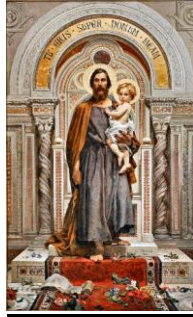


The Way of St. Joseph



CHALLENGE: EVENING PRAYER

Examination of Conscience

Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them, and firmly resolve to amend my life. Amen.

Give thanks to God for all your blessing today. (30 seconds of silence)

Examen your day for your sins of thought, word, deed, or omission. (1 minute of silence)

Ask God to help you know how to amend your life and for the grace to do so. (30 seconds of silence)

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all of my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance, and to avoid the near occasion of sin. Amen.

MORNING OFFERING CHECKLIST

Directions: Download the *Laudate* App from the app store. We suggest using the *Laudate* app to access the daily Mass readings. You may use all the passages for your morning offering or limit yourself to one or another. Each morning, pray your morning offering, open the *Laudate* app, click on “Daily Readings, Saint of the Day” and then “Daily Readings” which will redirect you to the USCCB website.

1 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	2 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	3 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	4 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	5 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>
6 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	7 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	8 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	9 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>	10 Morning Offering: <input type="checkbox"/> Daily Readings: <input type="checkbox"/>
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