

# MORNING EXERCISES

*saint francis de sales, pray for us!*

ADORE

Adore God  
profoundly.

Thank Him for a  
good night and  
ask His pardon for  
any sins you  
committed during  
the night.

REMEMBER

Remember that the  
present day is  
given to you in  
order to gain the  
future day of  
eternity.

Make a firm  
purpose to employ  
the day well for  
this purpose.

ANTICIPATE

Look at the day  
ahead. Anticipate  
what tasks and  
occassions for  
serving God you may  
meet on this day and  
to what temptations  
you will be exposed.

Make a firm resolve  
to serve God in all  
tasks of the day.  
Carefully prepare to  
avoid, resist, and  
overcome potential  
temptations.

RELY

Humble yourself in  
the presence of  
God and  
acknowledge that  
by yourself you can  
do nothing of the  
things you have  
decided upon.

Offer your heart,  
with all its good  
purposes, to Him.