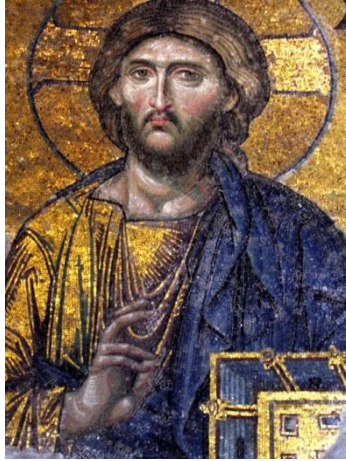


## Conversing with Jesus

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 your family)

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 Parents,**

To help your son or daughter to go deeper in their friendship with Jesus, one specific prayer will be the focus this year. 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.

**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 that you may do and encounter, such as friends, school work, difficulties, joys and sufferings. Prayer is the best thing that you can give God. By making it the first thing, you will become more aware of His presence and put the day in His hands. This prayer truly offers God *everything* in your day, the good and bad, while reminding you of the importance of praying for others, with the help of our Blessed Mother. You 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 clearly 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 you schedule something, it takes place. When you 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 you pray for something, you can trust that God will answer every prayer in a way that is best for you. 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. 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 our Heavenly Father.

**Who is Jesus?** Jesus is God. Jesus Christ loves you and wants to deepen His 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.

You can further support your son or daughter 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? As you develop the habit of greeting Jesus as the day begins, are you becoming more aware of the reality of God's presence with you.

For further resources on the *Morning Offering* Prayer, go to: [diolc.org/prayer](http://diolc.org/prayer) 8<sup>th</sup> Grade