

# MORNING OFFERING

At the center of the Apostleship of Prayer is the Morning or Daily Offering. In this simple prayer, we offer every moment of our day to God. We strive to take seriously the call we received in baptism to be “a royal priesthood” (see 1 Peter 2: 9).

The Second Vatican Council’s document on the nature of the Church, “Lumen Gentium” #34, puts it this way:

**"To those whom He intimately joins to His life and mission, He also gives a share in His priestly office, to offer spiritual worship for the glory of the Father and the salvation of man. Hence the laity, dedicated as they are to Christ and anointed by the Holy Spirit, are marvelously called and prepared so that even richer fruits of the Spirit may be produced in them. For all their work, prayers and apostolic undertakings, family and married life, daily work, relaxation of mind and body, if they are accomplished in the Spirit—indeed even the hardships of life if patiently borne—all these become spiritual sacrifices acceptable to God through Jesus Christ (cf. 1 Peter 2: 5). In the celebration of the Eucharist these may most fittingly be offered to the Father along with the Body of the Lord. And so, worshiping everywhere by their holy actions, the laity consecrate the world itself to God."**

**Pope John Paul II**



This is why Pope John Paul II once said that the practice of praying the Morning Offering is “of fundamental importance in the life of each and every one of the faithful.” It is a daily reminder to make our entire day, our whole life “as a living sacrifice, holy and acceptable to God” (Romans 12: 1).

## VERSIONS OF THE DAILY OFFERING

### **Traditional Morning Offering**

**O Jesus, through the Immaculate Heart of Mary,  
I offer You all my prayers, works, joys, and sufferings of this day  
for all the intentions of Your Sacred Heart,  
in union with the Holy Sacrifice of the Mass throughout the world,  
in reparation for my sins,  
for the intentions of all our associates,  
and in particular for the intentions of the Holy Father.**

### **Daily Offering from the Current Apostleship of Prayer Leaflets**

**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 Apostles of Prayer,  
and in particular for those recommended by our Holy Father this month.**

## **A Daily Offering from Fr. Guillermo Arias, S.J.**

**Jesus, my Lord and Savior,**

**I offer myself to the Father with you, in the unity of the Holy Spirit.**

**I offer you my prayers, works, joys and sufferings**

**in union with the Holy Sacrifice of the Mass**

**offered throughout the world today.**

**I offer them for all the intentions of your Sacred Heart:**

**the salvation of all, reparation for sin and the reunion of all Christians.**

**May the Holy Spirit give me the love and strength to be true to this offering.**

**With the Blessed Virgin Mary and the whole Church,**

**I pray for the intentions of the Holy Father, our Bishop and our pastor.**

## **A Daily Offering from the Spiritual Charter of the Apostleship of Prayer**

**God, our Father, I offer You my day.**

**I offer You my prayers, thoughts, words, actions, and sufferings**

**in union with Your Son Jesus Christ, Who continues to offer Himself**

**in the Eucharist for the salvation of the world.**

**May the Holy Spirit, Who guided Jesus, be my guide and my strength today**

**so that I may witness to Your love.**

**With Mary, the mother of our Lord and of the Church,**

**I pray especially for this month's intentions as proposed by the Holy Father.**

## **EVENING REVIEW**

While the Morning or Daily Offering is integral to the life of an Apostle of Prayer, the Evening Review is also important. At some point in the day, usually at the end of it, we prayerfully ask ourselves:

**What have I offered to God this particular day?**

**For what am I grateful? What are the gifts God has given me? What offerings have I given to God?**

**For what am I sorry?**

**What have I given to God that is not worthy of Him?**

Fr. Joseph Koterski, S.J. is the chairman of the Apostleship of Prayer's national board of directors. He is also the chair of the Philosophy Department at Fordham University and the editor-in-chief of the "International Philosophical Quarterly." He wrote the following article about one method for examining one's day:

### **The Ignatian Examen**

One of the most regularly given pieces of advice in the history of Christian spirituality is the regular examination of conscience. Many people do it just before going to confession. But Saint Ignatius of Loyola recommends that we make it a daily prayer by reserving about ten to fifteen minutes at the close of each day, or at some other moment when we can steal a bit of quiet from our busy schedules.

#### **Gratitude**

Begin, he urges, with a moment of gratitude, and try to be specific – think of something about the day that is just past, or about something in your life for which you are grateful, and say a word of thanks to God. We often talk about counting our blessings, but actually stopping to give God thanks for some of his particular blessings can easily escape us, despite our best intentions.

## **Light**

Then ask of God the light by which to see your life as He wants you to see it. This request for His light is most important in making the examination of conscience into a genuine prayer, and not just another self-help technique, done purely by our own willpower. Even the best of us has some areas of our life we'd rather not look at, and others we can't stop gazing upon. Given our enormous powers of rationalization, we need God's help in coming to see ourselves truthfully as He sees us.

## **Accounting**

Third, make an account of all your actions and attitudes in the course of the day just past. This is likely to be the longest portion of the examination of conscience. If one perseveres in doing it faithfully, day after day in the Lord's light, it can reveal the patterns of sin as well as the patterns of grace in one's life.

Some portions of the day can be reviewed quickly, like a videocassette on fast-forward, but over certain moments we will do well to pause and go slowly, watching to see what triggered what. With God's grace we can notice where things like impatience and anger start and how they grow. And we can come to see just how God's grace may have protected us from jealousy or gossiping. We can take note of just what those "near occasions of sin" really look like, so that we can avoid them a little better tomorrow and not just excuse ourselves from what takes too much effort to change. The standard by which to judge what we have done will always remain the Ten Commandments, especially when recast by Jesus as the two great commandments about love of God and love of neighbor.

Many people feel the inclination to play the tape over and over again during the course of the day after some angry encounter, or something they are ashamed of. But this inclination to replay the tape often does no good, and may even be harmful if we start subtly changing the scenario so as to come out a little better we consider the matter while the other guy comes off a bit worse. It is usually better to treat the inclination to replay these tapes during the day as if they were temptations. Resolve instead to wait until you get to your prayerful examination of conscience, and only then to allow yourself to review the matter under the Lord's light so as to see the situation in truth and charity.

## **Charting a course**

The fourth step is to chart a course, whether it be to continue the course you're already on, or to correct your course when you've strayed. If your account of the actions and attitudes of the day has alerted you to anything of sin, you will be all the more prepared for your next confession and can make an Act of Contrition right on the spot. If you find that things have gone well, you will have ready-to-hand-something to be especially grateful for when you begin your next examination of conscience.

## **Entreaty**

The final portion of this short prayer is to ask God for the energy and enthusiasm to carry out the course just charted. In all honesty, we cannot save ourselves, no matter how hard we try. But we cannot fail if we take the help God is so eager to offer. This method for the examination of conscience is easy to remember by the letters in the word "GRACE."

**G**ratutude

**R**quest for God's light

**A**ccount of Actions and Attitudes

**C**hart your Course, whether by continuing on course or correcting it, and

**E**ntreat God for energy and enthusiasm.

Not only will one be more ready for confession when the time comes, but one will steadily grow in recollection and a sense of God's constant presence.