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## Greet Jesus

Spend 2 or 3 minutes saying hello to Jesus.  
Look at Him in the Blessed Host in the Monstrance.  
Tell Jesus you love Him.  
Close your eyes and feel Jesus love you.



Saying Hello to Jesus in My Own Words:

## Praise & Adore Jesus

Use a 5 or 10 minute sand timer

Slowly and thoughtfully say:

Praises written by St. Francis of Assisi  
You are holy, Lord, the only God, and Your  
deeds are wonderful.  
You are strong.  
You are great.  
You are the Most High.  
You are Almighty.  
You, Holy Father, are King of heaven and earth.  
You are love. You are wisdom.  
You are rest. You are peace.  
You are joy and gladness.  
You are beauty.  
You are gentleness.  
You are our protector.  
You are our guardian and defender.  
You are our courage. You are our haven and  
our hope.  
You are our eternal life, Great and Wonderful  
Lord, God Almighty, Merciful Savior.

### My Own Praises:

Write your praises here or say them in your mind to  
Jesus. Either way is okay.

Wow God - You  
are awesome!  
Jesus, You are  
amazing!



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# TELL JESUS YOU ARE SORRY

Use a 5 or 10 minute sand timer

Answer the following in your heart:

Have I said mean things or hurt someone's feelings? . . . .  
Am I jealous of anyone or wish bad things on someone? . . . .  
Do I listen to my parents and teachers? . . . .  
Do I help out when needed? . . . .  
Have I been saying my prayers? . . . .  
Do I trust in God at all times? . . . .  
Do I give God enough attention? . . . .  
Do I live my life the way Jesus wants me to? . . . .



**My Sins:**

*Write your sins here or say them in your mind to Jesus. Either way is okay.*

Slowly and thoughtfully say:

**Act of Contrition**  
My God, I am sorry for my sins with all of my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

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# THANK JESUS

Use a 5 or 10 minute sand timer

Slowly:

Think about all the good things that God has given you – your parents, siblings, friends, sports, favorite foods, the Mass, the Eucharist, everlasting life plus all the countless other wonderful things God gives us. Think about the blessings and graces God has given you and thank Him for those silently into your head.

List:

## My Blessings:

Write your blessings here or say them in your mind to Jesus. Either way is okay.



Thank You So Very Much Jesus!

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# ASK JESUS

Use a 5 or 10 minute sand timer

During this prayer, reflect and pray to Jesus: name names, needs, and intentions in your heart for each line.

Slowly and thoughtfully say:

### Petitions Prayer

Lord Jesus, please help my family, friends, and loved ones with our needs and intentions, that are in order with the will of the Father. (silence)

Dear Jesus, please help all the sick, suffering, and dying, especially those that will die this day and those who have died. (silence)

Please remember all those who are in need of God's love and mercy the most this day and at this very hour. (silence)

Lord God, please help Our Holy Father to lead our church in the fullness of the truth of our faith. (silence)

Send Your Holy Spirit upon all the clergy and religious of our church. (silence)

We pray that our church may remain One, Holy, Catholic, and Apostolic. (silence)



### Prayers for Others:

Write them here or say them in your mind to Jesus.  
Either way is okay.

### Prayers for Me:

Write them here or say them in your mind to Jesus.  
Either way is okay.

*"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, it will be opened."* (Matthew 7: 7-8)

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# Listen to Jesus

Use a 5 or 10 minute sand timer

Still your body. Close your eyes. Slow your breathing.

Put out of your mind your day to day thoughts. When a thought of school, or sports, or homework, or games pop into your thoughts, refocus on your breathing.

Your mind might not be completely empty, but it becomes close enough for God to speak and you to listen. Just BE with God.

If I feel Jesus speak to me: (sometimes He won't & that is ok)

My Heart Hears:



## CHOOSE MORE



Say a Decade of the Rosary.

Say the Divine Mercy Chaplet.

Read a saint book.

Read the Bible.

