



MORNING OFFERING

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 my family, friends, and the Soldiers of Christ, and in particular for the intentions of the Holy Father. Amen.

EXAMINATION OF CONSCIENCE

1. Prayers
 - a. Was I faithful and focused in prayer (morning offering, rosary, etc.)?
 - b. Did I remember God throughout the day?
2. Works
 - a. Did I work honestly and diligently for God's glory?
 - b. Did I use my gifts to serve others?
3. Joys
 - a. Did I thank God for blessings?
 - b. Did I share joy and avoid jealousy and envy?
4. Sufferings
 - a. Did I unite hardships to Christ?
 - b. Did I endure trials with patience and trust?
5. Sin
 - a. What sins did I commit?
 - b. Did I seek forgiveness quickly?
6. My family, friends & Soldiers of Christ
 - a. Did I pray for and encourage them in faith?

Act of Contrition

O my God, I am heartily sorry for having offended Thee, 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 Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life.

St. Joseph, Terror of Demons, pray for us!