

Conversing with Jesus

Praying Psalm 23 each day will allow you to encounter the Person of Jesus, deepen your relationship with Him, accept Him as your Shepherd, and help you to grow in your awareness of His continual Presence in your life.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

The Father, Son and Holy Spirit live in you through Baptism. Close your eyes and take some time in silence to be aware of Jesus within your heart and to greet Him. Thank Jesus for a blessing in your life.



Psalm 23

**The Lord is my Shepherd I shall not want
In verdant pastures He gives me repose;
Beside restful waters He leads me;
He refreshes My soul; He guides me in right paths
for His name's sake.**

**Even though I walk in the dark valley
I fear no evil; for You are at my side. With Your
rod and Your staff that give me courage. You
spread the table before me
in the sight of my foes; You anoint my head with
oil; my cup overflows.**

**Only goodness and kindness follow me
all the days of my life;
And I shall dwell in the house of the Lord
for years to come.**

Close your time of prayer with the Sign of the Cross

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Close your time of prayer with the Sign of the Cross

Dear Young Person,**Why pray...**

Praying Psalm 23 throughout the entire year will allow you to encounter Jesus in a deeply personal way and help you to understand what it means and feels like to have a friendship with Him. As you spend time with Christ in conversation (in prayer) you will become more aware of the lessons from Psalm 23: God is love; God is faithful and can be trusted; and God will never let you go. Take time each day to be with Our Lord by praying Psalm 23 so that you come to know this to be true.

When to pray...

With most things in life, when we schedule something, it takes place. When we don't, it usually does not happen. Choose a specific time to pray and ask the Holy Spirit to strengthen your desire to pray, leading to a stronger commitment:

- 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 God. Jesus Christ said, "I am the Good Shepherd, and I know My own and My own know Me." (John 10: 14). He knows you, with all of your talents, strengths and weaknesses, and He loves you. Take time to be with Him and to get to know Him. As Psalm 23 expresses, Jesus wants to help you with your every need.

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