



Your Holy Family

*The Mission of the Family is to Guard, Reveal and  
Communicate Love - St. John Paul II*

YourHolyFamily.org/DJFL

Inspired by Daily JO  
<https://dailyjo.com/>

# Daily Journal for FamilyLife



Your Holy Family

Month: \_\_\_\_\_

Name: \_\_\_\_\_

Contact Information: \_\_\_\_\_

## **MORNING OFFERING**

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart; the salvation of souls, the reparation for sin, the reunion of Christians; and in particular for the intentions of the Holy Father this month. Guide me to be a holy spouse and parent leading my family towards heaven and to be a sign of God's love in the world.

## **DAILY REVIEW**

### **EVENING PRAYERS**

Make a brief examination of conscience before going to bed at night. Two or three minutes will suffice. Place yourself in the presence of God, recognizing His strength and your weakness. Tell Him: "Lord, if You will, You can make me clean." Ask your guardian angel for light to acknowledge your defects and virtues: What have I done wrong? What have I done right? What could I have done better?

### **EXAMINE YOUR CONSCIENCE WITH SINCERITY:**

Did I often consider that God is my Father? Did I offer Him my work? Did I make good use of my time? Did I pray slowly and with attention? Did I try to make life pleasant for other people? Did I criticize anyone? Was I forgiving? Did I pray and offer some sacrifices for the Church, for the pope, and for those around me? Did I allow myself to be carried away by sensuality? By pride?

### **MAKE AN ACT OF CONTRITION:**

O my God, I am heartily sorry for having offended Thee and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and avoid the near occasions of sin. Amen. Make a specific resolution for tomorrow: To stay away from certain temptations, to avoid some specific faults.

## **Angelus**

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

*Hail Mary . . .*

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.

## **Regina Coeli**

Queen of Heaven, rejoice, alleluia. / For He whom you did merit to bear, alleluia.

Has risen, as he said, alleluia. / Pray for us to God, alleluia  
Rejoice and be glad, O Virgin Mary, alleluia. / For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Introduction

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God’s Plan for Family Life - Monthly/Weekly Goals  
 Plan to meet these objectives each month, don’t worry if you don’t check all of them, just keep on trying, all progress is helpful to your family. If you don’t plan, plan to fail.

<b>Prioities (God 1<sup>st</sup>, Spouse 2<sup>nd</sup>, then Children</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Personal Holy Hour (Preferrably Adoration)				
Monthly Date with Spouse				
Family Meal (Min. once a week, prefer daily )				
Family Confession				

<b>Family Prayer</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Study of the Sunday Mass Readings				
Family Holy Hour (Preferrably Adoration)				
Celebrate a Religious Feast Day				
Sunday Mass as a family				

<b>Family Play</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Family Game Night				
Family Outing, Vacation, etc				

<b>Love within the Family</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Family Meeting				
Special time with a member of the family				

<b>Community with Families of Faith</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Visit with another family after Sunday Mass				
Visit Extended Family				
Dinner with another Family				

<b>Evangelization</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Meet a new family after Sunday Mass				
Family Service Project				

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I choose \_\_\_\_\_

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