

## Spiritual Exercises and Daily Devotions: A Simple Guide for Couples and Parents

*Please note that some items repeat to help you do them more than once during the day. Be gentle with yourself and take time.*

These spiritual exercises are rooted in Christian faith and the Roman Catholic tradition. Try them and track your progress. We often feel incapable because we are simply human. Offer God your poverty and boldly do these spiritual exercises. Let God manifest his power to love, give life, strengthen, heal, deliver, and protect. Know that when evil, temptation, trouble, or pain come, God knows and allows it for a greater purpose, and trust He is WITH YOU and gives you strength to endure in peace.

**We can do many of these as quickly as a flash of lightning... the key is to exercise within us the power God gives us.**

	<b>Check for each use and total up each week:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Notes to myself about this....</b>
1	<b>BEDTIME Examen</b> prayer before going to sleep				
2	<b>RISING</b> Thank and praise God on waking				
3	Love connects as I look at a crucifix / holy image				
4	<b>EARLY MORNING</b> Look for God's Word in Bible				
5	Offering God my day while washing & dressing				
6	<b>I / we pray</b> the Liturgy of the Hours - Morning				
7	<b>MASS</b> – Plan, prepare, and participate in Daily Mass				
	<b>BEFORE – DURING – AFTER BREAKFAST</b>				
8	<b>I ask Jesus</b> to bless <b>OTHERS</b> as I interact with them				
9	<b>I ask God</b> to bless me as I prepare breakfast				
10	Saying " <b>GRACE</b> " <b>before</b> having breakfast				
11	Saying " <b>GRACE</b> " <b>after</b> having breakfast				
12	We put food away and do the dishes <b>together</b>				
	<b>PREPARING THE WORK / SCHOOL DAY</b>				
13	Love connects as I look at a crucifix / holy image				
14	<b>I ask God's</b> guidance and strength for my morning				
15	<b>I bless</b> my spouse & children F + Son + HSp				
16	<b>I ask God's</b> protection before we drive or travel				
17	" <b>Lord bless</b> all those I meet esp. those burdened"				
	<b>EMBRACING THE WORK / SCHOOL DAY</b>				
18	Love connects as I look at a crucifix / holy image				
19	<b>I ask God's</b> guidance as I enter into my work				
20	I work <b>in peace</b> knowing God is with me				
21	I face challenges <b>with confidence</b> in God's help				
22	I anticipate and <b>watch</b> for God's inspiration				
23	" <b>God bless my spouse</b> " when s/he comes to mind				
24	<b>At an opportune time</b> I meditate silently				
	<b>BEFORE – DURING – AFTER LUNCH</b>				
25	<b>I ask God</b> to bless me as I prepare lunch				
26	Saying " <b>GRACE</b> " <b>before</b> having lunch				
27	Saying " <b>GRACE</b> " <b>after</b> having lunch				
28	We put food away and do the dishes <b>together</b>				
29	<b>I ask Jesus</b> to bless others as I interact with them				
30	Love connects as I look at a crucifix / holy image				
	<b>EMBRACING THE WORK / SCHOOL DAY</b>				
31	<b>I ask God's</b> guidance as I get back into my work				
32	I work <b>in peace</b> knowing God is with me				
33	I face challenges <b>with confidence</b> in God's help				
34	I anticipate and <b>watch</b> for God's inspiration				
35	<b>I ask God's</b> help as I go out to run errands				
36	<b>I take delight</b> whenever I remember I am loved				
37	<b>I thank and praise God</b> when I receive help				

*Continues on the other side....*

38	I often let myself be <b>glad to be alive</b>			
39	When I see one in trouble I <b>ask God to bless them</b>			
40	When I see beauty in others I <b>give God praise</b>			
41	As a car cuts me off I <b>ask God's mercy on them</b>			
42	<b>"God bless my spouse"</b> when s/he comes to mind			
	<b>PERSONAL TIME</b>			
43	<b>At an opportune time</b> I meditate silently			
44	<b>I take God with me</b> as I go for a walk and fresh air			
45	<b>I take God with me</b> as I take a little nap			
	<b>BEFORE – DURING – AFTER SUPPER</b>			
46	<b>I ask</b> God to bless me as I prepare supper			
47	Saying " <b>GRACE</b> " <b>before</b> having supper			
48	Saying " <b>GRACE</b> " <b>after</b> having supper			
49	We put food away and do the dishes <b>together</b>			
	<b>FAMILY TIME</b>			
50	Patience - <b>with love I accept</b> to endure a trouble			
51	<b>I ask Jesus</b> to bless <b>OTHERS</b> as I interact with them			
52	We pray the Rosary <b>together</b> as a couple/family			
53	<b>I ask Jesus</b> to bless our children – FUN time			
54	<b>I ask Jesus</b> to bless our children – homework			
55	<b>I ask Jesus</b> to bless our children – wash & PJ's			
56	<b>I ask Jesus</b> to bless our children – story time			
57	<b>I ask Jesus</b> to bless our children – prayer / bed time			
	<b>COUPLE TIME</b>			
58	Mercy – with God's love <b>I forgive</b> the other			
59	<b>Love connects</b> as I look at a crucifix / holy image			
60	<b>I thank God</b> as I look upon my spouse with love			
61	<b>I / we pray</b> the Liturgy of the Hours - Evening			
62	Spouses - we have a <b>SIT DOWN</b> heart to heart chat			
63	<b>I / we plan</b> for the possibility of Mass tomorrow			
64	<b>I / we thank God</b> and <b>ENJOY</b> some recreation			
65	<b>I ask</b> God's mercy as I tie up the day's loose ends			
66	<b>I / we pray</b> the Liturgy of the Hours - Night			
67	<b>We welcome God</b> and his love to our nuptial bed			

COMMENTS (Use separate sheets of paper or a journaling book:

Daily or once a week spouses will learn from each other by sharing their experiences and praying together.

LOG YOUR SHARING TIMES AND PRAYER TIMES:

If you want to chat, please do:

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