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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



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:

## Tell Jesus You are Sorry

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:

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## THANK JESUS



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.

## ASK JESUS

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



Prayers for Others:

Prayers for Me:

## LISTEN TO JESUS

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.

My Heart Hears:

## CHOOSE MORE



Say a Decade of the Rosary.  
Say the Divine Mercy Chaplet.

