



A Morning Offering

Dear Jesus, I arise today knowing that you are with me, that you see me and that you hear me. I offer to you this day, through the Immaculate Heart of Mary, my aches and pains, sorrows and humiliations: the cross I have this day. I desire to carry it with you like Simon of Cyrene, and I offer it for all the intentions of your Sacred Heart, especially that you bless your Church with an abundance of holy priests, religious sisters and brothers to work for the good of your Kingdom. I trust in you, Lord, and pray that many young people also trust in you and say "yes" to your call to follow you wherever you lead, since you are Love and Goodness itself.

Amen.