



# Three Moments of the Day: Praying with the Heart of Jesus

*Christopher S. Collins S.J.*

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On the strength of the Apostleship of Prayer's worldwide reach, retreat master Christopher Collins introduces a powerful approach to both the Sacred Heart devotion and classic Ignatian spirituality.

In the tradition of Michael Gaitley's bestselling *33 Days to Morning Glory*, *Three Moments of the Day* presents a classic Catholic tradition in a way that is fresh and compelling. Jesuit retreat master Christopher Collins introduces three simple, yet powerful prayer habits that are at the foundation of both the Sacred Heart devotion and Ignatian spirituality and that assist the reader in turning intentionally toward the Sacred Heart of Christ. Readers are guided through morning offering, evening reflection, and how to ponder the gift of the Eucharist throughout the day.

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