



LITANY TO JESUS CHRIST

To be delivered from the lies and the darkness of the world, the flesh and the devil and to claim my dignity as a child of God my Father.

“The devil was a murderer from the beginning. He has nothing to do with the truth because there is no truth in him. When he lies, he speaks according to his own nature, for he is a liar and the father of lies”

(JOHN 10:10 & 8:42-44)

Lord Jesus inspire me by Your Spirit of Truth to **name, expose, and renounce** the thoughts, the lies that arouse feelings that lead to unchaste actions. Your love for me is my strength and my hope.

Jesus, by the power of Your Holy Name, I claim my God-given dignity, and I renounce these lies of the world, the flesh and the devil that seduce me to view pornography and to masturbate:

Just one more time and then I'll quit viewing pornography. Eventually, eventually I'll stop.
In the Name of Jesus Christ, I renounce this lie.

I'll check out this one “harmless” website and then I'll stop—just this one more.
In the Name of Jesus Christ, I renounce this lie.

It's a human outlet. I'm just one among millions. It can't be that wrong.
In the Name of Jesus Christ, I renounce this lie.

No one is getting hurt. It's not a big deal. People exaggerate this whole thing.
In the Name of Jesus Christ, I renounce this lie.

A lot of intelligent and successful men / women watch porn and they're doing very well.
In the Name of Jesus Christ, I renounce this lie.

My need for this pleasure is too strong. I cannot stop. It's impossible to stop.
In the Name of Jesus Christ, I renounce this lie.

I deserve a break, something just for me. This “high” will ease my stress.
In the Name of Jesus Christ, I renounce this lie.

I'm unable to resist this strong erotic instinct. Chastity's a bygone dream, beyond me.
In the Name of Jesus Christ, I renounce this lie.

Prayer is useless. God's not there for me. I've been abandoned, forgotten.
In the Name of Jesus Christ, I renounce this lie.

This force within me to act out sexually is more powerful than God.
In the Name of Jesus Christ, I renounce this lie.

Something is hopelessly wrong with me, I tried too many times. I'm beyond any help.
In the Name of Jesus Christ, I renounce this lie.

I don't fit in with the other men / other women—who are chaste. I don't measure up.
In the Name of Jesus Christ, I renounce this lie.

I'm on my own, isolated. No one really cares about me, wants me for who I am.
In the Name of Jesus Christ, I renounce this lie.

I'm a loser. I'm damaged goods, ...a social misfit. I'm a nobody. Empty inside.
In the Name of Jesus Christ, I renounce this lie.

If others found out about me, I'd be forever disgraced, an outcast.
In the Name of Jesus Christ, I renounce this lie.

This is a secret I'll always have to hide. I'm held captive. I will never be free.
In the Name of Jesus Christ, I renounce this lie.

I'm ashamed of who I've become—of who I am. I'm a failure, a total nothing.
In the Name of Jesus Christ, I renounce this lie.

Who could love me? I don't even love myself. I'm dirty. I hate, loathe, myself.
In the Name of Jesus Christ, I renounce this lie.

I can't change. It's too late, way too late. I'll have to limp through the rest of my life.
In the Name of Jesus Christ, I renounce this lie.

Porn has bound me too long. I have to give in. I'm too weak...a pitiful creature.
In the Name of Jesus Christ, I renounce this lie.

I've lost God's love. My dignity is gone. I've lost self-worth...I'm trash.
In the Name of Jesus Christ, I renounce this lie.

Porn is now part of my identity. Why struggle? Why hope? This is who I am.
In the Name of Jesus Christ, I renounce this lie.

A PRAYER TO LIVE FULLY MY FREEDOM AND DIGNITY *as a Son of the Father*

Lord Jesus Christ, thank You for calling me to live as a man whose masculine energies are integrated and strengthened by the virtue of chastity, so that I can affirm, love, guide and bless others in your Name. You empower me to be a brother, a friend, a father, a man for others, blessed by Your Father and His saving love for me and embraced by Mary and her maternal love for me.

May the light of Your truth dispel the lies that rob me of the freedom You gained for me, by the power of Your blood, which you shed for me. In Your Name, I renounce those lies which seduce me to view pornography. *(In a moment of silence, I name one or several lies that are persistent in my life.)* Jesus, by Your authority and power, I break their power over me and the seduction of lust and the sick attitudes which flow from them.

Jesus Christ, grant me the grace to reverence the dignity of my human body made sacred by Your becoming flesh and dwelling among us as a man, being one with us within our human family.

Teach me strategies to break the chains that bind me. Grant me the gift of perseverance to engage and incorporate these strategies into my life. Jesus by the power of Your chaste body crush the head of the serpent of lust, fantasy and "attachment-to-self" that plague me. Jesus, consecrate me to the Father as His chaste son.

I pray for all men: sons, fathers, husband, brothers, and for all women: wives, mothers, sisters, whom You freed from bondage by Your life, death and resurrection. Jesus, I desire to be Your witness of Your saving love to my family and friends and co-workers. In Your Name Jesus, I pray. Amen.

Mary Immaculate, mother of Jesus and my mother, pray for me.
St. Joseph strong protector of Jesus and Mary, protect me.

A PRAYER TO LIVE FULLY MY FREEDOM AND DIGNITY *as a Daughter of the Father*

Lord Jesus Christ, thank You for calling me to live as a woman whose feminine energies are integrated and strengthened by the virtue of chastity, so that I can affirm, love, guide and bless others in Your Name. You empower me to be a sister, a friend, a mother, a woman for others, blessed by Your Father and His saving love for me and embraced by Mary and her maternal love for me.

May the light of Your truth dispel the lies that rob me of the freedom You gained for me, by the power of Your blood, which you shed for me. In Your Name, I renounce those lies which seduce me to view pornography. *(In a moment of silence, I name one or several lies that are persistent in my life.)* Jesus, by Your authority and power, I break their power over me and the seduction of lust and the sick attitudes which flow from them.

Jesus Christ, grant me the grace to reverence the dignity of my human body made sacred by Your becoming flesh and dwelling among us as a human, being one with us within our human family.

Teach me strategies to break the chains that bind me. Grant me the gift of perseverance to engage and incorporate these strategies into my life. Jesus by the power of Your chaste body crush the head of the serpent of lust, fantasy and “attachment-to-self” that plague me. Jesus, consecrate me to the Father as His chaste daughter.

I pray for all women: wives, mothers, sisters, and for all men: sons, fathers, husband, brothers, whom You freed from bondage by Your life, death and resurrection. Jesus, I desire to be Your witness of Your saving love to my family and friends and co-workers. In Your Name Jesus, I pray. Amen.

**Mary Immaculate, mother of Jesus and my mother, pray for me.
St. Joseph strong protector of Jesus and Mary, protect me.**



**INTEGRITY
RESTORED.**