

Morning Prayer Mission

Morning Offering (Apostleship of Prayer):

O Jesus, through the Immaculate Heart of Mary, I offer you 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 the Apostles of Prayer, in particular for those recommended by our Holy Father this month. Amen.

30-Minute Meditation:

- 10 Minutes - Meditation on the Word
- 10 Minutes - Speaking or Writing to God (Father, Son, Holy Spirit)
- 10 Minutes - Listening to God (Father, Son, Holy Spirit)

Throughout the Day:

“The Jesus Prayer”