

The Angelus (Noon)

V. The Angel of the Lord declared unto Mary:

R. And she conceived of the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord:

R. Be it done unto me according to Thy word.

Hail Mary...

V. And the Word was made Flesh:

R. And dwelt among us.

Hail Mary...

V. Pray for us, O Holy Mother of God,

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

Afternoon Renewal

We come to You our heavenly Father to renew our humble tribute of homage and adoration. As it was by You we began the day, so it is with You we desire to continue it. You are the center where we seek for rest and comfort and we desire of no repose but what is found in You.

We come also for a fresh supply of strength and vigor in order to finish the day and repair the faults we have committed in the earlier part of it.

Grant us, O Lord all the helps that are necessary for this purpose. Come into our hearts to be Yourself our strength, support and defense.
Amen.

Evening Examen

1. Act of Presence

Quiet yourself, redirect attention to God. Recall that God is ever present and listens to you. Welcome God, offer yourself, your life, back to God.

2. Act of Thanksgiving and Gratitude

Take a moment to thank God for your life, and for this day. Become more grateful for the gifts and blessings of your day

3. Ask for Understanding and Self-Acceptance

Ask the Holy Spirit:

A. for light to see clearly what God wants you to notice from the day; what was in harmony with God; what undermines your relationship with God.

B. for the gift to accept and trust that the Holy Spirit is active in both the graced parts and sinful parts of you, that God loves you and works in in and through all of you.

4. Review the Day

A. Remember the past 24 hours and thank God for the day you have experienced. Let Jesus show you where He was present and active in you and in others, where the Holy Spirit was blessing or challenging you: at work, in relationships, etc.

B. Recall your feelings as you review your day: angry, sad, happy, afraid, etc. These reveal where the Holy Spirit is moving in you and where evil spirits contrary to God are active.

Evening Examen Cont.

4. C. Focus on the strongest feeling, whether "good" or "bad." This reveals something important happening in your relationship with God. Ask for insight. Is it leading you towards God? Give thanks or praise. Is it leading you away from God? Ask for the grace of conversion; to re-orient yourself back towards God.

5. Looking forward

Ask the Lord to be present to you and through you with His love and support. Ask for the openness and courage that disposes you to joys, unexpected meetings new ways of approaching others or in something that is difficult for me.

You may need to ask for strength to overcome something you fear, to persevere, to be more sensitive to God's activity in your life, to let go of something or someone, to love more, to be converted in some relationship, to accept the "thorn in my flesh." Ask for help and guidance, for deeper love and care, or for greater trust and courage.

Conclude with a simple prayer of Thanksgiving (Our Father, Hail Mary, Glory be...)

Morning Offering

O Jesus, through the Sorrowful and 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.

Allegiance Prayer

Dear God in Heaven,
I pledge my allegiance to You. I give You my life, my work and my heart. In turn, give me the grace of obeying Your every direction to the fullest possible extent today.

Amen.

Blessed Virgin Mary, Mother of Jesus, protect the Holy Father Pope Francis, Intercede for the purification of his soul and his intentions.

Amen

Prayer is the only channel through which God's great graces and favors may flow into the soul; and if this be closed, I know no other way He can communicate them.'

St. Teresa of Jesus



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DAILY PRAYERS



And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Mark 1: 35