

# Litany for Liberty

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*This prayer may be prayed in a group setting led by a leader of prayer, who begins the litany with the introduction and the announcement of each invocation, or if it is prayed individually, the individual prays the entire prayer.*

## Introduction

Christ the Lord has called us out of darkness into his marvelous light. Let us turn to him in humble but fervent petition,

seeking the grace to root out from our hearts all trace of darkness, and all that holds us back

from walking in the full freedom of the children of God. As Christ is our great model for that inner freedom, which enables us to do the right,

let us turn to him with confidence

that we, too, may follow him to the fullness of spiritual freedom.

Lord, have mercy;

R. *Lord, have mercy.*

Christ, have mercy;

R. *Christ, have mercy.*

Lord, have mercy;

R. *Lord, have mercy.*

Jesus, victor over sin and death... *Free our hearts.*

Jesus, fullness of truth and mystery... *Free our hearts.*

Jesus, teacher of seeking hearts... *Free our hearts.*

Jesus, healer of body and soul... *Free our hearts.*

Jesus, bringer of mercy and justice... *Free our hearts.*

Jesus, who humble the heart and mind... *Free our hearts.*

Jesus, release of captives... *Free our hearts.*

Jesus, voice against violence... *Free our hearts.*

Jesus, courage for the lowly/downtrodden... *Free our hearts.*

Jesus, origin of all authority and power... *Free our hearts.*

Jesus, true lawgiver... *Free our hearts.*

Jesus, unity of order and passion... *Free our hearts.*

Jesus, freedom of the Spirit... *Free our hearts.*

Jesus, obedient Son of the Father... *Free our hearts.*

For the freedom to love... *Give us your grace.*

For the freedom to believe... *Give us your grace.*

For the freedom to hope... *Give us your grace.*

For the freedom to worship... *Give us your grace.*

For the freedom to serve in charity... *Give us your grace.*

For the freedom to care for the suffering... *Give us your grace.*

For the freedom to comfort the sick... *Give us your grace.*

For the freedom to feed the hungry... *Give us your grace.*

For the freedom to shelter the homeless... *Give us your grace.*

For the freedom to proclaim the Gospel... *Give us your grace.*

For the freedom to walk in chastity... *Give us your grace.*

For the freedom to live in peace... *Give us your grace.*

For the freedom to work in good conscience... *Give us your grace.*

For the freedom to stand in solidarity... *Give us your grace.*

For the freedom to seek justice... *Give us your grace.*

For the freedom to reject sin... *Give us your grace.*

For the freedom to reject coercion... *Give us your grace*

For the freedom to reject falsehood... *Give us your grace*

For the freedom to reject evil temptations... *Give us your grace*

For the freedom to reject injustice... *Give us your grace*

## **Closing Prayer**

O God, who gave one origin to all peoples  
and willed to gather from them one family for yourself,  
fill all hearts, we pray, with the fire of your love  
and kindle in them a desire  
for the just advancement of their neighbor,  
that, through the good things which you richly bestow upon all,  
each human person may be brought to perfection,  
every division may be removed,  
and equity and justice may be established in human society.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God for ever and ever.

Collect for the Mass “For the Progress of the Peoples,” Masses for Various Needs and Occasions, No. 29, Roman Missal, Third Edition

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