



CREATE A

Catholic

MORNING

PRAYER

ROUTINE

created by Gessica from Catholic Mom Vibes



contents

BENEFITS OF A MORNING PRAYER ROUTINE.....	3
PRE-ROUTINE QUESTIONS.....	4
TIPS FOR YOUR MORNING ROUTINE.....	6
EXAMPLE MORNING ROUTINE.....	7
TIME TO CREATE!.....	8
YOUR MORNING ROUTINE.....	9
MATERIALS LIST.....	10
RESOURCES LIST.....	11
A FEW MORE THINGS.....	13

Copyright Catholic Mom Vibes 2019. All rights reserved.
Please do not copy or share. Thank you.

This workbook contains affiliate links, which means I receive some money if you purchase through my link at no cost to you. I only promote products that I love.

BENEFITS OF A MORNING *prayer routine*

MORNING BENEFITS

ESTABLISH A
MORE
PRODUCTIVE
DAY

BOOST YOUR
MOOD BY
STARTING OFF
RIGHT

SPEND SOME
QUIET
TIME TO
YOURSELF

PRAYER BENEFITS

STAY
CONNECTED
TO JESUS -
OUR POWER
SOURCE

KNOW JESUS
IN ORDER TO
TEACH OUR
KIDS THE
FAITH

BE A GOOD
EXAMPLE OF
CHRIST TO
OTHERS

QUESTIONS TO ASK YOURSELF

before creating your morning routine

1. What is my overall goal by spending time in prayer each morning?

2. What prayers or spiritual exercises are my favorites?

QUESTIONS TO ASK YOURSELF

before creating your morning routine

3. How much time can I carve out in the morning to dedicate to a simple ritual?

4. Can I allow myself to really get into the routine and not get frustrated if something doesn't work perfectly?

TIPS TO SUCCEED IN YOUR

morning routine

CHOOSE A SPOT IN WHICH YOU FEEL COMFORTABLE AND YOU CANNOT BE INTERRUPTED

ALLOW FOR AT LEAST 15 MINUTES TO DO THE MORNING PRAYER ROUTINE

SCHEDULE OUT YOUR TASKS FOR AT LEAST THE FIRST COUPLE OF WEEKS UNTIL THE ROUTINE BECOMES MORE NATURAL

HAVE ALL YOUR MATERIALS READY IN YOUR PRAYER SPOT

WAKE EARLY ENOUGH TO GET A FULL PRAYER TIME IN IF POSSIBLE

PUT YOUR BEVERAGES (I.E. COFFEE, TEA) ON A TIMER IF YOU CAN FOR YOUR MORNING SIPPING PLEASURE.

LEAVE YOUR PHONE IN ANOTHER ROOM, UNLESS YOU ARE USING IT TO FACILITATE YOUR PRAYER TIME.

USE THE FOLLOWING GUIDE TO CREATE AND CUSTOMIZE YOUR OWN MORNING ROUTINE.

EXAMPLE MORNING ROUTINE

use or modify as you like

Wake up at 5 am (some mornings it's more like 5:30 or 6, depending on the kind of night we've had) (5 min)

Prepare a cup of red raspberry tea (5 min)

Start by saying the Daily Offering Prayer to Mary (2 min)

I then proceed with the Dynamic Catholic Prayer Process (10-15 min)

For the gratitude section, I write 3-5 things in my planner that I'm thankful for

Some mornings I make time to read the Daily Readings from USCCB (5-10 min)

I read through the readings, Psalm, and Gospel, spending the most time on the Gospel. I read it twice, focus and meditate on words that stick out to me.
(kind of like Lectio Divina)

TIME TO CREATE!

a few more considerations...

**DO AS MANY OR
AS FEW
PROCESSES AS
YOU LIKE**

**START SIMPLE
AND THEN ADD
LATER**

**FEEL FREE TO CHANGE
THE PROCESS IF IT
DOESN'T FEEL LIKE
YOU ARE GROWING IN
YOUR RELATIONSHIP
WITH GOD.**

MY MORNING *prayer* ROUTINE

STEP 1:

TIME ALLOTTED:

STEP 2:

TIME ALLOTTED:

STEP 3:

TIME ALLOTTED:

STEP 4:

TIME ALLOTTED:

STEP 5:

TIME ALLOTTED:

MATERIALS LIST

- ✓ Pencil or pen
- ✓ Highlighters
- ✓ Prayer journal or blank notebook
- ✓ Bible (I use the St. Joseph Edition)
- ✓ Spiritual Book
- ✓ Candles
- ✓ Crucifix
- ✓ Rosary
- ✓ Phone (only if necessary)
- ✓ Comfortable clothes
- ✓ Coffee/tea/water
- ✓ Snack/breakfast
- ✓ _____
- ✓ _____

RESOURCES LIST

*denotes affiliate link

TYPE	NAME OF RESOURCE
BOOKS	33 Days to Morning Glory* Saint John Paul the Great* The Flame of Love Pieta Prayer Book* Sainly Support: A prayer for every problem Ultimate Makeover: the transforming power of motherhood New American Bible: St. Joseph Edition* The Rosary Handbook The Catechism of the Catholic Church*
DAILY EMAILS	USCCB Daily Readings Blessed is She Devotions
APPS	The Holy Rosary (android) Laudate (iphone)
PRAYERS	Dynamic Catholic Prayer Process Daily Offering to Mary
AUDIO/VIDEO	The Chaplet of Divine Mercy Scriptural Rosary
BLOG	Catholic Women Run: Daily exercise with Bible readings/devotion

ADDITIONAL RESOURCES

updated August 2019

*denotes affiliate link

TYPE	NAME OF RESOURCE
BOOKLET	Handbook of Prayers 7th Edition*
BOOKS	<p>Any Dynamic Catholic Book (a few listed below)</p> <ul style="list-style-type: none">The Biggest Lie in the History of ChristianityRediscover Catholicism*Building Better Families*Rome Sweet Home*The Catholic Guide to Loneliness*5 Love Languages
APPS	EWTN (audio and video on demand, Scripture, and listen live)
WEBSITES	<ul style="list-style-type: none">Pray More NovenasBlessed is She
CMV POSTS	<ul style="list-style-type: none">How to Create a Morning Prayer Routine10 Ways Saying a Rosary Can Change Your LifeThe One Mistake You Are Making When You Pray

a few more things...

NOT A MORNING PERSON? APPLY ALL THESE RESOURCES TO ANY OTHER TIME OF DAY THAT YOU CHOOSE!

THANK YOU SO MUCH FOR USING THIS WORKBOOK! I HOPE YOU CAN BENEFIT FROM A PRAYERFUL MORNING ROUTINE IN YOUR LIFE!

WANT TO LEARN HOW TO CHOOSE JOY IN YOUR LIFE? CHECK OUT MY 7-DAY JOY CHALLENGE!

