



# LITANY OF LEISURE

When I am tempted to always be doing something, Help me, Jesus.

When I am tempted to be busier than necessary, Help me, Jesus.

When I am tempted to skip prayer, Help me, Jesus.

When I am tempted to give in to distraction, Help me, Jesus.

When I am being hasty, Help me, Jesus.

When I am tempted to ignore my need for silence, Help me, Jesus.

When I am tempted to avoid holy "interruptions," or "inspirations,"  
Help me, Jesus.

When I am tempted to self-hatred, Help me, Jesus.

When I am tempted to be emotionally inattentive or to avoid eye contact,  
Help me, Jesus.

When I can't let go, Help me, Jesus.

When I've lost the capacity for wonder and play, Help me, Jesus.

When I am tempted to talk too much and listen too little,  
Help me, Jesus.

When I am tempted to idle curiosity, Help me, Jesus.

When I am tempted to use Sunday to "catch up," Help me, Jesus.

When I am tempted to exchange "leisurely" activities (e.g. having a good sit,  
reading literature, savoring natural beauty) for superficial amusement and  
entertainment, Help me, Jesus.

When I am tempted to avoid Your gaze, Help me, Jesus.

Lord, help me to have the courage to do nothing.  
Amen.

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