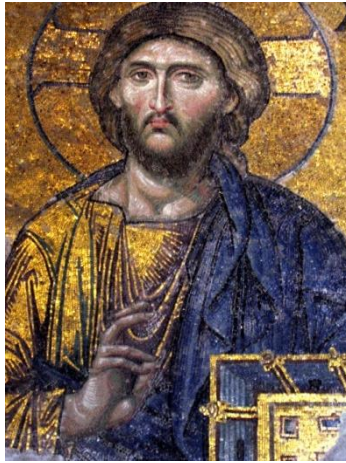


Conversing with Jesus

This time of prayer focuses on the *Morning Offering*. Pray the *Morning Offering* two times: the first time for understanding, the second time from the heart. Follow the steps that are listed below.



Jesus, the Divine Teacher

Begin your prayer with the Sign of the Cross.

The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus’ death on the cross.

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

(Pray together aloud, when praying with others)

Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me.

Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart.

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.**

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Morning Offering* a second time, silently from the heart, more slowly than the first time.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with God about it, and share it aloud with those with whom you are praying.
- **THANK** Jesus in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

Close this time of prayer with the Sign of the Cross

Dear Friend in Christ,

Thank you for your commitment to daily prayer. The grace that you are praying for in the first part, that of asking Jesus for the grace of a deeper experience of His personal love for you, is essential to developing a true relationship with Him. As you experience this love in any way, write it down. Thank Jesus for this blessing in your life.

Why pray?

The *Morning Offering* is a prayer to Jesus and the main focus is to start the day by giving everything to God: all those people that we may encounter, such as family, friends and co-workers, and all that we may face, such as work, difficulties, joys and sufferings. Prayer is the best thing that we can give God. By making it the first thing, we will become aware of His presence and 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.

As you speak with Jesus each day in prayer, you will come to recognize more and more how much He loves you and find **peace** and **calm** in the midst of life’s difficulties.

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.

When we pray for something, we can trust that God will answer every prayer in a way that is best for us. Remember, sometimes the answer will be “yes,” sometimes the answer will be “no,” and sometimes the answer will be “not now, but later” as God’s timing is perfect.

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



It is not uncommon to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with Jesus.

Who is Jesus? Jesus is God. Jesus Christ loves you and wants a deeper friendship with 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.

The first letter of the five bulleted, bolded words on page 1 under the words of the Morning Offering (**Express, Pray, Choose, Thank, Ask**) are EPCTA, which stands for “Every Prayer Counts To Almighty God.” This mnemonic device (EPCTA) helps for remembering the steps.

For further resources on *the Morning Offering*, go to: diolc.org/deeper