

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 with 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 Friend in Christ,

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) on a daily basis, 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 you schedule something, it takes place. When you don't, it usually does not happen. Choose a specific time and ask Jesus to help you to be committed, even giving you a desire to pray when you don't feel like it:

- 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



What is the Truth?

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)