

# THE MORNING OFFERING PRAYER

## Note:

- ✓ *No matter how poor, sick or old we may be, we are precious to God.*
- ✓ *At The Morning Offering prayer we surrender ourselves and our entire day to God*
- ✓ *The Morning Offering sanctifies our entire day with its joys and pains, successes and failures.*
- ✓ *The morning offering is both **a prayer** of praise and worship, and **a promise** to faithfully serve God throughout the entire day.*
- ✓ *We need not withdraw from the world or from secular realities to find God in our life.*
- ✓ *It is just the opposite. It is by entering into communion with the people we meet and by getting involved in all the situations of our everyday life for the sake of God that we find Him throughout the day.*
- ✓ *Through the morning offering we exercise the priesthood of Christ given to us at Baptism and Confirmation.*
- ✓ *At The Morning Offering, by turning ourselves over completely to God, we truly join ourselves to Jesus at the altar as part of his redeeming sacrifice*

## PROCEDURE

### In the Morning.

- In the morning as you got up from sleep, as soon as you can and feel at ease, pause for a few seconds and place yourself in the presence of God.
- Think of what you are about to do, namely; To surrender yourself and your entire day with all its joys and pains to God along with Jesus at the Altar of Sacrifice.
- Consciously sign yourself with “The Sign of the cross”
- Attentively, recite the Morning Offering Prayer.
  - **“God, Our Father, I offer myself and my entire day to you.** I offer you my prayers, my thoughts, my words, actions and sufferings
  - **In union with your Son, Jesus Christ,** who continues to offer Himself in the Eucharist for the salvation of the world.
  - **May the Holy Spirit,** who guided Jesus, **be my Guide and Strength today,** so that I may a witness of your love to all.
  - **With Mary, the Mother of our Lord and of the Church, I pray especially for the intentions** proposed by the Holy Father”
- After the Morning Offering you may say your customary Morning Prayers.

### Follow- up during the day.

To keep fresh during the day the memory of your Morning Offering, namely, that

- **You offered yourself** completely to your **Heavenly Father.**
- **You joined Jesus** at the sacrifice of the Altar.

- **You begged of the Holy Spirit** for strength to witness God's love.
- **You asked the assistance of Mary your Mother..**

Occasionally, say some short invocations to The Father, to Jesus, the Holy Spirit or to Mary

**Such invocations could be:**

- "I love you Heavenly Father!" "My God, my All!" "Let you will done"
- "All for you, Jesus!" "Jesus, My Lord!" "Be with me my Lord"
- "Holy Spirit .strengthen me!" "Holy Spirit .Show me the way!"
- "Remember me, oh most Loving Mother" "Pray for me, Mother of God!"