

The Daily Rhythm

Five ways to pray. Pick one, and keep it on your worst days, not your best.

BEGIN ANY PRAYER WITH THE SIGN OF THE CROSS

1

A simple morning offering

Gratitude for the day, an offering of the hours ahead, one intention, and a short request for guidance.

WORST DAY *“Lord, I offer you everything I have to give today. Amen.”*

2

Scripture

A moment with the Word of God. The simplest place to start is the daily Mass readings.

WORST DAY A single verse of Scripture, read once.

3

Midday Pause

Ten to fifteen minutes for yourself. A decade of the rosary, sacred music, or *Lectio Divina*.

WORST DAY Pray the Angelus, or listen to one hymn.

4

Evening Examen

Ask for clarity, give thanks, review the day, honestly face what you missed, then look to tomorrow.

WORST DAY Bring up one joy and one pain, and surrender both to God.

5

Night Prayer

Pick up where you left off. Finish the rosary, re-read the verse, or make a final surrender.

WORST DAY *“Lord, I surrender this day to you. Amen.”*

On the hardest nights, let your Examen and your Night Prayer be one.