

OFFERING OF THE HEART – TIPS FOR PRAYER

Morning Meditation

As you do your *lectio* with the daily Gospel, pay attention to Jesus' heart. What and who and how is He loving? How does that love manifest? What are His desires? What is He holding on to, treasuring, in His Heart? You can ask for the grace to love and desire and treasure throughout this day your encounter with Jesus in the meditation and the same things that He has set His Heart on.

Examination of Conscience

At the end of the day, you can ask yourself:

- What and who and how did I love today? Did I love purely? Did I love in truth?
- What were my desires today? Was anything out of order in my desires? What do I need to do to rectify those desires?
- What did I treasure in my heart today? What experiences or feelings did I let consume my heart?
- What did I set my heart on today?