

## Morning Offering

### Morning Offering 1 (simple version)

O my God,  
I offer You this day  
All that I think and do and say.  
And I unite it  
With all that was done  
By Jesus Christ,  
Your only Son.

### Morning Offering 2

O my God,  
I offer you my prayers, works, joys and sufferings of  
this day  
In union with the holy sacrifice of the Mass  
Throughout the world.  
In reparation for my sins and the sins of my family,  
For the intentions of the Holy Father  
And the reunion of Christians.  
Amen

### Morning Offering 3

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.

### Morning Offering 4 (Grail Prayer)

Lord Jesus, I give You my hands to do Your work;  
I give You my feet to go Your way;  
I give You my eyes to see as You do;  
I give You my tongue to speak Your words;  
I give You my mind, Lord, that You may think in  
me;  
I give You my spirit that You may pray in me.  
Above all, Lord, I give You my heart,  
That You may love in me Your Father and all  
humankind;  
I give You my whole self that You may grow in me,  
So that it is You, Lord Jesus,  
Who live and work and pray in me.  
Amen.