

The Pray More Retreat Study Guide



The Fundamental First (and Last) Minute by Katie Warner

"Mornings Matter. Mornings are a precious time to set ourselves up for spiritual success throughout the day. Consider starting each new day with just this one sentence: "Lord show me what you want me to do today and don't let my will get in the way of yours." When we make room for the Holy Spirit, we allow God to not only touch our own hearts but also to open our eyes to the needs of those we're called to love and serve throughout our day. This simple prayer is a great way to begin seeing God's hand in your life."

— Emily Jaminet
emilyjaminet.com and catholicmom.com

Reflective Questions

- What is usually the first thing you think about when you wake up? Is it Jesus Christ, our Lord? Or is it the worries and anxieties of the day? If it's the latter, work on making the transition from thinking first about those stresses to thinking about our Lord who is in control. You can do this by praying, "Good morning, Lord. I wish to think of You in this moment, but I'm being tempted to think about all the things I need to do today. Please help me to tackle these tasks today, please give me everything I need to take care of what's important. And please help me to remember Your love throughout it all. Amen."
- Can you incorporate prayer and a conversation with God, or reading Sacred Scripture, into your morning routine? How about when you're eating breakfast, or getting ready for bed at the end of a day?

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Morning Offering to the Sacred Heart

“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 our associates, and in particular for the intentions of our Holy Father for this month.”