

## Conversing with Jesus

This time of prayer focuses on Psalm 23. Pray Psalm 23 two times: the first time for understanding, the second time from the heart. Follow the steps that are listed below.



Begin your prayer with the *Sign of the Cross*.

The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

***Sign of the Cross***

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

(Pray together aloud when praying with others)

Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me. Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart.

**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 restores 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.**

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** *Psalm 23* a second time, silently more slowly than the first time, from the heart.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with God about it, (and share it aloud with those with whom you are praying.)
- **THANK** Jesus in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

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

### Dear Young Person,

You are encouraged to develop a personal prayer time in addition to family prayer time.

Important: The grace that you are praying for in the first part, that of asking Jesus for the grace of a deeper experience of His personal love for you, is essential to developing a true relationship with Him. As you experience this love in any way, write it down. Thank Jesus for this blessing in your life.

### 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 Jesus 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. As we speak with the Holy Spirit each day in prayer, we will come to recognize more and more how much He loves us and find **peace** and **calm** in the midst of life's difficulties.

It is common to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with our Heavenly Father.

### 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.



### 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.

When we pray for something, we can trust that God will answer every prayer in a way that is best for us. Remember, sometimes the answer will be "yes," sometimes the answer will be "no," and sometimes the answer will be "not now, but later" as God's timing is perfect.

The first letter of the five bulleted, bolded words on page 1 under the words of *Psalm 23* (**Express, Pray, Choose, Thank, Ask**) are EPCTA, which stands for "Every Prayer Counts To Almighty God." This mnemonic device (EPCTA) helps for remembering the steps.

For further info on *Psalm 23*, go here: [www.dioc.org/prayer/](http://www.dioc.org/prayer/) 11<sup>th</sup> Grade