

God-Mindfulness Day Prayer

Rising:

My Jesus and Mary, I thank You for Your Blessings today, I offer You the fruits of my work and joys of my day for Your Intentions. I promise to silently bear my sufferings, inconveniences, and injustices as reparations for sins causing You great sorrow.

Jesus, through the Fruits of Your Holy Spirit, I give You my will, please mould it to Yours, so by my acts, Thy Will Be Done!

Mid-day:

My Jesus, forgive my failings that have offended You today. I offer You and Mother Mary the merits of my good works for Your Intentions as You see Fit.

Retiring:

Thank you, Jesus, for the Blessings you have Bestowed on me. Please forgive me for all my acts which have offended You and Mary today.

Please accept the merits of all my good works, for Your Intentions, as You see Fit.

Drifting to Sleep:

Oh, Jesus and Mother Mary, I know how You love me and Bless me, please hold me and protect me, I am thinking of You and I know You are watching over me.

Preparation to focus on Jesus's Divine Will: Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen

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"O LORD, HOW GOOD AND SWEET IS YOUR SPIRIT" Holy Spirit Mural,, Franciscan Monastery of the Holy Land, Washington D.C., Photo Taken 12.29.2022



Fruits of the Spirit, **Joy, Peace, Charity (Love), Kindness, Patience, Goodness, Faithfulness, Self-control, Generosity, Chastity, Modesty, Gentleness** marytojesus.com Copyright 2023