

Recommended Prayers & Principles

Morning Offering

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 thanksgiving for your favors, in reparation for my sins, and for all the intentions of my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

The Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation, and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the Sacrament of the Eucharist at least during the Easter Season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

Holy Days of Obligation in the United States

1. All Sundays of the year.
2. January 1: Solemnity of Mary, Mother of God.
3. Thursday of the Sixth Week of Easter: Solemnity of the Ascension.
4. August 15: Solemnity of the Assumption of the Blessed Virgin Mary.
5. November 1: Solemnity of All Saints.
6. December 8: Solemnity of the Immaculate Conception of the Blessed Virgin Mary.
7. December 25: Solemnity of the Nativity of Our Lord Jesus Christ.

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

Reading Holy Scripture

“Ignorance of Scripture is ignorance of Christ,” said St. Jerome. Begin with the four Gospels. Find a daily Scripture reading program that takes you through the Holy Bible in daily increments. Nor can you go wrong with the Epistles of St. Paul, St. James, and St. Peter. The Old Testament prophets Jeremiah and Daniel are also most valuable.