

My Morning Offering

GOOD MORNING JESUS AND MARY

My 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 all my relatives and friends,
and in particular
for the intentions of the Holy Father.

Amen.

History of the Prayer

On December 3, 1844, the feast of St. Francis Xavier, at the novitiate for Jesuit students in Vals-près-le-Puy (central region of France). Father Gautrelet, SJ, held a meeting with the students. The problem they faced is a common one we all face – they were fixated on the future and had lost sight of the present moment in which they lived.

Fr. Gautrelet, urged them to see that the work of every day is the primary task of every disciple. He suggested that they **wrap their day in prayer**. He suggested they begin each day offering all that the day would bring as a gift to God and end their day by reviewing where they had seen and embraced God's presence and where they had missed opportunities to do so. To help them do this he wrote a prayer Catholics now call **the Morning Offering** and suggested they pray the **Examen** at night, a prayer St. Ignatius of Loyola had written.

The suggestion caught fire and soon spread to neighboring villages, churches, convents, and other institutions. It wasn't long until the whole country of France and other countries were captivated by this idea of becoming apostles of prayer by this daily consecration of prayers, works, joys and sufferings.