

PRAYERS

WORKS



JOYS

SUFFERINGS

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our Bishops and of all Apostles of Prayer, in particular for those recommended by our Holy Father this month. Amen.

PRAYERS

What is on your mind and heart? Where in your life do you want God's help, God's light, God's strength? What do you need, for yourself, for others?

Be ready to bring these prayers to mind in the silence-for-prayer after the priest says, "Let us pray." God wants to hear them.

WORKS

How do you spend your waking hours? How do you put bread on your table? What do you do for a living? What are your responsibilities at home, in your family, at school, in the workplace? What are your chores, hobbies, interests, volunteer activities?

Be ready to put these on the altar during the preparation of the gifts. God wants to bless them.



JOYS

What gives you joy, both joys with big "Js" and little "js"? What puts a smile on your face? Are you celebrating any victories, any events? What resources do you have (talents, advantages, good health, education, wealth, athletic ability, artistic ability)?

These are symbolized by the wine presented during the preparation of the gifts. God wants to consecrate them and to increase them and to rejoice with you in them.

SUFFERINGS

Where in your life do you feel powerless, hopeless? What are the lacks in your life? What are your chronic pains, disabilities? What are your worries and heartaches about yourself and others, about the world? What are your lonelinesses and disappointments?

These are symbolized by the unleavened bread presented during the preparation of the gifts. God wants to consecrate them and to diminish them and to give you courage.

Lift up your hearts! Sursum corda!