



A Quiet Moment

PAUSE · PRAY · BEGIN AGAIN



A few quiet minutes, just as you are.

LIFE OF A CATHOLIC

A prayer for the morning

Sit comfortably. Become still for a moment. Bring the day ahead into prayer.

Lord Jesus, I bring You this ordinary day.
Help me receive its gifts with gratitude,
meet its difficulties with patience,
and notice the person who needs my love.
Stay close to me as I begin. Amen.

Original prayer by Life of a Catholic.

What is on my heart this morning?

One small act of love for today

An evening pause

Take an unhurried look at the day. Speak honestly to God in your own words.

Thank You for...

Help me make right...

Tonight, I entrust to You...

A fresh beginning

Date: _____ Use this page whenever you need a little space to reflect.

God of mercy, meet me in this moment. Help me release what I cannot carry alone, accept the help I need, and take the next good step. Amen.

What do I need to bring into prayer?

Who can I turn to for wise, practical support?

My next small step
