

SUNDAY

I accept the Gift of Love

On rising:

I praise You, God of Love, for a day of rest. Your Holy Spirit has poured into my soul the gift of divine love. So gifted, I pray my morning prayers.

During the day:

- I will act in this spirit of love – for my family, N.N., my friends N.N., my co-workers N.N.
- I embrace the work You give me this day; I mean to do everything lovingly.

In the evening

- I thank You for the love You gave me this day and remember Your gifts.
- Trusting Your forgiving love, I look at what I felt and thought, and what I said and did, asking if I acted in love?
- Heal me, Lord Jesus, and keep me close to You and never let me be parted from Your love.

Grant me, Lord, a restful night and a peaceful death.

Joseph A. Tetlow, S.J.

MONDAY

I embrace the Gift of Joy

On rising:

I praise You with joy in my heart, Lord, because I know that my Redeemer lives. So gifted, I pray my morning prayers.

During the day:

- I will live joyful and be happy with my family, N.N., my friends N.N., my co-workers N.N.
- I embrace the work You give me this day; I mean to do everything cheerfully and enjoy it.

In the evening

- I thank You for the joy I have known this day, recalling the special times of it.
- Begging the joy of insight, I look at what I felt and thought, and what I said and did – with joy?
- Heal me, Lord Jesus, and keep always in the joy of knowing that I am joined to You.

Grant me, Lord, a restful night and a peaceful death.

TUESDAY

I embrace the Gift of Peace

On rising:

I praise You, God of mercy, in the peace of this morning. You want no one to perish, but to forgive and save all. Hear my morning prayer.

During the day:

- I want to spread God's peace in my family, N.N., among my friends N.N., and my co-workers N.N.
- I set myself to do whatever You give me today with peace in my heart and in all my actions.

In the evening

- I thank You, Prince of Peace, for the times today when You shared Your own peace with me and us.
- Grant me to quietly acknowledge those times today when I refused to take Your peace into what I thought and felt, what I said, and what I did.
- Heal me, Lord Jesus, breathe on me Your gentleness and love; let me live in the peace of Your kingdom.

Grant me, Lord, a restful night and a peaceful death.

Joseph A. Tetlow, S.J.

WEDNESDAY

I year for the Gift of Patience

In the morning:

- I praise You, God my Father, for Your patience with me and with all the wretched things that people do. Please hear my morning prayer.

During the day:

- I will deal patiently with every thing and with my family, N.N., my friends N.N., and co-workers N.N.
- I embrace the work You give me to do today; asking that I may act as patiently as you, my God.

In the evening

- I thank You, Lord, for always being patient with my sins and failures.
- Trusting Your patience with me, I look at all I felt and thought, said and did, and ask: Was I patient with every thing and with all people?
- Heal me, Lord Jesus, in Your infinite compassion, and remain patient with me as I come to You.

Grant me, Lord, a restful night and a peaceful death.

THURSDAY

I accept the Gifts of Kindness and Goodness

In the morning:

- I praise You, mighty God, for You are good to all You create and kind towards me. In Your kindness, hear my morning prayer.

During the day:

- I set myself to be kind to all – to my family, N.N., my friends N.N., and my co-workers N.N. & I embrace the work You give me to do today, asking that I may constantly be kind and do good.

In the evening

- You are so good, mighty God, and Your kindness marked what You gave me today.
- Relying on Your kindness, I look at what I felt and thought, and what I said and I did, and ask: Did I act out my gifts of kindness and goodness?
- Heal me, Lord Jesus, with your kindness and wrap me close with Your goodness. Amen.

Grant me, Lord, a restful night and a peaceful death.

Joseph A. Tetlow, S.J.

FRIDAY

I give myself to the Gift of Trust

In the morning:

- I praise You, almighty and eternal God, for You have brought me through the darkness of another night. In the new light, hear my morning prayer.

During the day:

- I trust Your care for us all, for my family, N.N., for all my friends N.N., and my co-workers N.N.
- I entrust to You with all my heart the work I do this day. Make all things work together unto good.

In the evening

- I thank you, mighty God, for moments today when I trusted Your loving care for me and for my world.
- Trusting that you will not let my sins ruin me or harm those whom I love, I ask where I took charge in what I thought and felt, in what I said and did.
- Heal me, Lord Jesus, teach me not to grasp for control but to trust entirely in Your loving care.

Grant me, Lord, a restful night and a peaceful death.

SATURDAY

I commit myself to the Gifts of Gentleness & Self-control

On rising:

- I praise You, meek and humble Lord, for the gift of gentle self-control and with it, spiritual freedom. So gifted, I pray my morning prayers.

During the day:

- I will keep mastery of myself and be gentle towards my family, N.N., my friends N.N., and all my co-workers N.N.
- I embrace the work You give me this day; help me to do it with gentleness and self-control.

In the evening

- I thank You for self-mastery today and recall all the gentle things You gave me to experience.
- Begging You to stay with me, I check whether self-control marked all the things that I said, and what I did, and how I acted.
- Heal me, Lord Jesus, and let me turn over everything to You and live gently on the earth.

Grant me, Lord, a restful night and a peaceful death.