

## A Moment with Jesus

Pause for a moment and silently read this prayer of Blessed Charles de Foucauld.

Lord, one more day to love you!

In your own words, thank Jesus for the gift of faith and the chance to love and praise him.

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## A Moment with Jesus

Grace helps us live our Christian life and follow Jesus more closely. Take a moment to think about the ways you follow Jesus. In your own words, tell Jesus about the things you do to love and serve him in other people. Ask Jesus to help you grow in grace and live united with him. Thank Jesus for his example of loving service.



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## A Moment with Jesus

Spend a moment reflecting quietly on the celebration of Baptism. Pray a prayer of thanksgiving for those who first taught you about Jesus. Thank Jesus for calling you to be a member of his Church.

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## A Moment with Jesus

Pause for a moment and imagine yourself with the apostles on the feast of Pentecost. Imagine the sound of that great wind filling the room. Feel the strength of the Holy Spirit within you. Thank Jesus for the gift of the Holy Spirit. Then ask Jesus to help you be a witness to him by loving others.

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## A Moment with Jesus

**Leader: Let us pause for a moment and reflect silently on all of the ways God cares for us. [Pause.] Now let us praise God together for feeding us with Jesus Christ, the Bread of Life.**

**The hand of the Lord feeds us.  
He answers all our needs.**

All your works give you thanks, O LORD  
and your faithful bless you.  
They speak of the glory of your reign  
and tell of your great works,  
Making known to all your power,  
the glorious splendor of your rule.

**The hand of the Lord feeds us.  
He answers all our needs.**

The eyes of all look hopefully to you;  
you give them their food in due season.  
You open wide your hand  
and satisfy the desire of every living  
thing.

**The hand of the Lord feeds us.  
He answers all our needs.**

You, LORD, are just in all  
your ways,  
faithful in all your works.  
You, LORD, are near to all who  
call upon you,  
to all who call upon you in truth.

**The hand of the Lord feeds us.  
He answers all our needs.**

Psalm 145:10–12,15–18



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## A Moment with Jesus

Cardinal Newman wrote a prayer asking that Jesus' light shine through him. Pray the prayer below and spend a moment in silence. Ask Jesus to help you spread his light in the world.

Help me, Jesus, to spread your light everywhere I go. Fill my soul completely with your spirit and life. Then let your light shine through me so that every person I meet will feel your presence in my soul. Let others look and see no longer me but only you.

Stay with me, Jesus, and I will be your light to others. The light I give to others will be coming from you; none of it will be mine. Let me praise you in the way you love best—by letting others know you, not so much by my words, but by my joyful spirit and example. It will be you shining on others through me. Amen.

Adapted from "Radiating Christ"



## A Moment with Jesus

The Eucharist is a thanksgiving celebration. Christ becomes present to us in the form of bread and wine. Take a moment to imagine yourself at Mass preparing to receive Holy Communion. In your own words, thank Jesus for his loving presence with us.

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## A Moment with Jesus

The Liturgy of the Word gives us a chance to listen to the Good News and to respond. Take a moment now and reflect on how God speaks to us through the readings at Mass. What are some messages of love or encouragement that you have heard? Pause and ask Jesus to help you hear the Good News. Ask him to help you be attentive to how you can live it. Thank Jesus for being the living Word of God.

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## A Moment with Jesus

How can we begin to thank Jesus for all he has given to us? Silently pray these verses from Psalm 116.

How can I repay the LORD  
for all the good done for me?

I will raise the cup of salvation  
and call on the name of the LORD.

I will offer a sacrifice of thanksgiving  
and call on the name of the LORD.

Psalm 116:12–13,17

Pause for a few moments to remember what Jesus has done for you. Then use your own words to thank Jesus for all his gifts. Thank him especially for the gift of himself in the Eucharist.



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## A Moment with Jesus

When we receive Jesus Christ in the Eucharist, we are as close as we can be to him. Jesus gives himself to us so that we have strength to give ourselves to others. In what ways can you give of yourself? Pause for a moment and think about that. Ask Jesus to help you respond in a generous way to his gift of self. Thank him for sharing himself in the Eucharist.

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## A Moment with Jesus

Sharing our love for Jesus by reaching out to others is an important part of our life of faith. At the end of each Mass, we are sent to do exactly that. Pause for a moment and reflect on the ways you can take Jesus into the world. Talk these over with Jesus. Ask him to help you be aware of chances to share his love with others. Then thank Jesus for his example of loving service.

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## A Moment with Jesus

Read the words of Mother Teresa.

“When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the sacred Host, you understand how much Jesus loves you now.”

Think about her words for a moment. Reflect on how much Jesus loves you. Thank him for being always present with us.

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## A Moment with Jesus

As we grow older, the decisions we make may become more difficult. Take a moment to reflect on the adults who are closest to you—parents, relatives, friends, and neighbors. What are some courageous choices they have made? Pray a silent prayer for them. Ask Jesus to bless each person. The next time you need help with a decision, remember that you can talk it over with them. Then thank Jesus for giving you good examples to follow.



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## A Moment with Jesus

Take a moment and reflect on how much Jesus loves you. Think about how much he wants to forgive you and take away your sin. Use your own words to tell Jesus you are sorry for anything you have done that may have hurt others. Ask Jesus to help you grow more and more like him. Then thank him for the gift of the Sacrament of Reconciliation.



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## A Moment with Jesus

Pause for a moment. Silently reflect on people you know who are sick or suffering in some way. Think about others whose suffering you may have heard about. As you bring each person to mind, ask Jesus to give that person comfort and peace. Then thank Jesus for the opportunity to share in his work of healing.

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## A Moment with Jesus

Pause for a moment. Silently read the words of Catherine Doherty, founder of Madonna House.

“Faith sees God’s face in every human face.”

We see God’s face reflected in our need to give and receive healing and forgiveness. Review the photos of people at the right. Choose one face and look at it carefully. What aspects of God do you see? Ask Jesus to help you be a healing, forgiving presence to those you meet.



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## A Moment with Jesus

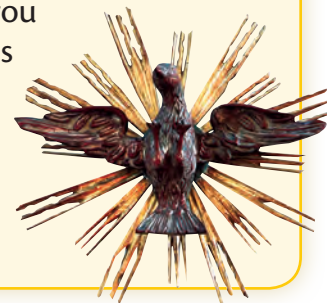
It takes a lifetime to reach holiness. The Holy Spirit is there to help us along the way. Pause for a moment and silently read this Scripture passage.

The Spirit brings . . .

love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.

Galatians 5:22–23

What can the Spirit give you today to help you be more like Jesus? Take a moment and ask the Spirit to give you this gift. Thank Jesus for his example of holiness and for calling you to be like him.



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## A Moment with Jesus

The Sacrament of Matrimony is a celebration of love. God showers blessings on the husband and wife. He makes visible through them his love for the Church.

Take a moment to reflect on how God shows us his love through this sacrament. How have you noticed God’s love present through the lives of married couples? Thank Jesus for calling you to grow in love and faith through your family.

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## A Moment with Jesus

God calls men to the priesthood who will help us to recognize his love and presence among us. Take a moment now to think about priests you have met. Think about other priests who serve the Church throughout the world. Pray a prayer for them and ask God to bless them. Then thank Jesus for continuing to call priests to serve his Church.

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## A Moment with Jesus

Listening is the most important thing we can do to discover our vocation. Pause now and silently read the Scripture below.

The LORD came and revealed his presence, calling out as before, “Samuel, Samuel!” Samuel answered, “Speak, for your servant is listening.”

1 Samuel 3:10

Think about Samuel’s willing answer to God’s call. Make his answer your own prayer. Silently pray it over and over again. Ask Jesus to help you to be a good listener. Thank him for calling you to holiness.

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## A Moment with Jesus

Loving Jesus and respecting the gift of life mark us as disciples of Jesus. Take a moment to reflect on the work of the Missionaries of Charity. What about their love and service most inspires you? Pause for a moment and share this with Jesus. Ask him to help you know how you are called to care for others. Then thank him for the precious gift of life.

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## A Moment with Jesus

Prayer helps us to grow in faithfulness and to do God’s will. Pause for a moment and silently read the Scripture verse below.

“Blessed are the clean of heart, for they will see God.”

Matthew 5:8

What are some choices you can make today that will bring you face-to-face with God one day? Talk this over with Jesus and ask him to help you. Then thank him for his example of love and faithfulness.



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## A Moment with Jesus

The commandments remind us how to live in harmony with God and with one another. Take a moment to silently review the commandments below. Reflect on how you care for things you use but that do not belong to you, whether at school, at home, or in public places. Ask Jesus to help you to be generous and to share what you have with those who have less. Thank him for all of the gifts you have received from God the Father.

- 7 You shall not steal.
- 10 You shall not covet your neighbor’s goods.

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## A Moment with Jesus

Jesus sent us the Holy Spirit to help us live in truth. Silently pray this part of the Prayer to the Holy Spirit.

Lord,  
by the light of the Holy Spirit  
you have taught the hearts  
of your faithful.  
In the same Spirit  
help us to relish what is right.  
Amen.

Now take a moment to reflect on some ways that the Holy Spirit has helped you. Then thank Jesus for sending the Holy Spirit to be our helper.



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## A Moment with Jesus

One of the ways we show love for others is by keeping the commandments. Pause for a moment and reflect on the commandments. How does obeying the commandments help you to be a more loving person? Share your thoughts with Jesus. Then thank him for his example of love and care.

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