



Prayers to Start Your Day

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends and in particular for the intentions of the Holy Father. Amen.

A Morning Prayer

Heavenly Father, I offer you this day all that I think or do or say, uniting it with what was done by Jesus Christ, your only Son. Amen.

A Morning Prayer to the Trinity

Most holy and adorable Trinity, one God in three Persons, I believe that you are here present; I adore you with the deepest humility, and render to you, with my whole heart, the homage which is due to your sovereign majesty. O my God, I most humbly thank you for all the favors you have bestowed upon me to the present moment. I give you thanks from the depth of my heart that you have created me after your own image and likeness, that you have redeemed me by the precious blood of your dear Son, and that you have preserved me and brought me safe to the beginning of another day. I offer to you, O Lord, my whole being, and in particular all my thoughts, words, actions and sufferings of this day. I consecrate them all to the glory of your name, beseeching you that through the merits of Jesus Christ, my Savior, they may all find acceptance in your sight. May your divine love animate them, and may they all tend to your greater glory. Adorable Jesus, my Savior and Master, model of all perfection, I resolve and will endeavor, this day, to imitate your example, to be, like you, mild, humble, chaste, zealous, charitable and resigned. I will redouble my efforts that I may not fall, this day, into any of those sins which I have heretofore committed (*especially*), and which I sincerely desire to forsake. O my God, you know my poverty and weakness, and that I am unable to do anything good without you; deny me not, O God, the help of your grace; proportion it to my necessities; give me strength to avoid everything which you forbid, and to practice the good which you have commanded; and enable me to bear patiently all the trials which it may please you to send me. *Now pray the Our Father and Hail Mary prayers.*

One may also add here the Acts of Faith, Hope, and Love, found at the bottom of reverse side.

O holy Virgin, Mother of God, my Mother and Patroness, I place myself under your protection; I throw myself with confidence into the arms of your compassion. Be to me, O Mother of mercy, my refuge in distress, my consolation under suffering, my advocate with thy adorable Son, now and at the hour of my death. Amen.

O faithful Guardian and Father of Virgins, Blessed Joseph, to whom was confided the care of Jesus, and of Mary the Queen of Virgins, I most humbly ask you, by the love with which you bore Jesus and Mary, to obtain for me that, being preserved from every stain during my whole life, I may ever be able to serve them with unspotted purity of mind and body. Amen.

Prayer to One's Guardian Angel

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

Amen.

Acts of Faith

O my God, I firmly believe
that you are one God in three divine Persons,
Father, Son, and Holy Spirit.

I believe that your divine Son became man
and died for our sins and that He will come
to judge the living and the dead.

I believe these and all the truths
which the Holy Catholic Church teaches
because you have revealed them,
who can neither deceive nor be deceived.

Amen.

Acts of Hope

O my God, relying on your infinite goodness and
promises, I hope to obtain pardon for my sins, the help
of your grace and life everlasting, through the merits of
Jesus Christ, my Lord and Redeemer.

Amen.

Acts of Love

O my God, I love you above all things
with my whole heart and soul, because you are all good
and worthy of all my love. I love my neighbor as myself
for the love of you. I forgive all who have injured me,
and ask pardon for all whom I have injured.

Amen.