

Morning Offering

Lord, God Almighty,
You have brought us safely to the beginning of this day.
Defend us by your mighty power, that we may not fall into any sin,
but that all our words may so proceed
and all our thoughts and actions be so directed,
as to be always just in your sight.
Through Christ our Lord. Amen.

OR

O Jesus,
through the Immaculate Heart of Mary,
I offer You 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 my relatives and friends,
and in particular
for the intentions of the Holy Father.
Amen.