

## 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 as I receive You in Holy Communion. 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 you to encounter the Person of Jesus and to deepen your friendship with Him. You will become more attuned to Jesus’ True Presence in the Holy Eucharist and His continual Presence within you. The following resources are meant to foster this process. Please consider prayerfully reading one simple aspect on a weekly basis.

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 you want to pray the *Prayer to Jesus* every day? You will:

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



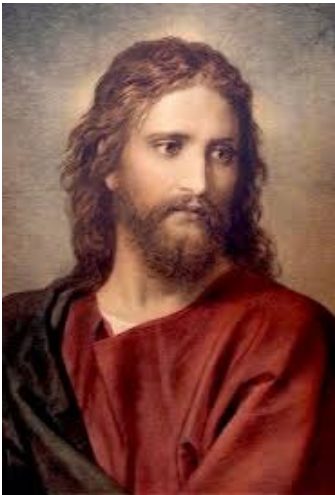
*The Last Supper*

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

- **Jesus, I believe in you. Jesus, I hope in You. Jesus, I want to love You with all my heart.**  
This prayer expresses your faith in Jesus, which means that you believe that He is God; And it expresses your hope in Him that you trust in all of His Promises throughout the Bible, which He has kept. And you ask Jesus to strengthen your love for Him.



- **Jesus, I thank You for having come to dwell in me as I receive You in Holy Communion.** Thank Jesus for dwelling in your soul through Baptism, and when you receive Him in the Holy Eucharist during Mass. You don't want to reject Him through serious sin.
- **I welcome You into my heart and I ask you to "crowd out" whatever might be there that is not of You.** Ask Our Lord to purify your heart of anything that is not good for you.
- **And I desire to give You full reign as my Lord, my Savior and my King.** Ask Jesus to have full reign of your heart as He is your Savior and God. As your King, Jesus wants to serve you by loving you and giving you what is good for you.
- **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.** Thank Jesus for His incredible love for you by giving His life for you and allowing you to be united with Him by receiving Him in Holy Communion.
- **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.** By receiving Jesus in the Holy Eucharist, you are united with Him; the most intimate union with Him on earth. As Jesus dwells within you, He strengthens you through His grace. Sanctifying grace received in the Sacraments is a share in God's Life. You show your love for Him by the way you 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) In other words, when you pray with your heart, you come to know Jesus Christ, personally and deeply. As this friendship with Him grows, you recognize more and more how much He loves you and how much you love Him. From this love, received and given, you respond from a natural desire to be one with Him in all things, and live your life in a way that is reflective of His own. This brings much peace and joy to yourself and those around you.
- The *Prayer to Jesus* is a prayer that will help you on your spiritual journey to know, love and be more committed to Jesus as His disciple.
- You 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 essential.
- 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.

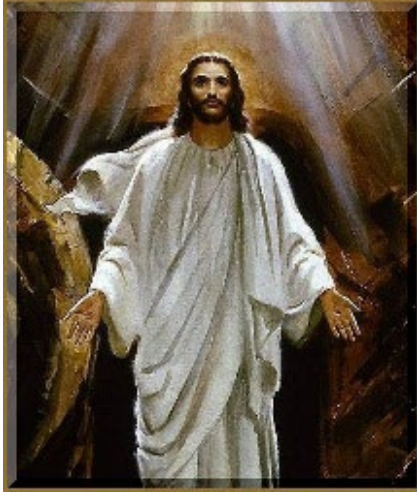


### Learning the Words

- Pray the *Prayer to Jesus* every day to memorize the words, after receiving Holy Communion at Mass, and at every appropriate opportunity throughout the year.
- Seek to pray with your 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*, you are speaking with the Person of Jesus.
- After praying the prayer, make a request of Jesus for a specific need. Write down the request and then note when the prayer is answered. When a prayer is answered, it will make faith come alive for you and will help you to develop a deeper relationship with Jesus. At a time when you have a specific prayer that was answered, it is most helpful for you to share it with the family and/or a friend. God desires a relationship with you. You don’t want to just ask for good things from God with no desire to speak with Him and develop a deeper friendship with Him, while also spreading the “Good News” about Him so that others can encounter Him.
- Pray the *Prayer to Jesus* every night, so that you learn the prayer “by heart”.
- To help you become more attuned to Jesus’ True Presence in the Holy Eucharist, spend frequent times of silence in the chapel where Our Lord is reserved in the tabernacle. Acknowledge to yourself that you 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. Using language referring to Jesus present in the tabernacle helps to build the awareness of this fact.
- Language is important for how you refer to the Holy Eucharist. Avoid referring to the Holy Eucharist as the bread and wine; rather, the Eucharist is the Body and Blood of Jesus. This change of substance from merely bread and wine to the Body and Blood of Jesus takes place during the consecration at Mass, when the priest calls down the Holy Spirit, speaks the words of Jesus and elevates the consecrated Host and Precious Blood for everyone at Mass to adore.
- Look up key Scriptures on the Holy Eucharist regarding the Real Presence of Jesus: John’s Gospel, Chapter 6 refers to the Holy Eucharist through 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).  
Jesus instituted the Holy Eucharist at the Last Supper, included in Luke 22:7-20; Matthew 26:17-29; Mark 14:12-25)
- Think about how to prepare for Mass with an attitude of love and worship. You want to prepare to worship God in the Holy Sacrifice of the Mass, which will be made present on the holy altar.
- Read and study the words of the hymn, *Down in Adoration Falling* by St Thomas Aquinas.



- Place the *Prayer to Jesus* in a plastic sleeve for long-term use, helping you to develop or deepen a habit of daily prayer.
- After praying the *Prayer to Jesus*, allow time for silence and journal your thoughts, feelings, desires, problems, intentions etc.



*Jesus rose from the dead*

- Go to Church to recite the *Prayer to Jesus* before a Crucifix, or a statue of Jesus, and then allow time for silence so that you can personally speak with Jesus in the quiet of your heart.

#### Spiritual Comprehension – Do you understand?

- Do you understand the meaning of the words? Are you focused on the Person of Jesus when you pray?
- How does this Prayer affect you in your daily life? Have you noticed any changes in the way you think or act?
- This one prayer should be learned by heart and with good understanding during the year as it will be important throughout your life. Therefore, it should be prayed at every opportunity.

#### Encountering Jesus in Prayer

- In some situations, pray the *Prayer to Jesus* aloud and listen carefully. After you have looked over the explanation of each phrase of the *Prayer to Jesus*, allow quiet time to reflect on a word or phrase that stood out for you and think about why this phrase has special meaning. This takes it to the next level of a deep personal encounter with Jesus. As a further progression, allow for a time of silence so that you may have a “heart-to-heart” conversation with Jesus.
- Sometimes, after praying the *Prayer to Jesus*, journal regarding your thoughts, feelings, desires, problems, intentions etc.
- Make a visit to a Catholic Church to pray the *Prayer to Jesus*. The red sanctuary candle that is burning in the sanctuary reminds us that Jesus is truly present in the tabernacle. The Eucharist – Holy Communion – is reserved in the tabernacle so that you can visit Him at any time. He waits for you. Allow time for silence so that you can speak with Jesus about anything that is on your heart.
- Many parishes have time each week for adoration of the Blessed Sacrament. The Eucharist is brought from the tabernacle and placed in a monstrance, which is a golden receptacle that may look like a sun, with the rays coming from the center where the Eucharist is placed. Spending time with Jesus in the monstrance is exceptionally peaceful and blessed. He gazes upon you and you can look at Him, praying a prayer, and then being silent in His Presence. He loves you and wants you to “be with” Him, even sometimes without having to say any words. It is easy to become distracted and so take a book, such as Mark Hart’s *“The Divine Encounter: Meeting Jesus in Eucharistic*



Adoration.” These time before Jesus, truly present in the Eucharist, will help you to encounter the living Christ and prepare you to receive Him more reverently at Mass.

- During times of prayer in the church/chapel, you may pray the *Prayer to Jesus* in the following manner:
  1. Read the words slowly and thoughtfully, 2 or 3 times
  2. Consider the meaning of the words and does it remind you of something in your life? (In other words, ponder how this does or might relate to your life)
  3. Notice what word or phrase stood out for you and why (Conversation with God)  
(The first three steps above are considered meditation)
  4. Repeat silently a word or phrase several times slowly and then rest in God (This is considered contemplation – being still and resting in God’s presence)
  5. Allow time to journal
- Since the *Prayer to Jesus* is a Christ-centered prayer, you want to pray this prayer with deep respect and love for Christ, which will lead to adoration of Him each time you recite it.



A monstrance with the Blessed Sacrament

### 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)
- You want Jesus to be the King of your heart. 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." (John 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

- The Magnificat Adoration Companion
- Praying in the Presence of Our Lord: Prayers for Eucharistic Adoration by Fr. Benedict Groeschl, C.F.R.
- Eucharistic Gems: Daily Wisdom on the Blessed Sacrament by Fr. Donald Calloway, MIC
- Visit to the Blessed Sacrament and the Blessed Virgin Mary by St. Alphonsus Liguori

