

For the will to emulate the heroic virtue of the saints . . .

For the will to root out vice . . .

For the will to remain in union with You . . .

For the will to raise our children in the Faith . . .

For the will to orient our day around You . . .

For the will to make difficult decisions for our family . . .

For the will to be faithful . . .

For the will to be hopeful . . .

For the will to be charitable . . .

For the will to be patient . . .

For the will to be gentle . . .

For the will to be empathetic . . .

For the will to be merciful . . .

For the will to be generous . . .

For the will to choose virtue at all times . . .

For the will to be steadfast . . .

For the will to grow in love of You . . .

V. Lamb of God, Who takes away the sins of the world,

R. Spare us, O Lord.

V. Lamb of God, Who takes away the sins of the world,

R. Graciously hear us, O Lord.

V. Lamb of God, Who takes away the sins of the world,

R. Have mercy on us, O Lord.

V. Jesus, meek and humble of heart,

R. Make our hearts like unto Thine.

V. Let us pray:

R: Lord, Who gave us the beautiful vocation of marriage and the gift of our children: Grant that we might always seek to do Your will, to follow the example of the saints, and to persevere in faith, that we might enjoy eternal Paradise with you forever in Heaven. Amen.