



# *Litany of the Overwhelmed Mom*

From living a life of overwhelm, Jesus, deliver me.

From feelings of despair over the daily monotony, Jesus, deliver me.

From measuring my worth by my productivity, Jesus, deliver me.

From feeling like a failure, Jesus, deliver me.

From the desire to chase every wild dream that comes my way, Jesus,  
deliver me.

From feelings of jealousy towards others, Jesus, deliver me.

From labeling myself as lazy, Jesus, deliver me.

From mindlessly scrolling on my phone to mentally check out, Jesus,  
deliver me.

From snapping at my kids because I'm overwhelmed and can't  
appropriately respond, Jesus, deliver me.


From responding in anger at unexpected circumstances, Jesus, deliver  
me.

To experience unshakeable joy in my life, Lord, show me the way.

To heal the inner child crying out within me, Lord, show me the way.

To approach my messes without shame, Lord, show me the way.

To set healthy boundaries with those around me, Lord, show me the  
way.



To respond to my husband and children with love, Lord, show me the way.

To efficiently manage my household, Lord, show me the way.

To be able to pivot with grace when life throws me a curve ball, Lord, show me the way.

To bring beauty and goodness into the world, Lord, show me the way.

To exemplify the virtues of the feminine genius, Lord, show me the way.

To be humble in all things, Lord, show me the way.

To model my life after our Blessed Mother, Lord, show me the way.

To love myself unconditionally, Lord, show me the way.

To do all things for the glory of God, Lord, show me the way.

Most Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.

St. Alphonsus Ligouri, pray for us.

Holy Guardian Angels, pray for us.

All Holy Souls in Purgatory, pray for us.

*Amen*