

## 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.

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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)

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