

## SEVENTH GRADE: **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.**

Praying and focusing on this one prayer throughout the entire year will allow young people to encounter Christ and to deepen their friendship with Him. The following resources are meant to foster this process. Please consider implementing one simple aspect each session.

### At the heart of it all: Jesus cares deeply for you and wants you to get to know Him better

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 all things that I heard from My Father I have made known to you.” (John 15:15) Our Lord wants you to get to know Him by spending time with Him. You will better realize how much He loves you. Jesus “delights in you.” (Psalm 18:19)

### Why do we want to pray the *Prayer to Jesus* every day?

- 1) We will encounter the Person of Jesus on a daily basis and
- 2) Develop / deepen our friendship with the Person of Jesus and
- 3) Become more attuned to Jesus’ True Presence in the Holy Eucharist and
- 4) Develop a continual awareness of the reality of God’s presence, Who is always with us.



### Meaning of the Words of the *Prayer to Jesus* – explain one line at a time

- This prayer expresses our faith in Jesus, which means that we believe that He is God; and it expresses our hope in Him that we trust in all of His Promises throughout the Bible, which He has kept. And we ask Jesus to strengthen our love for Him.
- We thank Jesus for dwelling in our soul through Baptism. Note: We don’t want to reject Him through serious sin.
- We ask Christ to purify our hearts of anything that is not good for us. And we ask that He have full reign of our hearts as He is our Savior and God.
- We thank Jesus for His incredible love for us by giving His life for us and allowing us to be united with Him by receiving Him in Holy Communion.



- As Jesus dwells within us, He strengthens us through His grace. We show our love for Him by the way we love others.

### Learning the Principles

- **The words of this prayer are addressed to Jesus.**
- The *Prayer to Jesus* is a powerful prayer for any time, and most appropriate for praying after receiving Jesus in Holy Communion.
- Prayer is a vital necessity. Prayer and Christian life are inseparable. (CCC 2744-2745)
- The *Prayer to Jesus* is a prayer that will help us on our spiritual journey to know, love and be more committed to Jesus as His disciples.
- **We want to become more attuned to the Real Presence of Jesus in the Holy Eucharist.** Therefore, along with learning this prayer, speaking about Jesus' True Presence in the Eucharist will be helpful.
- The spiritual transformation that occurs upon reception of the Eucharist at the Holy Sacrifice of the Mass can be more fully realized and appreciated when approached with an attitude of humble and reverent prayer, asking God for the grace to internalize the beautiful, life-giving gift of His Son.



### Activities for Learning the Words

- Pray the *Prayer to Jesus* every day, at the beginning (or end) of every session and at every appropriate opportunity throughout the year.
- Explain one phrase at a time for better understanding then memorize each phrase.
- Teach the young people how to pray with their heart; not just rattling words. "Prayer is internalized to the extent that we become aware of Him 'to whom we speak.' In the case of the *Prayer to Jesus*, we are speaking with the Person of Jesus.
- Encourage young people to make a request of Jesus for a specific need. Give an example from your own life, such as help on a test, for a sick grandmother, rain for the farmers, safe travel in a storm. When a prayer is answered, it makes faith come alive for them and will help the young people to develop a relationship with Jesus. At a time when they have a specific prayer that was answered, it is most helpful for them to share it with the family and/or the class. God desires a relationship with us. We don't want to just ask for good things from God with no desire to speak with Him and develop a friendship with Him.
- In pairs, let young people work together to memorize the words.
- Encourage the young people to pray the *Prayer to Jesus* also at night, so that they learn the prayer "by heart."
- Make a graphic using the words of the *Prayer to Jesus*, drawing out what appeals to each person and how this prayer is meaningful to their lives.
- Make a booklet of the *Prayer to Jesus*, with a phrase on each page. Allow the young people to draw a picture of each phrase to describe what it means to them.
- When teaching about Jesus, include Sacred Art.
- To help young people become more attuned to Jesus' True Presence in the Holy Eucharist, allow frequent times of silence in the chapel where Our Lord is reserved in



the tabernacle. Guide the youth to acknowledge that they truly believe that the Person of Christ is in the tabernacle, and therefore to show this belief by a reverent genuflection and attentiveness to Him. The parents and teacher's language referring to Jesus present in the tabernacle helps to build the awareness of this fact.

- Language is important for how we refer to the Holy Eucharist. We need to avoid referring to the Holy Eucharist as the bread and wine; rather the Eucharist is the Body and Blood of Jesus.
- Look up key Scriptures on the Holy Eucharist regarding the Real Presence of Jesus: John 6 (All of chapter 6 in John's Gospel refers to the Holy Eucharist, including the multiplication miracle of the loaves and fishes, which points to Christ feeding us in the Eucharist.

Jesus said, "Unless you eat the flesh of the Son of Man and drink His blood, you have no life in you" (John 6:53).

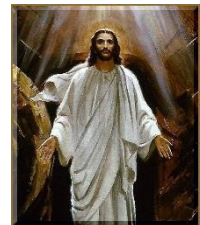
"I Myself am the living bread which came down from Heaven; if any one eats of this bread, he will live forever" (John 6:51).

The Institution of the Holy Eucharist at the Last Supper (Luke 22:7-20; Matthew 26:17-29; Mark 14:12-25)

- Youth need guidance in knowing how to prepare for Mass with an attitude of love and worship. We want to prepare to worship God in the Holy Sacrifice of the Mass that will be made present on the holy altar.
- Read and study the words of the hymn, *Down in Adoration Falling* by St Thomas Aquinas
- Give young people a "prayer commitment" with the *Prayer to Jesus* that they can place it on their mirror – helping them to develop a habit of daily prayer.
- After praying the *Prayer to Jesus* as a group, allow time for silence so that the youth may journal regarding their thoughts, feelings, desires, problems, intentions etc.
- Take the youth to Church to recite the *Prayer to Jesus* before a Crucifix, a statue of Jesus and then allow time for silence so that they can speak with Jesus.

#### Spiritual Comprehension – Do they understand?

- Ask questions to ensure that children understand the meaning of the words. and to know if they are encountering the Person of Jesus.
- After the young people have become familiar with the prayer, ask them how this Prayer affects them.
- **This one prayer is the prayer the youth should know by heart and with good understanding before they advance to the next grade level. Therefore it should be prayed at every opportunity.** Please continue to review and teach the other prayers as listed in the Diocesan Religion Curriculum for Seventh Grade.



#### Encountering Jesus in Prayer

- In some situations, pray the *Prayer to Jesus* aloud and have young people listen, preferably with their eyes closed. After the youth have received explanation of each phrase of the *Prayer to Jesus*, allow them quiet time to reflect on a word or phrase that stood out for them and why. This takes it to the next level of a deep personal encounter



with Jesus. As a further progression, provide silence so that they may have a “heart-to-heart” conversation with Jesus.

- Sometimes, after praying the Prayer to Jesus, allow time for silence so that children may journal regarding their thoughts, feelings, desires, problems, intentions etc.
- Take the youth to Church to pray the Prayer to Jesus before a Crucifix, a statue or stained glass window of Jesus and then allow time for silence so that they can speak with Him.
- Ask questions to know if young people are encountering the Person of Jesus in prayer.
- Since the *Prayer to Jesus* is a Christ-centered prayer, we want to pray this prayer with deep respect and love for Christ, which will lead to deeper friendship with Him and adoration of Him each time we recite it.

### Scriptural Foundation

- We are given the supernatural gifts of faith, hope and love in the Sacrament of Baptism. These gifts make it possible for us to live in relationship with the Father, Son and Holy Spirit. (1Corinthians 13:13)
- “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you”; “Continue steadfastly in prayer, being watchful in it with thanksgiving.” (1Thessalonians 5:18; Colossians 4:2)
- We want Jesus to be the King of our hearts. On the last Sunday of the Church Year, usually the last Sunday of November, the entire Universal Church celebrates the Feast of “Our Lord Jesus Christ, King of the Universe.  
Scriptures on Jesus as King:  
Therefore Pilate said to Him, "So You are a king?" Jesus answered, "You say correctly that I am a King. For this I have been born, and for this I have come into the world, to testify to the truth. Everyone who is of the truth hears My voice." (Jn 18:37)  
...Which He will bring about at the proper time--He who is the blessed and only Sovereign, the King of kings and Lord of lords.. (Timothy 6:15)



### Resources

- Fr. Antoine Thomas has resources for helping young people encounter Jesus in Adoration of the Blessed Sacrament <http://childrenofhope.nz/>
- Real Presence, Eucharistic Education and Adoration Association: A Children’s Holy Hour <http://www.therealpresence.org/eucharst/pea/children.htm>
- How to Get More out of Holy Communion by St. Julian Eymard, Sophia Institute Press
- Excellent books by St. Julian Eymard, “the Apostle of the Eucharist”:  
Vol 1 The Real Presence A collection of sermons dealing with the Eucharist leading to a better knowledge and deeper love of Christ in the Eucharist.  
Vol 2 Holy Communion concentrates on how to attend Mass meditatively, to make a better Communion, a more perfect thanksgiving, and much more. A real gem of a book.
- Eucharist – Sacred Meal, Sacrifice, Real Presence DVD Series by Bishop Robert Barron. This is available for free rental from the Office for Catechesis and Evangelization.

