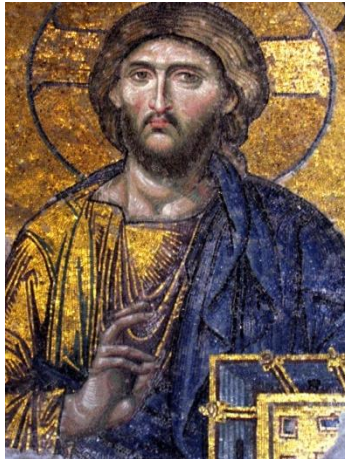


Conversing with Jesus

Praying the Morning Offering each day allows you to encounter the Person of Jesus and deepen your friendship with Him. Developing the habit of greeting Him as the day begins will help you to always be aware of the reality of God's presence with you.



In the name of the Father, and of the Son, and of the Holy Spirit. Amen

The Father, Son and Holy Spirit live in us through Baptism.

Close your eyes and take some time in silence to be aware of Jesus within your heart and to greet Him.

The Morning Offering

**O Jesus, through the
Immaculate Heart of Mary,**

**I offer You all my prayers, works, joys, and sufferings of this day
in union with the Holy Sacrifice of the Mass throughout the world.**

**I offer them for all the intentions of your Sacred Heart:
the salvation of souls,
reparation for sin,
and the reunion of all Christians.**

**I offer them for the intentions of our bishops
and of all Apostles of Prayer,
and in particular for those recommended
by our Holy Father this month. *Amen.***

Close your time of prayer with the Sign of the Cross

Dear Young Person,**The meaning of the words...**

The *Morning Offering* is a prayer to Jesus and the main focus is to start the day by giving everything to God: all that we may do and encounter, such as friends, school work, difficulties, joys and sufferings. Prayer is the best thing that we can give God as the first thing, by recognizing His presence and to put the day in His hands. This prayer truly offers God *everything* in our day, the good and bad, while reminding us of the importance of praying for others, with the help of our Blessed Mother. We pray this prayer through her Immaculate Heart because Mary's Heart is pure as she cooperated with God's grace by always saying "yes" to His will.

When to pray...

With most things in life, when we schedule something, it takes place. When we don't, it usually does not happen. Jesus wants you to spend time with Him so that you can come to know His love. Choose a specific time:

- In the morning
- After dinner
- In the evening

Where to pray...

Set up a sacred space in the home, keeping it simple. It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. The following may be included in the sacred space:

- A Bible
- A Crucifix
- A statue of Mary

**Who is Jesus?**

Jesus is God. Jesus Christ loves you. He gave His life for you on the Cross to save you; and now He is living at your side every day to enlighten, strengthen and free you. Ask Him to help you to be faithful to your daily time of prayer.

Dear Parents,

In order to help your 8th Grade son or daughter to go deeper in their friendship with God, one specific prayer has been given to them.

Young people are encouraged to develop a personal prayer time in addition to family prayer time. A wonderful way to support your son or daughter in personal prayer is to let them know that you will include the *Morning Offering* as part of your quiet time with the Lord each day.

You can further support your 8th Grader in personal prayer by initiating discussions during the year. Here are several "conversation starters."

- I understand that you are praying the *Morning Offering* on a daily basis. I am also committed to praying this prayer each day. What stands out for you in this prayer? (Then offer what stands out for you.)
- Have you experienced something as a result of this prayer? Do you feel comfortable sharing that with me? Would you like to hear the effect that it is having on me?
- Do you understand all of the words of the prayer? If not, I was given a link that we could look into the meaning of those words together.
- Are you finding more peace in your life as a result of offering your day to God first thing in the morning?

For further info on the *Morning Offering* Prayer, go here: <http://diolc.org/catechesis/prayer/>