

Conversing with Jesus

The *Prayer to Jesus* is a prayer to help you encounter the Person of Jesus and deepen your relationship with Him. You will become more attuned to Jesus' True Presence in the Holy Eucharist and His continual Presence within you.



**In the name of the Father, and of the Son, and of the Holy Spirit. Amen
The Father, Son and Holy Spirit live in us through Baptism.
Close your eyes and take some time in silence
to be aware of Jesus within your heart and to greet Him.**

Prayer to Jesus

**Jesus, I believe in you. Jesus, I hope in You.
Jesus, I want to love You with all my heart.**

**Jesus, I thank You for having come to dwell in me.
I welcome You into my heart and
I ask you to “crowd out” whatever might be there that is not of You.
And I desire to give You full reign as my Lord, my Savior and my King.
Thank You for giving Your life for me on the Cross,
loving me this much and allowing me to receive You
into my heart in this present moment.**

**And now that You are so close to me, please help me love You more and more,
and serve You by loving the people around me. Amen.**

Close your time of prayer with the Sign of the Cross.

Dear Young Person,

Why pray...

Jesus knows you personally and loves you, even with your faults and weaknesses. Jesus said: "I no longer call you servants, for a servant does not know what his Master is doing; but I have called you friends! For the things that I heard from My Father I [will make] known to you." (John 15:15) Our Lord wants you to get to know Him by spending time with Him. As you spend time with Him in conversation (in prayer), you will realize more and more how much He loves you. Jesus knows everything about you and "delights in you" because He created you in His image and you are a child of God. (Psalm 18:19)

When to pray...

With most things in life, when we schedule something, it takes place. When we don't, it usually does not happen. Jesus wants you to spend time with Him so that you can come to know His love. Choose a specific time:

- In the morning
- After dinner
- In the evening

Where to pray...

Set up a sacred space in the home, keeping it simple. It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. The following may be included in the sacred space:

- A Bible
- A Crucifix
- A statue of Mary



Who is Jesus?

Jesus is the Son of God. This means that He is God. He gave His life for you by dying on the Cross so that your sins, and the sins of all people, could be forgiven. Jesus said, "Greater love has no man than this, that a man lay down his life for his friends." (John 15:13)

Dear Parents,

In order to help your 7th Grade son or daughter to go deeper in their friendship with God, one specific prayer has been given to them.

Young people are encouraged to develop a personal prayer time in addition to family prayer time. A wonderful way to support your son or daughter in personal prayer is to let them know that you will include the *Prayer to Jesus* as part of your quiet time with the Lord each day.

You can further support your 7th Grader in personal prayer by initiating discussions during the year. Here are several "conversation starters."

- I understand that you are praying the *Prayer to Jesus* on a daily basis. I am also committed to praying this prayer each day. What stands out for you in this prayer? (Then offer what stands out for you.)
- Have you experienced something as a result of this prayer? Do you feel comfortable sharing that with me? Would you like to hear the effect that it is having on me?
- Do you understand all of the words of the prayer? If not, I was given a link that we could look into the meaning of those words together.
- Are you finding more peace and joy in your life as a result of praying this *Prayer to Jesus*?
- When you receive Jesus in the Holy Eucharist, are you better able to focus on Him in your heart as you pray this prayer, and then speak with Him in your own words?

For further info on the *Prayer to Jesus*, go here: <http://diolc.org/catechesis/prayer/>