

Sanctify the Day



PRAYER

LIFTING OUR HEARTS AND
MINDS TO GOD



FORMATION

BECOMING LIKE CHRIST



FRATERNITY

CENTERING BROTHERHOOD ON
CHRIST

Morning Offering

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 the Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians, and the intentions of our Holy Father, the Pope. Amen.

Nightly Examination

Blessings— look at the day and all the ways God has blessed you

Ask—ask the Holy Spirit to reveal your sins and times you turned from God

Kill—reflect on how your sins are what Christ died for, and how they damage you and how He allowed them to damage Him

Embrace—receive Christ's love from the cross, as He forgives you if you turn to Him for mercy

Resolution—talk to Him about how you will need to change tomorrow