

# Litany of the Beloved

composed by Elizabeth Leon

In my sin & shame, may I *let myself be loved.*

In my guilt & grief, may I *let myself be loved.*

In my discouragement & despair, may I ...

In my hurt & humiliation, may I ...

In my anger & envy, may I ...

In my suffering & sadness, may I ...

When I feel forgotten & unimportant, may I ...

When I feel isolated & alone, may I ...

When I feel despised & accused, may I ...

When I fear my life has no purpose, may I ...

When I am attacked by the lies of this world,  
may I ...

When I'm prone to self-rejection & self-  
contempt, may I ...



*As your beloved.*

... you rejoice over me with singing & renew me  
in your love. (Zephaniah 3:17)

*As your beloved.*

... you hold me and will not let me go.  
(Song of Songs 3:4)

... you offer me abounding joy in your presence.  
(Psalm 16:11)

... you rescue me because you love me.  
(Psalm 18:20)

... you draw me to yourself with unfailing love.  
(Jeremiah 31:3)

... you heal me and reveal to me an abundance of  
lasting peace. (Jeremiah 33:6)

... you promise me your goodness in the land of the  
living. (Psalm 27:13)

... I profess that I am precious in your sight & you  
love me. (Isaiah 43:4)

... I declare that I am yours, and your desire is for  
me. (Song of Songs 6:3, 7:11)

... I will never be forsaken when I seek you.  
(Psalm 9:11)

... I rest securely in you, for you shield me all the  
day long. (Deuteronomy 33:12)

... I have nothing to fear. (1 John 4:18)

