

# My Catholic Journal

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## **Morning Offering Prayer**

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, for the salvation of souls, the reparation of sins, my own private intentions, and those of my family, friends, priests, my bishop, and the Holy Father this month.

### **(Suggested Affirmation)**

*I believe I will do something great today. Jesus, I trust in You. Jesus, I trust in You. Jesus, I trust in You. Amen.*

## **Three Things I Am Grateful For:**

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3. \_\_\_\_\_

## **My Three Goals For Today:**

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## **Reflecting On Last Night's Examen, How Can I Better Live My Faith Today?**

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*End your morning reflection with a brief prayer, such as the The Lord's Prayer, Hail Mary or the Glory Be, to thank God and seek strength for the day ahead. Prayers located in the back of the journal.*

### **Become Aware Of God's Presence**

Settle into this moment. Take a few slow breaths and invite the Holy Spirit to be with you. Rest in the knowledge that God sees you and loves you as the Father He is.

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These movements can reveal where God is drawing me closer or where I am resisting His grace. How might God be inviting me to grow, trust, or respond differently through these moments?

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## **Reflecting On Last Night's Examen, How Can I Better Live My Faith Today?**

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# ¶ Prayers

## **The Lord's Prayer (Our Father)**

Our Father, who art in heaven,  
hallowed be Thy name;  
Thy kingdom come;  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

## **The Angelic Salutation (Hail Mary)**

Hail Mary, full of grace,  
the Lord is with thee;  
blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

## **The Apostles' Creed**

I believe in God,  
the Father Almighty,  
Creator of heaven and earth;  
and in Jesus Christ, His only Son, our Lord;  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried.

He descended into hell;  
on the third day He rose again from the dead;  
He ascended into heaven,  
and is seated at the right hand of God the Father Almighty;  
from there He will come to judge the living and the dead.

I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

## **The Confiteor**

I confess to Almighty God,  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore, I ask Blessed Mary, ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God. Amen.

## **Act of Faith**

O my God,  
I firmly believe that You are one God in three Divine Persons:  
Father, Son, and Holy Spirit.  
I believe that Your Divine Son became man,  
died for our sins, and that He will come to judge the living and the dead.  
I believe these and all the truths which the Holy Catholic Church teaches,  
because You have revealed them,  
who can neither deceive nor be deceived. Amen.

## **Act of Hope**

O my God,  
relying on Your almighty power and infinite mercy and promises,  
I hope to obtain pardon of my sins,  
the help of Your grace, and life everlasting,  
through the merits of Jesus Christ,  
my Lord and Redeemer. Amen.

## **Act of Love**

O my God,  
I love You above all things, with my whole heart and soul,  
because You are all good and worthy of all my love.  
I love my neighbor as myself for the love of You.  
I forgive all who have injured me,  
and I ask pardon for all whom I have injured. Amen.

## **Act of Contrition**

O my God,  
I am heartily sorry for having offended You, and I detest all my sins  
because I dread the loss of heaven and the pains of hell,  
but most of all because they offend You, my God,  
who are all good and deserving of all my love.  
I firmly resolve, with the help of Your grace,  
to confess my sins, to do penance,  
and to amend my life. Amen.

### **To the Blessed Virgin**

My Lady, and my Mother, remember I am thine; protect and defend me as thy property and possession.

### **To St. Joseph**

Saint Joseph, model and patron of those who love the Sacred Heart of Jesus, pray for us.

### **To Your Guardian Angel**

Angel of God, my guardian dear,  
To whom His love commits me here,  
Ever this day be at my side,  
To light and guard, to rule and guide. Amen.  
God bless Papa and Mamma. God bless brothers and sisters, and all my friends. God bless me, and make me a good child.

### **For the Faithful Departed**

Eternal rest give unto them, O Lord. And let perpetual light shine upon them. May they rest in peace. Amen.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Make the Sign of the Cross.

# Litany of Humility

O Jesus! meek and humble of heart, Hear me.

*From the desire of being esteemed,*  
Deliver me, Jesus.

*From the desire of being loved,*  
Deliver me, Jesus.

*From the desire of being extolled,*  
Deliver me, Jesus.

*From the desire of being honored,*  
Deliver me, Jesus.

*From the desire of being praised,*  
Deliver me, Jesus.

*From the desire of being preferred to others,*  
Deliver me, Jesus.

*From the desire of being consulted,*  
Deliver me, Jesus.

*From the desire of being approved,*  
Deliver me, Jesus.

*From the fear of being humiliated,*  
Deliver me, Jesus.

*From the fear of being despised,*  
Deliver me, Jesus.

*From the fear of suffering rebukes,*  
Deliver me, Jesus.

*From the fear of being calumniated,*  
Deliver me, Jesus.

*From the fear of being forgotten,  
Deliver me, Jesus.*

*From the fear of being ridiculed,  
Deliver me, Jesus.*

*From the fear of being wronged,  
Deliver me, Jesus.*

*From the fear of being suspected,  
Deliver me, Jesus.*

*That others may be loved more than I,  
Jesus, grant me the grace to desire it.*

*That others may be esteemed more than I,  
Jesus, grant me the grace to desire it.*

*That, in the opinion of the world, others may increase and I may decrease,  
Jesus, grant me the grace to desire it.*

*That others may be chosen and I set aside,  
Jesus, grant me the grace to desire it.*

*That others may be praised and I unnoticed,  
Jesus, grant me the grace to desire it.*

*That others may be preferred to me in everything,  
Jesus, grant me the grace to desire it.*

*That others may become holier than I, provided that I may become as holy as  
I should,  
Jesus, grant me the grace to desire it.*

