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| **Daily Prayers Guide:*** **Dâng Ngày** (Morning Prayer) - Start your day with the:
	+ Morning Offering Prayer
	+ The Our Father
	+ Three Hail Mary
	+ Glory Be to the Father
* The **summit of the Eucharistic Day** is attending the **Holy Mass** and **receiving Holy Communion**. When unable to attend Mass and receive Communion sacramentally, receive **Communion Spiritually**.
	+ **Spiritual Communion Prayer**
		- Lạy Chúa Giêsu Thánh Thể, con yêu mến Chúa. Xin Chúa ngự vào tâm hồn con, và ở lại với con luôn mãi. Amen.
		- Dear Lord Jesus in the Eucharist, I love you and I adore you, please enter my soul and remain with me always. Amen.
* Fill the day with **sacrifices and apostolic works**.
	+ **Do at least one of the above suggested acts.**
	+ **Color the block on the Lenten Journey of the designated day.**
* **Dâng Đêm** (Night Prayer) - end your day with:
	+ Examination of Conscience
	+ Act of Contrition
	+ The Our Father
	+ Three Hail Mary
	+ Glory Be to the Father and the Night Offering Prayer
 | **Instruction:**1. Find a Bible.
2. Make a **Rice Bowl** to collect donations as part of your almsgiving during this Lenten journey.
	1. Make a Goal for your Rice Bowl: $5, $10, $20….
	2. Invite your family and friends to walk the Lenten journey with you.
3. Find a place in your home to place your Lenten Journey, Bible, Rice Bowl and a crayon (purple preferred).
4. Do one or more of the suggested activities listed each week and color the block on the Lenten Journey of the designated day.
5. Bring your Lenten Journey to the TNTT weekly meeting for your Youth-Leader to record your colored blocks. Each colored block is a spiritual flower from you to offer to Jesus.
6. Donate your Rice Bowl to your chosen charity or one that your Chapter has chosen.
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