A LITANY *of* SUFFERING

BASED UPON THE LIFE OF
SISTER ANNELLA ZERVAS, OSB

"No one knew [all that] she went through except the One for Whom she suffered."

-Sister Magdalen

A LITANY OF SUFFERING
BASED UPON THE LIFE OF SISTER ANNELLA ZERVAS, O.S.B.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God, all in accord with Your unique design and holy will for my life, please give me the grace…

To honor, respect, and be obedient to my living parents; and to have a generous and forgiving heart in remembering my deceased parents.
All for You, Jesus.

To love and cherish my family, especially any who may be a challenge for me to love.
All for You, Jesus.

To respond generously to the Vocation to which you call me.
All for You, Jesus.

That no one will miss their Vocation as willed by You, and may I do my part to support others in their unique Vocations.
All for You, Jesus.

To give honor to You and to be an example in my daily duties.
All for You, Jesus.

To always have something pleasant to say, never offering an uncharitable word.
All for You, Jesus.

For the grace to be conscientious.
All for You, Jesus.

God, You are the only one who knows my soul; therefore, if you will, help me…

To comfort others and give of myself as a gift even when I am in the midst of affliction.
God, give me the strength to bear it.

To overcome trials and temptations.
God, give me the strength to bear it.

To receive affirmations and compliments, even if it brings me sorrow, and to give the glory back to You.
God, give me the strength to bear it.

To be kind and obedient to the point of suffering.
God, give me the strength to bear it.

To be kind and obedient to the point of suffering.
God, give me the strength to bear it.

To resign myself to You as it pleases You.
God, give me the strength to bear it.

To accept that it is a blessing to suffer when joined to your Son's greater suffering.
God, give me the strength to bear it.

To only suffer how You will it.
God, give me the strength to bear it.

To be cheerful in suffering.
God, give me the strength to bear it.

To ask for more suffering according to Your will.
God, give me the strength to bear it.

Jesus, You are my truest friend; please give me the grace…

To grow in my living faith in the Real Presence of Jesus Christ in the Holy Eucharist.
Jesus, You are my truest friend.

To receive You in Holy Communion as often as You would permit.
Jesus, You are my truest friend.

To long for You so greatly that I beg to receive You in the Blessed Sacrament.
Jesus, You are my truest friend.

To grow in love of You in the Eucharist through frequent visits to the Tabernacle.
Jesus, You are my truest friend.

Recognizing the special favors You have shown me, I must give all that I can in return.
Jesus, You are my truest friend.

That my greatest consolation in this life will be the daily reception of You in the Holy Eucharist.
Jesus, You are my truest friend.

To feel You so intimately near that I do not need external reminders.
Jesus, You are my truest friend.

To prepare well and at length for frequent Confession, resolved, by Your grace, to persevere in the pursuit of holiness and to become a saint.
Jesus, You are my truest friend.

To possess a greater understanding of You, Jesus who is my truest friend.
Jesus, You are my truest friend.

God, so that I am not fearful or discouraged to grow and become more like You, I pray...

That I grow in humility, always having the desire to be instructed for growth and alignment of my will with Your holy will.
God, save me from discouragement.

That everything I do at work or play, and all talents be used and taken up for Jesus and bring holy cheer to others.
God, save me from discouragement.

That I may have a desire for holy perfection.
God, save me from discouragement.

That I offer up all my weaknesses in humility.
God, save me from discouragement.

That even in the midst of temptation, I will remain steadfast in Your design and will for my life.
God, save me from discouragement.

That I may always be pleased with what pleases You.
God, save me from discouragement.

That I never ask to be relieved of what You will, but ask only for the grace to bear it.
God, save me from discouragement.

That I always have the confidence that You know best.
God, save me from discouragement.

That if I feel abandoned by You, I will always have the grace to persevere in the trust that You are near.
God, save me from discouragement.

That You will give me the strength to never give up and to always abide in the virtue of Hope.
God, save me from discouragement.

God, so that You will give me the grace to be resigned to all things as You will it…

That I search for and pursue the best ways to please You.
God, I resign myself completely to Your will.

That I be open to the virtue of piety and the gift of a humble and childlike disposition.
God, I resign myself completely to Your will.

That I long to carry out Your holy design.
God, I resign myself completely to Your will.

That I have the desire and follow through to give myself away to You.
God, I resign myself completely to Your will.

That Your holy will be done.
God, I resign myself completely to Your will.

That You will make me a saint.
God, I resign myself completely to Your will.

That I live this life in submission to You.
God, I resign myself completely to Your will.

That I will lead others to You.
God, I resign myself completely to Your will.

That I live my life for what pleases You.
God, I resign myself completely to Your will.

Jesus, give me the excitement and disposition to marvel that it seems almost 'too good to be true,' that You invite me to Eternal Life in heaven with You...

God, have mercy. My Jesus, Mercy.
God, have mercy. My Jesus, Mercy.
God, have mercy. My Jesus, Mercy.

I entrust everything to the Blessed Virgin Mary, that she may care for it so that nothing is ever lost.

All holy men and women, Saints of God, pray for us!

Prayer to Obtain the Canonization of the Servant of God Sister Annella Zervas, O.S.B.

O Heavenly Father, who art the Author of all virtue and Source of all holiness, and who, through Thy faithful servant, Sister Annella Zervas, hast been pleased to give the world an example of patience and obedient resignation under suffering, we pray Thee to grant us the grace which we ask through her mediation, and thus to manifest her sanctity, that Thy Holy Church may soon be able to proclaim it for Thy greater glory, O God, and for the glorification of the Immaculate Virgin Mary, whom Sister Annella loved so fervently. Amen.

Our Father, Hail Mary, Glory be to the Father (three times).

Lord Jesus, glorify Thy Spouse Sister Annella Zervas, OSB. We beg of Thee by Thy Holy Cross. Amen

***Nihil Obstat*:**
Reverend Father Robert Schreiner, STL
Censor Librorum

***Imprimatur*:**
Most Reverend Andrew H. Cozzens, D.D., S.T.D.
Bishop of Crookston
Given at: Crookston, Minnesota on August 18, 2025

The Litany of Suffering, inspired by the life of Sister Annella Zervas, OSB, as presented in *Ticket for Eternity* by James Kritzeck, is a prayer composed by Amanda Zurface, JCL. The Prayer to Obtain the Canonization of the Servant of God Sister Annella Zervas, OSB was written by Reverend Father Joseph Kreuter, OSB.

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