

Daily 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 Your Sacred Heart:
the salvation of souls, reparation for sins, 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 the Pope.”



*This prayer has a long tradition,
perhaps dating back as much as 150 years when it was promoted by Jesuit priests.
Many older Catholics recall the practice of reciting it the first thing in the morning
and many still have this prayer taped to their bathroom mirror
for the purpose of consecrating the day to the Lord.*