

## 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 Jesus within you and how much He loves 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

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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.

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