



O Jesus, through the Immaculate Heart of Mary, (here kiss your brown scapular) and in union with the Holy Sacrifice of the Mass being offered throughout the world, I offer to You all my prayers, works, joys and sufferings of this day in *reparation for the offenses committed against the Immaculate Heart of Mary, for my sins and the sins of the whole world.*

Explanation of Morning Offering

The Morning Offering is a prayer said at the beginning of the day in order to entrust (offer) your entire day to Jesus through the Immaculate Heart of Mary.

The Morning Offering gives each one of us the opportunity to make our every thought, word and action of the day a sacrifice.

One becomes 'more aware' of their actions, the Presence of God in their lives and how He sees us.

It is a daily continuous 'YES' to God.