



Daily Offering to grow as a Disciple under the Lordship of Jesus Christ

Praying this on your knees can be helpful to focus your mind and heart.

Father, I offer you all my prayers, works, joys, and sufferings this day, in union with the Sacred Heart of Jesus and the sacrifice of the mass throughout the world. In my baptism, I became your adopted child and I was anointed as priest, prophet, and king. May I live up to the *dignity* of this *reality*. Help me to order my day according to *your* will.

Jesus, help me to live as your disciple, and under your *Lordship* as I offer you *all that I have* and *all that I am*. I offer you my time, my gifts, my relationships, and my resources. Please order them for the building up of your Kingdom. Jesus, *I love you* and *I trust in you!*

Holy Spirit, *I invite you* into my life and *heart*. Please pour out your grace on me and give me the gifts I need to live this day as a disciple. Help me accept and understand your love and mercy for me, and to recognize my sin and turn from any sinful habits and inclinations. May I live for you by *honoring* and *building-up* each person I encounter, and may my life draw others closer to you.

Father, Son and Holy Spirit, I love you and I give you my *whole life* this day. Please surround me with brothers and sisters that are also striving to live as disciples, that together, we can be a visible witness of your *Goodness, Truth, and Beauty* in the world. Amen.

Nightly Examination of Conscience

Please spend a minute thanking God for the day and the blessings of the day. Then, examine your actions and *recall specific situations and personal interactions - especially with those closest to us that were problematic*. Then, please pray:

Lord God, I am sorry for my sins. Please forgive me:

- for the times that I did not live as a disciple today, when I didn't properly use the gifts and talents you have given me.
- for not treating those you put in my path with the dignity and respect they deserved, and for any disparaging words I spoke.
- for the good I did not do because of my selfishness.
- for listening to lies about myself—modes of thinking that degrade my true dignity as your beloved child.

Help me tomorrow to better yield to the promptings of your Holy Spirit.

Pray an Act of Contrition

Consider if there are any relationships or situations you need to mend tomorrow, or people you need to ask for forgiveness.



Pillars of Discipleship & Community

Love Jesus (Divine Intimacy)

Our fundamental vocation is to holiness, so we constantly seek a deeper union with God, especially through rooting-out sin, prayer, fasting, Scripture, reconciliation, and the Eucharist.

We strive to be faithful Catholics, committed to the truth as revealed in sacred Scripture and tradition, and understood through the magisterium of the Church. The Eucharist is the source and summit of our faith and our highest form of worship. We strive for beautiful and reverent liturgy.

We strive to follow Jesus Christ and his Church with our whole lives, living under the lordship of Jesus, seeking the gifts and guidance of the Holy Spirit, and learning to discern God's will.

We strive for lives of gratitude filled with praise and worship of God, which unites us with the angels and saints in heaven.

We strive to give alms and tithe appropriately, and to support our parishes.

Cultivate Healthy Relationships (Deeply Connected Catholics)

Human life is sacred and we protect it from all threats. We value relationships and strive to preserve unity in the body of Christ by quickly repairing damaged relationships in a way consistent with scripture and a culture of responsibility, repentance, and forgiveness.

We strive to love one another and each other's children in true Christian charity, which includes: honor, respect, right speech, service, reliability, kindness, prayer, encouragement, and hospitality. We can disagree and still respect one another. We support those serving as leaders.

We strive to build healthy, thriving marriages and families that form the backbone of the Church and society. We recognize that parents are the primary teachers of the faith.

Build Life-Giving "Culture"

We strive to develop virtuous and balanced intellectual, spiritual, emotional, and professional lives that use our gifts and talents fully and are oriented toward goodness, truth, and beauty.

We strive for a life-giving Catholic culture in our homes and community that celebrates the richness of our liturgical seasons, the Lord's Day, and our lives. We actively build community.

We strive to encourage and challenge one another to a life of faith and virtue, yet always respect freedom and freedom of conscience. We care for our possessions, the poor, and the environment.

Live Mission (A Spirit of Missionary Discipleship)

We recognize, by virtue of our baptism, our call to discipleship and evangelization, and our roles as priest, prophet and king. We strive to share our faith to bring hope and healing to individuals, and to renew the world around us in Christ. We strive to grow into mature disciples, which requires ongoing formation and a heart for service.

We strive to use our homes and resources for evangelization, especially by inviting people into our lives to experience the love of Jesus, good relationships, and life-giving culture.