

Offering and Examen

These are examples; you can pray any form you like.

A 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,
for the salvation of souls, the reparation of sins,
the reunion of all Christians, and in particular
for the intentions of the Holy Father this month. Amen.

Nightly Examen:

What were the gifts of this day? (Pray in thanksgiving).

What were the challenges of the day? (Pray in thanksgiving).

How did I cooperate with grace today? (Pray in thanksgiving).

How did I sin or resist grace today? (Pray in contrition).

What do I ask for tomorrow? (Pray in petition).