

WAKING

Psalm 118:24 (“This Is the Day the Lord Has Made”)

This is the day the LORD has made;
let us rejoice in it and be glad.

Morning Offering

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,
for the salvation of souls, the reparation for sins, the reunion of
all Christians,
and in particular for the intentions of the Holy Father this month.
Amen.

***Sanctus* (Holy, Holy, Holy)**

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Canticle of St. Francis (Canticle of the Sun)

Most high, all-powerful, good Lord,
 yours are the praises, the glory, and the honor, and all blessing,
 to you alone, Most High, do they belong,
 and no human is worthy to mention your name.

Praised be you, my Lord, with all your creatures,
 especially Sir Brother Sun,
 who is the day and through whom you give us light.
 And he is beautiful and radiant with great splendor;
 and bears a likeness of you, Most High One.

Praised be you, my Lord, through Sister Moon and the stars,
 in heaven you formed them clear and precious and beautiful.

Praised be you, my Lord, through Brother Wind,
 and through the air, cloudy and serene, and every kind
 of weather,
 through whom you give sustenance to your creatures.

Praised be you, my Lord, through Sister Water,
 who is very useful and humble and precious and chaste.

Praised be you, my Lord, through Brother Fire,
 through whom you light the night,
 and he is beautiful and playful and robust and strong.

Praised be you, my Lord, through our Sister Mother Earth,
 who sustains and governs us,
 and who produces various fruit with colored flowers
 and herbs.

Praised be you, my Lord, through those who give pardon for your love,
 and bear infirmity and tribulation.

Blessed are those who endure in peace
 for by you, Most High, shall they be crowned.

Praised be you, my Lord, through our Sister Bodily Death,
 from whom no one living can escape.

Woe to those who die in mortal sin.
 Blessed are those whom death will find in your most holy will,
 for the second death shall do them no harm.

Praise and bless my Lord and give him thanks
 and serve him with great humility.

AT MEALTIMES

Grace Before Meals

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

Amen.

Grace After Meals

We give thee thanks, for all thy benefits, almighty God, who lives and reigns forever. [And may the souls of the faithful departed, through the mercy of God, rest in peace.]

Amen.

Extended Blessing at Table

Christians, whether alone or with companions at table, say grace before and after meals to thank God for his goodness in providing their daily food.

[1030]

As they gather at table and see in the food they share a sign of God's blessings on them, Christians should be mindful of the poor, who lack even the bare minimum of food that those at table may have in abundance.

[1031]

BEFORE THE MEAL

When the household has gathered around the table, all make the Sign of the Cross.

Then the Scripture is read:

[1039]

Listen to the words of the Prophet Isaiah:

58:10-11a

If you bestow your bread on the hungry
and satisfy the afflicted;
Then light shall rise for you in the darkness,
and the gloom shall become for you like midday;
Then the LORD will guide you always
and give you plenty even on the parched land.

(The family's Bible may be used for an alternate reading such as Acts 2:42-47a.)

After a short silence, the leader prays:

[1069]

Blessed are you, almighty Father,
who give us our daily bread.
Blessed is your only begotten Son,
who continually feeds us with the Word of life.
Blessed is the Holy Spirit,
who brings us together at this table of love.
Blessed be God now and forever.
R Amen.

AFTER THE MEAL

[1064]

Leader: Blessed be the name of the Lord.

✠ Now and forever.

The leader prays:

God our Father,
we thank you for the food your bounty has given us,
your gathered family.
Grant that we also may freely give to others
what you have so generously given to us,
and that we may all share
in the banquet of heaven.
Through Christ our Lord.
✠ Amen.

—From Book of Blessings

Review copy. Not for distribution.

BEGINNING EACH DAY'S WORK

Blessing Before Going to Work

May God bless the work I will do this day,
that all my actions
may bring Christ to the world.

Blessing Before Going to School

May God bless your day at school
that you may grow in knowledge of the world
and in love for all God's children.

Prayer for the Day's Work at Home

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing.

LABOR, SERVICE, STUDY, AND ALMSGIVING

Prayer of St. Francis (Peace Prayer)

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we are born to eternal life.
Amen.

—*St. Francis of Assisi*

Prayer for Success at Work

God our Father,
 Creator and ruler of the universe,
 in every age you call your children
 to develop and use their gifts for the good of others.
 With St. Joseph as our example and guide,
 help us to do the work you have asked
 and come to the rewards you have promised.

Hear the prayers of your people
 and give us work that enhances our human dignity
 and draws us closer to each other
 in the service of our brothers and sisters.

Through our Lord Jesus Christ, your Son,
 who lives and reigns with you in the unity of the Holy Spirit,
 God, for ever and ever.

✠ Amen.

WORK AND STUDY**Prayer at Work**

Day by day we bless you, Lord.
 We praise your name forever.

Jesus, gentle and humble of heart, have mercy on us.
 Mary, mirror of justice, pray for us.
 Joseph, model of workers, pray for us.
 May we know the shortness of our days,
 that we may learn wisdom.

From 1 Peter 4:11

May God be glorified in all things
 through Jesus Christ.

From 2 Peter 3:18

May we grow in grace and in the knowledge
of our Lord and savior Jesus Christ.
To him be glory now and to the day of eternity.

From Philippians 4:7

May the peace of God that is
beyond all understanding
guard our hearts and our thoughts
in Christ Jesus.

From Colossians 1:12

We give you thanks, our Father!
You call us to share the lot of the
saints in light!

From Psalm 143:10

Teach me to do your will,
for you are my God.

SERVICE AND FAITH IN ACTION**From Colossians 3:17**

In all our words and actions
let us give thanks to God
in the name of the Lord Jesus.

From 1 Thessalonians 1:3

May God put our faith into action,
to work in love, to persevere in hope,
through our Lord Jesus Christ.

GIVING OR RECEIVING OF ALMS

From Philippians 4:19-20

May God fully supply all our needs
according to his generosity, with magnificence,
in Christ Jesus!
To God be glory forever and ever!

From Exodus 34:6

Blessed are you, Lord, God of tenderness and compassion,
rich in kindness and faithfulness.

From Judith 9:11

God of the humble and help of the oppressed:
Blessed are you, Lord!
Support of the weak and refuge of the forsaken:
Blessed are you, Lord!

From Tobit 4:7

Do not turn your face away from the poor,
and God's face will not be turned away from you.