



# The Morning Offering

wake up to the most powerful  
30 seconds of your day

your own personally composed  
morning offering:

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated five times.



sets the direction



connects to God



most important - done.

## Step 1: Wake Up

The trick once you wake is to remember that you intend to make a morning offering. The night before, try putting a reminder somewhere in plain sight.

## Step 2: Physically pray

Do something to mark this time as prayer - try kneeling, doing the sign of the cross, holding a crucifix, or opening your arms wide.

## Step 3: Thank God

You have another day of life. Thank God for a few good things that come to mind. Starting with gratitude puts you in the mindset of receiving good things.

## Step 4: Offer your day

Give everything that you do today as a gift to God. In this way, everything you do becomes prayer. It also sets your intentions - that everything you chose to do today is worthy of being a gift.

## Step 5: Unite with Christ

Be on God's team. Let yourself be loved and be guided by the Holy Spirit. You do not need to be in control - today you can just follow Jesus. Heaven is with and for you.