

## Conversing with Jesus

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



*Jesus instituting the Holy Eucharist at the Last Supper*

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.

### ***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.**

- **EXPRESS** silently your sorrow for any sins you have committed, remembering that all sin offends God.
- **PRAY** the *Prayer to Jesus* a second time, silently from the heart, more slowly than the first time.
- **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 if you are praying with others).
- **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 Friend in Christ,**

Thank you for your commitment to daily prayer. Consider including the *Prayer to Jesus* as part of your quiet time with the Lord each day.

**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. 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) As you spend time with Him in conversation (in prayer), the *Prayer to Jesus* will help you encounter the Person of Jesus and deepen your friendship with Him. As you speak with Jesus each day in prayer, you will come to recognize more and more how much He loves you and find **peace** and **calm** in the midst of life's difficulties.

**When to pray...** With most things in life, when you schedule something, it takes place. When you 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  
When you pray for something, you can trust that God will answer every prayer in a way that is best for you. 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.

**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. 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 Christ.

**Who is Jesus...** Jesus is God and in humbling Himself to become man, He gave His life for you by dying on the Cross so that your sins 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)

**Here are a few questions to think about occasionally:**

- Have you experienced something as a result of praying this prayer?
- Do you understand all of the words of the prayer? If not, the link below provides an explanation of all of the words.
- Are you finding more peace and joy in your life as a result of praying this *Prayer to Jesus*?
- When you receive Jesus in the Holy Eucharist, are you better able to focus on Him in your heart as you pray this prayer, and then speak with Him in your own words?

For further Resources on the *Prayer to Jesus*, visit: [diolc.org/deeper](http://diolc.org/deeper)