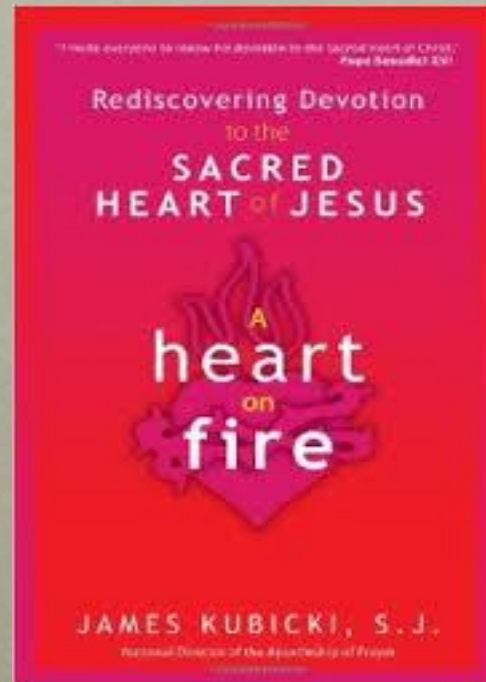


# 3 MOMENTS OF THE DAY

Praying with the Heart of Jesus

# REDISCOVERING THE SACRED HEART DEVOTION



# THE SACRED HEART ON THE PINE RIDGE INDIAN RESERVATION

- From a place of defeat and discouragement
- Talking to my self or talking to Jesus?
- Jesus pointing to his heart
- Beckoning with the other hand: “This is it. This is the only way.”
- His heart in the blessed sacrament right in front of me

# APOSTLESHIP OF PRAYER RE-DISCOVERED

- Union with Heart of Christ
  - The Morning Offering
  - Living the Eucharist
  - The Examen

# 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,  
for the intentions of all my relatives and friends,  
and in particular  
for the intentions of the Holy Father.



# THE EXAMEN

- Ask for **Light** to see
- **Thanksgiving**
- **Remember** the day in light of the morning offering
  - When did my heart get bigger?
  - When did my heart get smaller?
- Ask **forgiveness** and look to tomorrow's offering

# LIVING THE EUCHARIST

- **Offertory**- Meager gifts from the assembly- fruit of the earth and work of human hands
- **Thanks** to the Father (Blessed are you Lord God of all creation...)
- **Epiclesis**- Calling down the Holy Spirit
- **Consecration** narrative- The Voice of Christ taking over- This is my body, this is my blood
- **Fraction** rite- Broken and given away
- **Communion**- Empty handed...Amen
- **Mission**- Go and live what you just received