

Morning Offering to the Sacred Heart of Jesus

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of Your Most Sacred Heart, for the holy intentions of our associates and the Holy Father this month, and for the reunion of all Christians. Amen.

Daily Prayer of Surrender

O God Almighty, King of the Universe, I love You, praise You, and adore You! I surrender to You today with all my heart and soul. I say “yes” to You this day. O Most Holy Trinity, You are the only God, the one true God. Father, You are my true Father. Thanks for giving me a biological father in order to bring me into this world to share in Your divine nature by Your gift of grace. Jesus, I believe in You and receive You as my Lord and Savior. I hold nothing back. Jesus, You have my permission to live in my heart. Conform my heart and mind into Yours; let me love and think as You do. Holy Spirit, bring me to a deeper conversion to the person of Jesus Christ. Help me follow Your daily promptings. Immerse me, Holy Spirit, and let Your gifts come alive in me. Almighty God, I surrender all to You: my health, family, resources, work, skills, relationships, time management, successes, failures, and regrets. I release all of these to You and let them go. I surrender my understanding of how things ought to be, my choices, and my will. I surrender to You the promises I have kept and the promises I have failed to keep. I surrender my fears, temptations, insecurities, and sexuality to You.

Men, pray: Jesus, help me to become a man like You—a man of action that builds up Your Kingdom and who is sexually pure. Women, pray: Jesus, help me to become a woman like Mary—the greatest role model of all Christians, perfectly receptive to You, and sexually pure.

I especially surrender [surrender other areas as the Holy Spirit reveals them to you]: _____, _____, _____, etc.

Lord, I surrender my entire life to You—the past, the present, and the future. In sickness and in health, in life and in death, I belong to You alone! Almighty God, I offer up my body to You as a living sacrifice, holy and pleasing. Amen.

Prayer to St. Michael

Saint Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who

prowl about the world seeking the ruin of souls. Amen.

Daily Prayer for the Holy Church and Priests

(St. Faustina and Acts 4:29-30)

O my Jesus, I beg You on behalf of the whole Church: Grant Her love and the light of Your Spirit, and give power to the words of Fr. Michael, Fr. _____, and all priests so that hardened hearts might be brought to repentance and return to You, O Lord. Eternal Father, grant to all priests to speak Your word with all boldness, while You stretch out Your hand to heal, and signs and wonders are performed through the name of Your holy servant Jesus.

Almighty God, give us holy priests; You Yourself maintain them in holiness. O Divine and Great High Priest, may the power of Your mercy accompany them everywhere and protect them from the devil’s traps and snares which are continually being set for the souls of priests. May the power of Your mercy, O Lord, shatter and bring to naught all that might tarnish the sanctity of priests, for You can do all things.

Jesus, my most beloved, I beg You for the triumph of the Church, for blessings on the Holy Father, and on all the clergy; for the grace of conversion for impenitent sinners. And I ask You for a special blessing and for light, O Jesus, for the priests before whom I will make my confessions throughout my lifetime. Amen.

Prayer to the Holy Spirit (by St. Augustine)

Breathe into me, Holy Spirit,
that my thoughts may all be holy.

Move in me, Holy Spirit,
that my work, too, may be holy.

Attract my heart, Holy Spirit,
that I may love only what is holy.

Strengthen me, Holy Spirit,
that I may defend all that is holy.

Protect me, Holy Spirit,
that I may always be holy. Amen.

Prayer for the World

Lord Jesus Christ, Son of the Father, send now Your Spirit over the earth. Let the Holy Spirit live in the hearts of all nations, that they may be preserved from degeneration, disaster, and war. May the Lady of All Nations, the Blessed Virgin Mary, be our advocate.

Guardian Angel Prayer

Angel of God, my guardian dear, to whom God’s love commits me here, ever this day, be at my side, to light and guard, rule and guide. Amen.

John 3:30: “[Jesus] must increase; I must decrease.”

Ordinary Means of Salvation and Being Free in the Lord—Cooperating with God’s Plan and Grace

-Luke 9:23-24: Then [Jesus] said to all, “If anyone wishes to come after Me, he must deny himself and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake will save it.” **[Surrender daily to Jesus!]**

1. Develop a deep faith life. (Ask for the gift of faith daily and spend time learning truth from the Bible, the *Catechism of the Catholic Church*, the lives of the saints, etc.)
2. Improve your prayer life. (Will you spend an hour in prayer each day? This can be broken into various parts throughout the day: pray with Bible, 15 minutes; Rosary, 15 minutes; listen to God in silence, 15 minutes, etc.)
3. Live a virtuous and moral life. (Virtue = repeated good acts to build up God’s Kingdom, such as living the Beatitudes and performing the Corporal and Spiritual Works of Mercy. Moral life = follow the Ten Commandments and the Precepts of the Church.)
4. Live a sacramental life. (Mass on Sundays and Holy Days; also try for daily Mass and frequent Confession. Receiving a Sacrament is a “direct touch” from God.)

The Eight Beatitudes (Mt 5:3-10)

1. Blessed are the poor in spirit: for theirs is the Kingdom of Heaven.
2. Blessed are the meek: for they shall possess the land.
3. Blessed are they who mourn: for they shall be comforted.
4. Blessed are they that hunger and thirst after justice: for they shall have their fill.
5. Blessed are the merciful: for they shall obtain mercy.
6. Blessed are the clean of heart: for they shall see God.
7. Blessed are the peacemakers: for they shall be called children of God.
8. Blessed are they that suffer persecution for justice’ sake, for theirs is the Kingdom of Heaven.

The Seven Corporal Works of Mercy

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To shelter the homeless.
5. To visit the sick.
6. To visit the imprisoned.
7. To bury the dead. [Do not scatter ashes.]

The Seven Spiritual Works of Mercy

1. To counsel the doubtful.
2. To instruct the ignorant.
3. To admonish the sinner.
4. To comfort the sorrowful.
5. To forgive all injuries.
6. To bear wrongs patiently.
7. To pray for the living and the dead.

The Ten Commandments

1. I am the Lord thy God; Thou shalt not have other gods besides Me.
2. Thou shalt not take the Name of the Lord thy God in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor thy father and thy mother.
5. Thou shalt not murder.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor’s wife.
10. Thou shalt not covet thy neighbor’s goods.

The Six Precepts of the Church (Catholic Duties)

1. To go to Mass and refrain from servile work on Sundays and Holy Days.
2. To go to Confession at least once a year.
3. To receive the Eucharist at least once a year, during the Easter Season.
4. To observe the days of fasting and abstinence.
5. To help to provide for the needs of the Church according to one’s abilities and station in life.
6. To obey the marriage laws of the Church.

Praying with the Bible: A Brief Introduction to Ignatian Biblical Meditation (rational reflection):

1. **Begin:** Consider how God looks upon you and loves you; become aware of being in God’s presence. Stand for a moment, bow if you wish, then be seated for prayer.
2. **Preparatory Prayer:** Offer to God all your will and actions, especially in this time of prayer. Ask God for a specific grace that you need and desire right now (peace, consolation, hope, etc.).
3. **Meditate on the Biblical Text** that you have selected:
 - Read** the biblical text through slowly, recalling what it is about; then let it come alive for you!
 - Reflect** on the truths God wants to teach you in this text.
 - Ponder** the meaning of each word, phrase, and sentence.
 - Focus** on two or three points (words, phrases, images, ideas) that stand out to you.
 - Embrace** what God is saying to you; let your heart be moved with love and desire.
 - Notice** what is going on inside you as you pray: joy, sorrow, peace, confusion, love, anger, etc.
 - If you get distracted or your mind wanders, gently return to the biblical text and your focal points.
4. **Colloquy:** Enter into a short personal conversation with Jesus (or God the Father, or the Holy Spirit). Speak heart-to-heart, as if conversing with a close friend.
5. **Closing Prayer:** Conclude by praying the Our Father, Hail Mary, or another familiar/favorite prayer. You might stand, kneel, bow, raise your hands, or adopt another posture to mark the end of your prayer.
 - [Look forward to your next prayerful encounter with God. When? Where? Which biblical text?]