

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, in reparation for
my sins, and for our Holy
Mother, the Catholic
Church. Amen.



Acts of Piety for *Busy Moms*

In the midst of the busyness of motherhood, it's essential to find moments to nurture your spiritual life. The Acts of Piety for Busy Moms is a simple guide designed to help you integrate faith into your daily and weekly routines, keeping your connection with God strong, even on the most hectic days.



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Acts of Piety for Busy Moms

Daily

Morning

- Start your day with a morning offering prayer, dedicating all your work, joys, and challenges to God.

Morning Prayer

- Listen to 10 Minutes with Jesus on Spotify, pause for 5 min afterwards to reflect. You may also choose to write your thoughts on your notebook.

Prayer on the Go

- Talk to God during your commute, while doing household chores, or anytime you find yourself on the move. Offer up short prayers of thanks, requests for patience, or simply tell God what's on your mind.

Family Prayer Time

- Say a short prayer before meals with your family.
- End the day with a bedtime prayer, involving your children in the process.
- Pray a decade of the rosary together if time permits.

Quiet Moments

- Find a quiet moment during nap time or after the kids are asleep for a brief reflective prayer or Bible reading.
- Spend a few minutes in silence, listening for God's voice or meditating on His love.

Evening Reflection

- End your day with an evening prayer, thanking God for the day's blessings.
- Reflect on your day, asking for forgiveness where needed, and place your worries about tomorrow in God's hands.



Acts of Piety for Busy Moms

Weekly

Sunday Mass

- Prepare for Sunday Mass by reading the Gospel the night before.
- Reflect on the readings and discuss them with your family.

Weekly Rosary

- Set aside one evening a week to pray the rosary as a family.

Spiritual Reading

- Choose a spiritual book or Bible passage to read throughout the week.

Confession

- Schedule time to go to Confession at least once a month.

Personal Reflection

- Take time at the end of the month to reflect on your spiritual progress and set goals for the next month.



Angelus Reminder

The Angel of the Lord declared to Mary: And she
conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee;
blessed art thou among women and blessed is
the fruit of thy womb, Jesus. Holy Mary, Mother
of God, pray for us sinners, now and at the hour
of our death. Amen.

Behold the handmaid of the Lord: Be it done
unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt
among us.

Hail Mary...

Pray for us, O Holy Mother of God, 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.



Bedtime Prayer with *Kids*

Before praying the Bedtime Prayer, ask your child three questions: What went well today? What bad choices did you make today? What can you do better tomorrow?

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Dear God above, so kind and true,
Thank You for the day and all we do.
You guide our steps, both big and small,
And keep us safe through it all.



We praise You, Lord, for love so bright,
That fills our hearts both day and night.
Your voice we hear, so strong and clear,
It helps us sleep with peace, no fear.

When things are hard, and we feel small,
You hold our hand and catch our fall.
With You beside us, we feel brave,
Your love is strong; it's us You save.



When we pray, You hear our call,
And answer us with love for all.
Help us trust in what You say,
And keep us close to You each day.

Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Say 3 Hail Mary's after the Bedtime Prayer.