

DAILY PRAYERS FOR YOUNG ADULTS
(ALL OF THE FOLLOWING PRAYERS HAVE RECEIVED THE IMPRIMATUR)

Consecration to the Sacred Heart of Jesus

Oh dear Sacred Heart of Jesus, I give You my whole heart. I see Your Heart on fire for love of me. I want to be in this fiery furnace and know the love of God. Take me, Jesus. Use me as Your little servant to spread Your love to this world. I give myself entirely to You and I ask the Holy Spirit to make me more like You. I want to be a little child of the Father. I give You my heart, keep me in Your Heart and teach me Your way of love. Amen.¹

Consecration to the Immaculate Heart of Mary

Oh Immaculate Heart of Mary, I give you my heart. I want to love you. I want to love Jesus, the Father, the Holy Spirit, and this world through your holy heart. My dear mother, I place myself in your heart, I know you will care for me in all my needs. I give myself to you, Mary, my mother. I love you so much! Amen.²

Consecration to the Holy Spirit

Dear Holy Spirit, You are my friend. I give You myself. I ask You to dwell deeply inside of me and make me holy. I want to know the fire of God's love. I want to love God with all my heart. Amen.³

Morning Offering

My dear Father, I offer you this day all my prayers, works, joys, and sufferings in union with Jesus in the Holy Sacrifice of the Mass throughout the world, in the Holy Spirit.

I unite with our Mother Mary, all the angels and saints, and all the souls in purgatory to pray to the Father for myself, for each member of my family, for my friends, for all people throughout the world, for all the souls in purgatory, and for all other intentions of the Sacred Heart.

I love You, Jesus, and I give You my heart. I love you, Mary, and I give you my heart. Amen.⁴

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1. Most Reverend Carl K. Moeddel, Vicar General and Auxiliary Bishop Archdiocese of Cincinnati, April 23, 1996
2. Most Reverend Carl K. Moeddel, Vicar General and Auxiliary Bishop Archdiocese of Cincinnati, April 23, 1996
3. Most Reverend Daniel E. Pilarczyk, Archbishop of the Archdiocese of Cincinnati, January 22, 1997
4. Most Reverend Daniel E. Pilarczyk, Archbishop of the Archdiocese of Cincinnati, January 22, 1997