

Litany of Patience

FROM HOLY WRIT

Rest in the LORD, and wait patiently for him
Psalm 37:7

I waited patiently for the LORD; and he
inclined unto me, and heard my cry.
Psalm 40:1

Better is the end of a thing than the
beginning thereof: and the patient in spirit is
better than the proud in spirit.
Ecclesiastes 7:8

But that on the good ground are they, which
in an honest and good heart, having heard
the word, keep it, and bring forth fruit with
patience.
Luke 8:15

We glory in tribulations also: knowing that
tribulation worketh patience: And patience,
experience; and experience, hope.
Romans 5:3,4

Rejoicing in hope; patient in tribulation;
continuing instant in prayer.
Romans 12:12

For whatsoever things were written aforetime
were written for our learning, that we through
patience and comfort of the scriptures might
have hope.
Romans 15:4

Now the God of patience and consolation
grant you to be like-minded one toward
another according to Christ Jesus.
Romans 15:5

In all things approving ourselves as the
ministers of God, in much patience....
2 Corinthians 6:4

Strengthened with all might, according to his
glorious power, unto all patience and
longsuffering with joyfulness.
Colossians 1:11

Now we exhort you, brethren, warn them that
are unruly, comfort the feeble-minded, support
the weak, be patient toward all men.
Thessalonians 5:14

We ourselves glory in you in the churches of
God for your patience and faith in all your
persecutions and tribulations that ye endure.
Thessalonians 1:4

The Lord direct your hearts into the love of
God, and into the patient waiting for Christ.
Thessalonians 3:5

Follow after righteousness, godliness, faith,
love, patience, meekness.
1 Timothy 6:11

Be gentle unto all men, apt to teach, patient.
2 Timothy 2:24

Be not slothful, but followers of them who
through faith and patience inherit the
promises.
Hebrews 6:12

For ye have need of patience, that, after ye
have done the will of God, ye might receive
the promise.
Hebrews 10:36

Wherefore seeing we also are compassed
about with so great a cloud of witnesses, let
us lay aside every weight, and the sin which
doth so easily beset us, and let us run with
patience the race that is set before us,
looking unto Jesus, the author and finisher of
our faith.
Hebrews 12:1,2

The trying of your faith worketh patience.
James 1:3

Be patient therefore, brethren, unto the
coming of the Lord.
James 5:7

Take, my brethren, the prophets, who have
spoken in the name of the Lord, for an
example of suffering affliction, and of
patience.
James 5:10

For what glory is it, if, when ye be buffeted
for your faults, ye shall take it patiently? but
if, when ye do well, and suffer for it, ye take
it patiently, this is acceptable with God.
1 Peter 2:20

Weeping may endure for a night, but joy
cometh in the morning.
Psalm 30:5

THE LITANY

Lord, have pity on us.

Jesus, have pity on us.

Lord, have pity on us.

Jesus, hear us.

Jesus, help us.

Heavenly Father, Who art patient because
Thou art Eternal.

Give me patience.

My Saviour and my God, Who sought me
when I fled from Thee,
Spirit of Grace, Who has been with me to this
day,

Holy Trinity, my Support in all my miseries,

Give me patience.

Lord, when Thou tryest me,

Lord, when I am in need,

Lord, when I suffer from cold or heat,

Give me patience.

Lord, when I suffer from illness,

Lord, when my members are racked with
pain,

Lord, when I suffer, and cannot sleep,

Give me patience.

Lord, in all my afflictions,

Lord, when the enemy comes against me,

Lord, when my spirit is desolate,

Give me patience.

Lord, when I am on the point of falling,

When I cannot subdue my spirit,

When through tribulation I am weary of life,

Give me patience.

When I feel myself a burden to myself and
others,

When all seems dark around me,

When in spite of my efforts I fall again and
again into the same faults,

Give me patience, Lord.

When my soul is overcome by fear,

When all fervour is dried up,

When distractions assail me at time of prayer,

Give me patience, Lord.

When sin contends against grace within me,
If Thou permittest me to be contradicted and
thwarted,

If Thou permittest me to be misunderstood
and wrongly judged.

If Thou permittest others to be set against
me,

Give me patience, Lord.

If Thou permittest me to be humiliated by my
superiors,

If Thou permittest that I am rebelled against
by inferiors,

If Thou permittest that I am forsaken by my
friends,

Give me patience, Lord.

If Thou permittest me to suffer injustice,

If Thou permittest that I be abused by my
enemies,

If Thou permittest that I be ridiculed and
mocked,

Give me patience, Lord.

If Thou permittest that I receive evil for good,

If Thou permittest that evil men should lie in
wait for me,

If Thou permittest me to suffer injury and
insult,

Give me patience, Lord.

Lamb of God, Who takest away the sins of the
world;

**Spare us, Lord, and give us patience
evermore. Amen.**

Grant Thou this patience, O Jesus, to me,

Grant Thou Thy graces my safeguard to be,

So that in all things Thy will may be mine,
Bearing all troubles because they are Thine.

Still let me study like Thee to appear,

Still let me seek to be crucified here,

That if my anguish like Thine be increased,

I may sit also, with Thee at Thy Feast.

J.M. Neale

O God, why by the long-suffering of thine
Only-Begotten Son didst tread down the pride
of our ancient enemy: Grant us, we beseech
Thee, so rightly to call to mind the sufferings
which of his goodness he bare for our sakes;
that after his example we may patiently
endure all our troubles and adversities;
through the same Christ our Lord. Amen.

Tracts for Our Times

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