

MORNING OFFERING

Daily life can abound with little inconveniences and sufferings, yet it also brings moments of joy and delight. In praying the Morning Offering, we **gather together all the moments of our day and place them in the hands of the Lord**. These offerings, however small they may seem, may be prayerfully united with His suffering, death, and resurrection, drawing us and those we love **closer to the heart of Jesus**.

THE MORNING OFFERING

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, and the reunion of all Christians.

I offer them for the intentions of our bishops and of all the Apostles of Prayer,

FAMILY CHALLENGE:

Look up the monthly prayer intention from Pope Francis. Post it somewhere in your home, perhaps alongside some personal or family intentions, as a reminder to prayerfully turn sufferings into sacrifices when they arise throughout the day.



Listen to Sr. Paulina interview Fr. Cole and Sr. Rose Dominic

What did prayer look like in your family growing up?

Sr. Rose Dominic: When we were little, our family wasn't very involved in the church...but it was really when we started going to Sts. Joan of Arc and Patrick School that our family started to get really more involved in the church and to start learning how to pray at home.

Fr. Cole: As a family, we were always growing in prayer together. That was just a beautiful thing. It was kind of a slow, gradual process.

Sr. Rose Dominic: It was neat because Fr. Cole, being the oldest, would learn prayers at [Guerin], and then he would come home and teach them to us at home. So, he learned the Divine Mercy Chaplet at school, and I have this vivid memory of us all sitting on his bed one night, and he taught us how to pray the Divine Mercy Chaplet...



Siblings **Fr. Cole Daily** (Class of 2009) and **Sr. Rose Dominic Daily** (Class of 2013) at the Basilica of Our Lady of the Rosary at Lourdes

PRAYER TRIGGERS

A prayer trigger is **something you do or see that reminds you to pray.**

For example, whenever you get the mail, you might pray for the neighbors.

Prayer triggers help us keep a daily rhythm of prayer and remind us that with the Holy Spirit, we can **sanctify even the ordinary moments of our lives.**

EXAMPLES:

When you hear a siren: pray for first responders and anyone affected by the emergency

When you drive by a church: pray for our priests

When you pass a cemetery: pray for the souls in purgatory

When you get on an elevator: pray for the other people on the elevator with you

If a friend was born on 12/14, pray for that friend whenever you see 12:14 on the clock.

Prayer triggers also don't need to be so logical. You could **pray for your mom whenever you brush your teeth** or **pray for peace whenever the school bell rings.**

FAMILY CHALLENGE:

Together, brainstorm your own ideas for prayer triggers.

Pick one to start using today!



Listen
to
Maria Bedford
interview Denzel

How did your prayer change during your time at Guerin?

Denzel: I really started to understand the true meaning behind prayer, which was it being my relationship with God, my relationship with Jesus. And a lot of things that weren't prayer before started becoming prayer. Service work started to become an expression of my prayer, the interactions I had with people started to become extensions of my prayer and outpourings of that prayer.

When I first got to Guerin, I really did not have a faith life or a prayer life at all. In fact, I had somewhat of an anti-prayer life...I went to some pretty great lengths to avoid prayer, the Mass...

Listen to Denzel tell the story of an encounter with a homeless man outside of Steak and Shake with his Guerin friends one night that changed everything.



Denzel Campbell (Class of 2012)

Favorite subject at Guerin:
Psychology

Favorite Guerin activities:
Singing in the choir,
comedy sports, video
games during class,
detention, and service
projects

ASPIRATIONS

An aspiration is a **short, simple prayer that may be said many times in a day**. The word “aspiration” comes from the Latin word for “breathe.” These are prayers we say in a single breath, **like sighs directed to heaven**, whenever the Spirit prompts us.

Aspirations help us practice raising our hearts to God continually throughout the day - sitting in math class, waiting in line, walking to the car, or any time at all.

EXAMPLES:

“**Your grace is enough for me**” (see 2 Cor 12:9)

In times of trouble: “**Jesus, I trust in you!**” or “**Help me, God,**” or “**My Jesus, mercy!**”

For praise: “**Blessed be God!**” or “**Praise to you, Lord Jesus Christ, King of endless glory!**”

A traditional Catholic aspiration is the Jesus Prayer: “**Lord Jesus Christ, Son of God, have mercy on me, a sinner.**”

Your favorite verse from the Book of Psalms: maybe “**The Lord will complete what He has done for me,**” or “**Athirst is my soul for God, the living God!**”

“**Lord, teach me to pray!**”

Or call on a saint: “**St. Theodore Guerin, pray for us!**”

Did you know that you can combine aspirations and prayer triggers?

For example, you might pray, “Come, Holy Spirit!” (aspiration) every time the bell rings at school (trigger).

FAMILY CHALLENGE: choose a prayer trigger and match it with an aspiration!



Listen to Jerome LaReau interview Sarah

What is something that Guerin freshmen should know about prayer?

Sarah: Prayer is life-giving, and if you don't pray every day, your mind and heart are going to go numb. If I don't pray, it's like I'm not thinking...prayer is where I learn about myself and my soul, and I learn about Christ and my relationship with Him. So it's like, when I have stopped praying for a while, I feel like I'm so lost. I have no idea who I am, I'm just like in the flow and whirlwind of things. So my advice is, even if other people around you...aren't praying, don't let that stop you. Be different; be your own person. And if you know what's right...if you know what's right, healthy, and holy - holy meaning what's healthy for your soul - if you know what's right, then do it. Pray every day. Or else, I don't know how else you're going to know who you are!



Sarah Louthan
(Class of 2020)

Favorite subject at Guerin: Theology, math, and history

Favorite Guerin activity: Senior leader on Junior Retreat

PRAYER BEFORE MEALS

Praying before meals is an expression of gratitude. We are recognizing that **everything comes from God**: the food, our home, our family, our good feelings, the smells, the tastes, the joy. These are all gifts from God. We honor God by **praying in thanksgiving before we enjoy good gifts from Him.**

There are a variety of ways you can pray before meals:

Traditional: Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

Spontaneous: Tell God in your own words how thankful you are for his goodness.

Other prayers:

God is great and God is good;
Let us thank Him for our food.
By His blessings we are fed;
Give us, Lord, our daily bread. Amen.

Father of us all, this meal is a sign of Your love for us: Bless us and bless our food, and help us to give you glory each day, through Jesus Christ

FAMILY CHALLENGE:

Each time you sit down to a family dinner, say one of these prayers before you begin eating.

YOUR CHALLENGE:

Pray before your lunch at school with your friends at the table.



Listen to
Joe Lustig interview
Reiley and Matthew

How has your prayer life changed and developed since graduating from Guerin?

Matthew: Really the first time I was consistent in my prayer life was actually second semester of my senior year [in college]. There were missionaries at DePauw who prayed a holy hour every day in front of the Blessed Sacrament. And...yeah. That radically changed my life, being able to offer time every single day to our Lord, who, you know, I claim to be the center of my life. I think once I started to put my words and what I said into action, it started to become much more real to me.

Reiley: Another addition to our prayer life as a married couple: we really like to pray the rosary together...the power of Mary in our marriage and the way she can intercede for us and the struggles we're having is really powerful. And we've seen her act in our life a lot, recently especially. That's been amazing.



Matthew Godfrey ('17) and Reiley (Harrington) Godfrey ('17) began dating during their junior year at Guerin. They married in July 2021 and are now FOCUS missionaries together on the campus of IUPUI.

THE ANGELUS

What was Mary doing when the Archangel Gabriel appeared and invited her to be the Mother of God? Through her joyous “yes” in that apparently ordinary moment, God entered into human history in a radically new way. Each time we pray the Angelus, we recall Mary’s trust in God’s plan, her openness to His will, and **the grace that flooded the world in the hiddenness of that moment.** Our life, too, may seem to abound with ordinary moments, but when we unite our own “yes” to Mary’s, they take on new significance. The bells of the Angelus traditionally rang morning, noon, and evening, calling people **to pause in the midst of their work and to recall the moment of the Incarnation.**

THE ANGELUS

Leader: The Angel of the Lord declared unto Mary.

Response: And she conceived of the Holy Spirit.

Hail Mary...

Leader: Behold the handmaid of the Lord.

Response: Be it done unto me according to thy word.

Hail Mary...

Leader: And the Word was made Flesh. (Genuflect) Response: And dwelt among us.

Hail Mary...

Leader: Pray for us, O Holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ, our Lord. Amen.

Family Challenge:

Set a reminder on your phone for 6:00 each evening, or choose a later time when you may be more available. When the reminder goes off, pause to pray the Angelus.



Listen to
Jenny Hubbard
interview Julian

You learned the Angelus at Guerin. In what way was that meaningful to you?

Julian: It was the first time that I was really in the habit of taking time out of the busyness of the day to pray. And that’s what I think was the sort of gift of that prayer to me: a pause in the day to get away from all the things that distract you, and to have some prayerful reflection.



Julian Murphy (Class of 2008)
Favorite subject at Guerin: Calculus
Favorite Guerin activity: football and theater

PRAYER BEFORE STUDY

Homework! In high school, it is part of the daily rhythm.

Before St. Thomas Aquinas (1225-1274) began his studies or preaching, he would pray the following prayer, offering even his learning to God and sanctifying his work through prayer. **What if you prayed this prayer too, each day before beginning your homework?**

St. Thomas Aquinas' Prayer before Study

Ineffable Creator...

Grant to me
keenness of mind,
capacity to remember,
skill in learning,
subtlety to interpret,
and eloquence in speech.

May You guide the beginning of my work,
direct its progress,
and bring it to completion.

You Who are true God and true Man,
who live and reign, world without end.

Amen.

Family Challenge:

Students, write out this prayer by hand on an index card and put it where you do your homework.

Parents, write out this prayer by hand on an index card and give it to a family member, friend, or neighbor who is in school. Ask your child to help you decide who to share it with and how.



Listen to
Fr. John Nguyen
interview Fr. Jakupco

What are some words of advice or encouragement that you have for students, especially freshmen, as they grow in the life of prayer?

Fr. Jakupco: There is something to be said for not becoming discouraged when you see you are not at a certain place or you desire something more. The Lord plants that in our hearts; that we desire greater conversation with Him, that we desire to love him in a deeper way. There is something about, especially when you are new to something...to slowly, slowly build yourself up to it. The Lord does not ask us to take on more than we can handle. There is something even greater about taking on small things but being faithful to them... Fidelity in small ways leads to big things.



Fr. Matthew Jakupco
(Class of 2013)
Favorite class at Guerin: IB
U.S. History

EVENING EXAMEN

Praying an evening examen means **searching out where God was in your day**: where was God calling you, and how did you respond? By incorporating a daily examen into your prayer life, you can better identify and root out your sin and failures to do what is right. This makes room in your heart for growth in grace and virtue so that God can mold you into **the saint He created you to be**.

STEPS OF THE EVENING EXAMEN

Always start out by closing your eyes and taking some deep breaths. Give yourself time to clear your mind and let go of your worries and cares.

Step 1 Gratitude: Take time to thank God for all the gifts you received today. Did you spend time with your friends? Did you get that grade you wanted? What are you grateful for?

Step 2 Petition: Simply ask God for what you need. Ask God for the grace to see His will in your life, and the fortitude to follow it. What do you need from God right now?

Step 3 Review: Reflect on your day, hour by hour, starting from when you woke up until now. Did you respond as you should or as you desired? Recall specific moments and what you were feeling. Where was God in those moments?

Step 4 Forgiveness: What did you do or fail to do today that you need God's mercy? Take time to ask for His forgiveness. He rejoices in our desire to purify our hearts.

Step 5 Renewal: As you look to tomorrow, think specifically how you will respond to God in particular moments. How can you use these moments to grow in grace and virtue? How can you love and serve those people you encounter tomorrow? Pray for the grace to let go of your expectations and accept what God sends your way.

FAMILY CHALLENGE:

Tonight, spend 10 minutes praying an examen together.



“I went from a very self-conscious, kind of in-myself woman, to someone who was very free. And the people around me would ask what happened that year. A lot of people asked, okay, you’re different, what happened? And at the time I didn’t know what had happened...”



Listen to
Christina Steele
interview
Alex Ross ('15)