

A Morning Offering:

O God, in union with the Immaculate Heart of Mary (kiss your scapular if you wear one), my mother and Yours, I offer You the Body, Blood, Soul and divinity of Your dearly beloved Son, our Lord Jesus Christ, from all the tabernacles throughout the world, joining with it my every thought, action, word, suffering and intention of this day. In union with the Holy Sacrifice of the Mass offered throughout the world. In reparation for my many grievous sins, and for the needs and intentions of Pope _____. For his needs, intentions, safety and well-being, and a holy perseverance to the Faith; safety in travels.

O my Jesus, I do desire today to gain any merit and indulgence that I can, and offer them up – with myself – to Mary Immaculate, that she might then apply them to the interests of Thy most Sacred Heart.

Precious Blood of Jesus, save me!

Immaculate Heart of Mary, please pray for me.

Sacred Heart of Jesus, [strike your breast 3x] have mercy, have mercy, have mercy upon me.

In the name of the Father, the Son, and the Holy Spirit. Amen!