



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

(Praying this on your knees sometimes 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 to 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. Amen.

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