

Eternal Father,

I desire to rest in Thy Heart this night.

I make the intention of offering to Thee

every beat of my heart,

joining to them as many acts of love and desire.

I pray that even while I am asleep,

I will bring back to Thee souls that offend Thee.

I ask forgiveness for the whole world,

especially for those who know Thee and yet sin.

I offer to Thee my every breath and heartbeat

as a prayer of reparation.

Amen.