



A Moment with Jesus

Describe a nice place to play outdoors near your home. Invite Jesus to join you in that special place you described. Thank him for his awesome gifts of creation. Ask him to help you deepen your faith. Tell him how much you love him, and enjoy knowing how much he loves you.

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A Moment with Jesus

God speaks to us through the Bible and through his Son, Jesus. Let's take some time to thank Jesus for showing us the way to his Father and for giving us the Holy Spirit as our helper.

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A Moment with Jesus

Imagine that Jesus asked you the same question he asked Peter, Who do you say that I am? How would you answer him? Ask Jesus to help you learn more and more about him. Then spend a little time thinking about how much you love Jesus.

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A Moment with Jesus

Is there someone in your family who needs your prayers? Pray to Jesus now for that person, telling him about this family member's needs. Trust that Jesus will bring peace and comfort to him or her. Thank Jesus for his loving care.

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A Moment with Jesus

Think for a moment about the choices you made today. Were they good choices or could you have made better ones? Thank Jesus for the gift of conscience that helped you make good decisions. Ask for forgiveness for the poor choices you may have made. Now rest quietly in Jesus' love for you.

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A Moment with Jesus

Share with Jesus one happy thing and one sad thing that happened to you recently. Offer both of them to Jesus. Thank Jesus for the gift of each day and offer all that you do and say to him.

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A Moment with Jesus

Imagine this! When Jesus was a boy, he learned about Moses and God's people. He was expected to obey the commandments. He went to the Temple to worship. His life was very much like yours is now. Share with Jesus whatever is on your mind or in your heart. Jesus listens and understands.

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A Moment with Jesus

Speak to Jesus in the quiet of your heart. Knowing that Jesus said that the Father will take care of all your needs, tell him what it is that you need most now. It could be a job for your dad or help with your math homework or good health for a friend who is sick. Jesus will take your need to the Father. Know that God will hear your prayer.

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A Moment with Jesus

Imagine that you are in a quiet place and that Jesus is with you. You are so happy to be with him that you just say his name over and over softly and reverently. Close your eyes and let the word “Jesus” be your prayer. Then just sit quietly in the presence of Jesus. When you are ready, open your eyes and pray “Amen.”

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A Moment with Jesus

Quiet your body and your mind. Think of some special gifts that you have been given. Have you ever thought of Sunday as a gift? On Sunday, God gives you the opportunity to spend extra time with him, to rest, and to do fun things with your family. Share with Jesus how you spend your Sundays. Ask him to help you use your day of prayer and rest well.

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A Moment with Jesus

Imagine that you can see Jesus at home with Mary and Joseph. He is your age. What is he doing? Is he helping around the house? Is he talking with Mary and Joseph, or are they playing a game together? Tell Jesus how things are at your home. He is always interested in what is going on in your life. Ask Jesus to bless your home and all who live there.

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A Moment with Jesus

Did you find an opportunity to be a Good Samaritan today? Did you pick up something someone else dropped? Did you share with someone who needed a pencil? Were you helpful at home? Jesus wants you to know that you don't have to do big things to be a Good Samaritan. Little things count too. Ask Jesus to help you do caring things for others. Thank him for always being there for you.

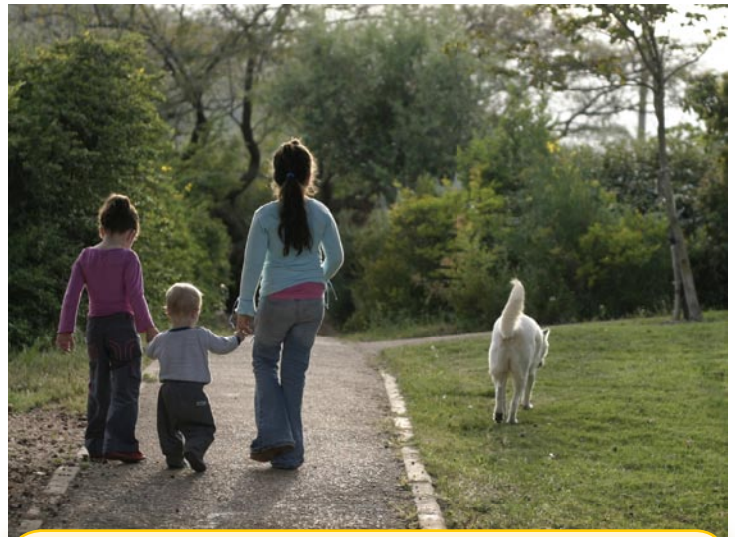
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A Moment with Jesus

Speak to Jesus in your heart, naming all your friends for him. Does a friend need help because of something going on in school or in his or her family? Is there something special you need? If so, tell Jesus about it. He always listens; he always understands. Let Jesus know how glad you are to be his friend.

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A Moment with Jesus

Ask Jesus to help you find ways to make things easier for the people in your life. Jesus knows you try to be good. Maybe he wants you to try a little harder. Talk this over with Jesus. Then share with him anything else that's on your mind.

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A Moment with Jesus

Close your eyes and relax. Tell Jesus about some of your favorite things. He might ask if you are willing to share what you have with someone who has little. What is your answer? Jesus knows that it can be hard to give up the things you like. He promises to help. Jesus loves you.

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A Moment with Jesus

Listen to Jesus as he speaks to you in your heart about what it means to tell the truth. Did he remind you to write only what is true as well? Whether we are speaking or writing, Jesus wants us to be truthful, kind, and encouraging. Sometimes that is hard to do, especially if we are angry with someone or have hurt feelings. Ask Jesus to send his Holy Spirit to help you. He never refuses a call for help. He loves you so much!

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A Moment with Jesus

Spend this special time with Jesus. Ask him to help you find ways to be poor in spirit. Jesus wants you to know that it is all right to have things. After all, God gave you the gifts of creation. He wants you to enjoy what you have while still being generous to those who have less. Talk this over with Jesus and then just rest in his love.

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A Moment with Jesus

Think about all that Jesus suffered because of his love for you. Do you want to thank him? You can do it now. Then ask Jesus to help you through the hard times in your life. Jesus reminds you that he will always be at your side to help and to comfort you. Rest now in the love of Jesus and your heavenly Father.

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A Moment with Jesus

Imagine Jesus asked you if you would like to be holy as the saints. What would you answer? Jesus reminds you that wanting to be holy is the first step. The other steps will be harder, but Jesus promises to walk with you. Thank him and then share with him anything else you would like.

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A Moment with Jesus

Think of the example of peacemaking Jesus gave us. He was silent when people made fun of him, forgiving when they hurt him. Can you be a peacemaker in your home? in school? on the playground? What would you have to do? Talk about this with Jesus. Then ask him to send the Holy Spirit to help you.

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