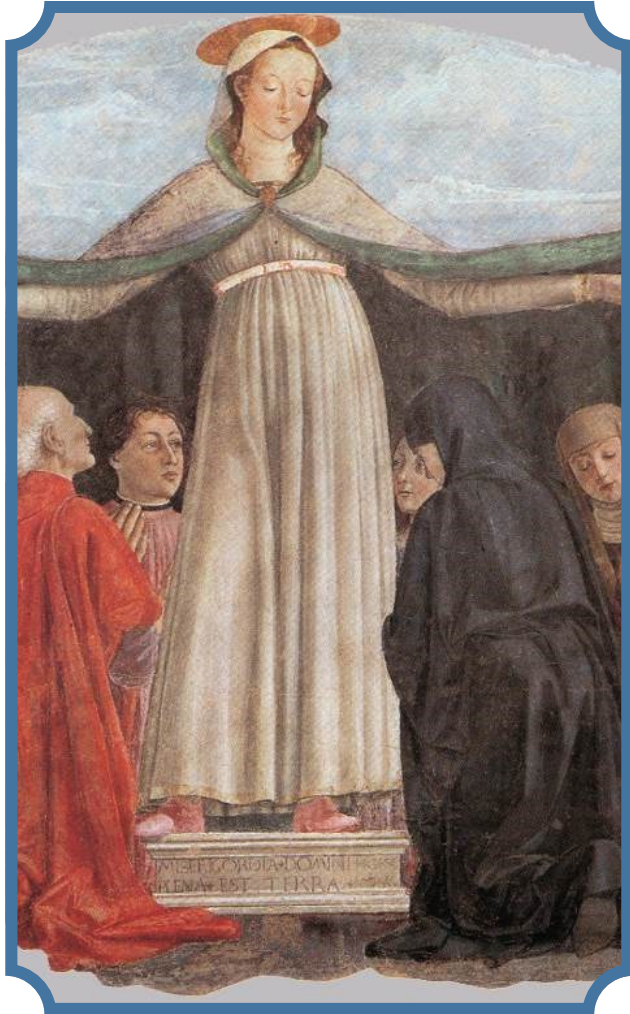


†
J.M.J.

PRAYERS FOR OFFERING SUFFERING

*From various sources and adapted
from the writings of St. Mechtilde*



Morning Offering to the Most Sacred Heart of Jesus

Dear Lord, I adore Thy Most Sacred Heart, which I desire to enter with acts of love, praise, adoration, and thanksgiving.

I offer Thee my own heart as I sigh to Thee from its very depths, asking that Thou will worketh through me in all that I do this day; thus may I draw Thee closer to me than Thou wert before.

I offer Thee all the crosses and sufferings of the world, in union with Thy life on earth, in expiation for sins. Please join my every action and heartbeat to the pulsations of Thy Heart.

I unite all my works of this day to those labors Thou didst perform while Thou wert on earth, bathing them in Thy Precious Blood, and I offer them to the Heavenly Father so that many souls may be saved.
Amen.

Fatima Sacrifice Prayer

O Jesus, it is

-for love of Thee,

-for the conversion
of sinners,

-and in reparation
for the sins committed
against the Immaculate
Heart of Mary.

Offering of Suffering for a Particular Intention

O Lord Jesus, I offer these
sufferings and troubles
for the special intention of

(insert your intention)

You make all things work
together for the good for
those who love You.

Jesus I trust in You
to order all this pain for
the good of my soul and
for this intention. Amen.

Prayer of One Sick or in Trouble

As St. Mechtildis was once very sick and complained of it, Christ said to her, "Lay all your pains in My Heart, and I will so perfect them and make them so fruitful that they shall bring honor to the saints in Heaven, merits to the just, forgiveness to the sinner, refreshment to the poor souls in Purgatory." (B. ii. cli. 32.)

Most beloved Jesus,
You have sent me this my
sickness, or misfortune,
from Your Divine Heart
as an expression of Your love.
I accept it with all my heart.
Reflecting Your love for me,
I offer my sufferings to You
to show my gratitude to You.

In Your sweet Heart I lay
all my suffering and pain.
I request that You enclose them
in Your sufferings and make
them perfect. In my pain and
trouble, I cannot praise
my heavenly Father, God,
as I ought to do.

I beg of You that with the
same praise with which You
once praised Him amid Your
awful sufferings on the Cross,
You now praise and glorify Him
in my stead. And even as You
thanked Him for sending You
so many torments and pain,
please thank Him now in like
manner for what I suffer.

I ask You also, that with
the self-same love, with which
You accepted and offered to
Your heavenly Father all Your
sufferings, and the mockeries
that assailed You, please offer
these my inward and outward
calamities, in union with Your
own, to His honor and glory.
Amen.



An Efficacious Method of Loving and Praising God

While St. Mechtilde was disquieted because she did not worthily honour and love God, our Lord said to her:

*When you desire to praise Me,
and cannot praise Me
as you would, say:*

O GOOD Jesus,
I praise Thee,
vouchsafe to supply for me
whatsoever is lacking
in my praise.

*And if you wish
to love Me, say:*

O GOOD Jesus, I love Thee:
vouchsafe to supply whatever
is lacking in my love,
and offer the love
of Thy Sacred Heart
to God the Father for me.