

Morning Offering

Dearest Mother Mary,

I offer myself entirely to you, and in proof of my filial affection I offer to you this day my eyes, my ears, my tongue, my heart, in a word, my whole self.

Now that I am entirely yours,
Mother of goodness,
keep me and defend me
as your own property and possession.

Amen

I Can Do All Things

I can do all this through Him who gives me strength.

(Philippians 4:13)

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.
(Colossians 3:17)

Love

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love. (1 John 4:7-8)

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ (Matthew 25:40)

And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.
(Micah 6:8)

Daily Examination of Conscience

1. Thanksgiving

Lord, I realize that all, even myself, is a gift from you.

- Today, for what things am I most grateful?

2. Examination

Lord, show me what I have done well and what I need to improve.

- For what I have done well – be thankful
- Review your Goals.
- For those I have done badly, show me.

3. Contrition

Lord, I am sorry for the wrong I have done and good that I have failed to do.

4. Resolution

Help me to be better tomorrow.

Amen