

Morning Offering Handout

There are four types of prayer: adoration, contrition, thanksgiving and petition. The morning offering is a prayer of adoration or love. Love is a giving of yourself to someone. In the morning offering you are giving yourself and your day to God. When you recite this prayer, humble yourself before God by kneeling. Then take your time and read from the heart as well as the mind. When finished, take a moment of silence to reflect on how you might live this during specific times and events in your day.

O my God, in union with the Immaculate Heart of Mary,

Jesus was with Mary in the womb and came to us through her. Thus we should also go to Him through and with her.

I offer Thee the Precious Blood of Jesus from all the altars throughout the world,

Our Lord shed His Precious Blood for us. Every day throughout the world priests re-enter into this sacrifice making reparation for our sins.

joining with It the offering of my every thought, word and action of this day.

Everything is God's. We should keep nothing for ourselves. He has the power to fill our thoughts, words and actions with wisdom, love and fruitfulness.

O my Jesus, I desire today to gain every indulgence and merit I can,

As part of the mystical body of Christ, we are able to help those around us and in purgatory through our good works.

and I offer them, together with myself, to Mary Immaculate,

that she may best apply them to the interests of Thy most Sacred Heart.

Mary, our spiritual mother, will make everything we give to our Lord better.

Precious Blood of Jesus, save us!

Immaculate Heart of Mary, pray for us!

Sacred Heart of Jesus, have mercy on us!