Opening Prayer:

O God, may your words remain with me,

In my mind, on my lips, and in my heart.

Dancing before my sorrow or joy,

May their message of love not depart.

For every joy has been written,

And every sorrow has been consoled

By your Holy Word, forever preserved,

As each chapter and verse unfold.

Closing Prayer (Examen):

Heavenly Father, I thank You for every gift You have bestowed on me today.

(pause to recall)

Lord Jesus, I am sorry for all I have done today that was not pleasing to You and I ask for Your forgiveness.

(pause to recall)

Holy Spirit, please keep me safe tonight and guide me tomorrow in all my actions and decisions.

(pause to reflect on tomorrow’s needs)

We ask this, in the name of the Father and of the Son and of the Holy Spirit. Amen

From the Catechism of the Catholic Church

Section Two: The Profession of the Christian Faith  
Whoever says “I believe” says “I pledge myself to what **we** believe.” Communion in faith needs a **common** language of faith, **normative** for all and **uniting** all in the same confession of faith.