



HOW TO START AND END YOUR DAY IN PRAYER

Starting the day in prayer

Jesus took time to pray before his day started. The Gospel of Mark indicates that: *“Rising very early before dawn, he left and went off to a deserted place, where he prayed” (1:35).*

In imitation of our Lord, aim to start your day with a moment of prayer. Before going to your phone to check the news, stock market, texts or calendar, carve out some minutes for morning prayer.

One concrete way to do this is to offer your day to God the Father through the five daily offerings. St Paul exhorts us to *“offer our bodies as a living sacrifice, holy and pleasing to God, your spiritual worship” (Rm 12:1).*

How do you make the daily offerings?

Make the sign of the cross on five parts of the body (forehead, eyes, lips, hands, and heart) and as you sign yourself use the expression “For Christ, With Christ, and Like Christ.” If possible, make your offerings kneeling before a crucifix or image of Christ and use holy water as a reminder of your baptism. To get started, you can use the written version of the daily offerings provided in this handout, but then feel free to do your own personal version of them.

- We aim to do things *for Christ* because we want our love for Him

to be the driving force of each of our actions. We do all FOR Him because He is our Lord.

- We do things *with Christ* because we want to do everything in his loving and continuous presence. We do all WITH Him because He is our Friend.
- We do things *like Christ* because we try to do everything as He would do it. We do all LIKE Him because He is our Teacher.

As a conclusion, pray the prayer of Consecration to the Heart of Jesus. This prayer reminds you that you offer everything to God the Father through the sacrifice of the Mass.

In addition to the offerings, spend some time in silence doing lectio divina with the daily Gospel.

Daily Offerings

Make the sign of the cross on each part as you begin your prayer as follows:

Father, I offer you my.... for Christ, with Christ and like Christ

- 1....mind** so I may think like you. I want to have your same thoughts, principles of action, and ways of thinking about others. Let my thoughts be pleasing to you. Remove my critical thoughts towards others.
- 2.... eyes** so I may see reality and other people as you do. Open my eyes to discover your presence in my life



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today. Give me the grace of custody of my eyes.

3.... lips so I can praise you and speak about you during this day. Let my words be of encouragement to others. Remove any idle, critical, or angry words from my lips.

4.... hands so I may build your Kingdom in my life today. I want to be faithful to your mission in my family, work and studies today.

5.... heart so that you may live in me and through me live in others. Remove my heart of stone and give me a heart of flesh. Make my heart a dwelling place for your presence.

Consecration to the Heart of Jesus

Divine Heart of Jesus, through the Immaculate Heart of Mary, I offer myself to God the Father in the Holy Sacrifice of the Altar, with all of my works, studies, prayers, sufferings and joys of today, in reparation for my sins and so that your Kingdom come. Amen.

End the day in prayer

“By day the Lord will send his loving kindness; by night I will sing to Him, praise the God of my life” (Ps 42).

We are also called to conclude our day in praise and prayer.

How to do night prayer

1. Begin by entering into God's presence.
2. Review all the blessings of the day. Gratefully acknowledge how the Lord guided you and helped you this day.

3. Acknowledge your sins and failures. Honestly review the times and places you failed to live as a true son or daughter of the Father. In what ways were you selfish rather than loving? Consider your thoughts, desires, words, actions, and omissions. You can do it in a simple way by thinking of the three main blessings and the three main sins.

4. Make a resolution with the Lord's help. Resolve not to commit the same sins again the next day. Beg the Lord to provide the grace you need to live completely for him, embracing his love and his will for you. Pray an act of contrition.

5. Pray a simple night prayer (see the one provided here)

6. Ask for the grace of purity of body and soul, praying three Hail Mary's. You can also pray the litanies of St Joseph.

7. As part of night prayer, you can read the Gospel of the next day, so you go to bed thinking about a Scriptural passage.

8. Rest with hope and watchfulness. Having resolved to follow the Lord faithfully, rest peacefully knowing that God is with you. Avoid using your phone.

Night Prayer

We beseech you, Lord, that you visit this dwelling place; drive from it all the snares of the enemy. May your holy angels dwell in it and keep us in peace, and may your blessing remain always with us. Through Jesus Christ, Our Lord. Amen. May Almighty God grant us a restful night and a peaceful death. Amen.



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