



A Moment with Jesus

Each of these images—sheepfold, vine and branches, leaven—gives you a glimpse into who and what the Church is.

Take a moment now to reflect on one of these images. Silently read the Scripture passage that describes this image. Pause for a few moments and ask Jesus to help you deepen your relationship with him and with his Church. Thank Jesus for making you a member of his Church.

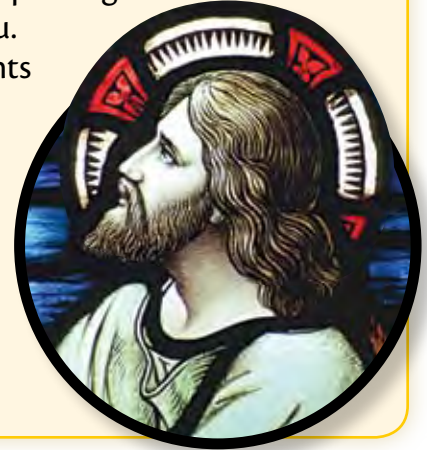
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A Moment with Jesus

The four Gospels—Matthew, Mark, Luke, and John—occupy a very important place in the New Testament and in the Church. They are so important because Jesus is their center.

Take a moment to be open to God's presence. Open your Bible to one of the four Gospels. Locate a story in which Jesus is talking. Quietly read the story and imagine Jesus speaking these words to you.

Take a few moments to thank Jesus for speaking to you in the Gospels.



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A Moment with Jesus

As a baptized member of Jesus' Church, you are being called to share in Jesus' mission. Jesus does not expect you, at your age, to personally go to the ends of the earth to proclaim the Gospel. He is, however, calling you to do so in your own community—at home, at school, and in your neighborhood.

Pause for a moment to thank Jesus for calling you to share in his mission. Ask him for the grace you need to share his Good News with others through your words and actions. Ask him to help you be a good member of his Church.

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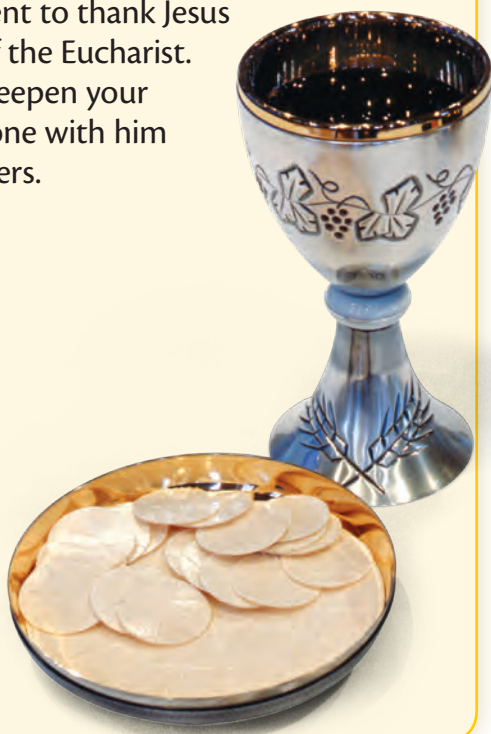
A Moment with Jesus

One of the ways that disciples of Jesus build up the Church is through the Corporal Works of Mercy. These works are described by Jesus in Matthew 25:31–46. Take a moment to slowly and prayerfully read this passage silently to yourself. Ask Jesus to open your eyes so that you may recognize his presence in those who are hungry, thirsty, lonely, without basic necessities, sick, or in prison. Ask Jesus for the grace to treat them as you would like to be treated.

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A Moment with Jesus

Celebrating the Eucharist is one of the most powerful ways we are unified as Catholics. Take a moment to thank Jesus for the gift of the Eucharist. Ask him to deepen your desire to be one with him and with others.



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A Moment with Jesus

Living as a Catholic in today's society is not always easy. Although you most likely do not face the dangers that Father Miguel Pro encountered, you still face challenges in living as a follower of Jesus. Take a moment to ask Jesus for the courage you need to be his follower. Thank him for the times he has helped you do what was right in the face of difficulties.

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A Moment with Jesus

Take a moment to prayerfully read Matthew 28:18–20. Thank Jesus for inviting you to hear his message of Good News. Ask Jesus for the grace you need to participate in his mission of inviting all people to salvation.

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A Moment with Jesus

As a baptized Catholic, you share in Christ's ministry as priest, prophet, and king. Take a moment now to thank Jesus for the gift of his grace you received in Baptism. Ask him to help you celebrate the sacraments, learn and help others to learn about the teachings of the Church, and care for the people of the world, especially those who are poor, vulnerable, and powerless.

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A Moment with Jesus

Peter and John had compassion for the man who was crippled. Take a moment to ask Jesus to help you reach out to those who are in need, especially those who are poor. Ask Jesus to help you treat all people with dignity.

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A Moment with Jesus

Paul teaches that the love of God has been poured out to us through the Holy Spirit. The Spirit is the source of all love. He creates a bond between ourselves and God, like children bound to a father. Even though we are weak, the Spirit helps us live faithfully within our relationship with God. Through the Spirit, we can live in love with all people. Take a moment to ask Jesus to fill you with his Holy Spirit. Thank the Spirit for helping you live faithfully in relationship with God and others.

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A Moment with Jesus

To survive the struggles of the early centuries, the Church put its total trust in God. To trust in God is to know that God will be with you and will help you no matter what the future may hold.

Take a moment to thank Jesus for always being with you. Ask him for the strength and courage of the Holy Spirit so that you can stand firm in your faith even in the face of challenge. Pray the words of this Psalm:

God alone is my rock and salvation,
my secure height; I shall never fall.

Psalm 62:3



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A Moment with Jesus

Taking responsibility is not always easy. As a disciple of Jesus, you have a responsibility to share in his mission. Take a moment to ask Jesus for the grace you need to accept responsibility. Thank him for giving us an example in himself so that we know what it means to truly serve others.

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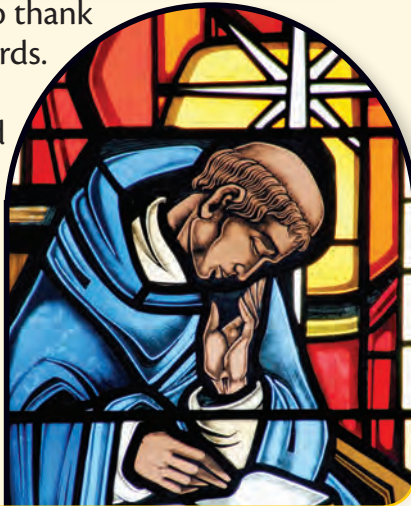
A Moment with Jesus

During the Middle Ages, the Church often served as a beacon of light in the darkness. Jesus told his followers:

“You are the light of the world . . . your light must shine before others.”

(Matthew 5:14,16)

Take a moment to thank Jesus for these words. Ask him for the strength you need to be a light to others who are experiencing darkness.



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A Moment with Jesus

Nothing you do can help you earn salvation. Salvation is a gift given freely to us by God through the death and Resurrection of his Son, Jesus. Through Baptism, you have been given the gift of faith, which is necessary for salvation. Take a moment to thank Jesus for the gift of your Baptism. Ask him to strengthen your faith and to help you spread it to others. Ask him to help you do works of charity to keep your faith alive and to help all people recognize that we are brothers and sisters.

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A Moment with Jesus

By practicing the Daily Examen, you will begin to recognize God’s presence in your daily life.

Take a moment to review your day with Jesus by following the steps outlined below.

Stillness: Recalling God’s Presence

Relax in God’s presence in your favorite prayer place and posture. Ask the Holy Spirit to help you to look honestly at your actions this day.

Gratitude: Expressing Thankfulness

Look over your day and give thanks to God for his gifts.

Reflection: Looking Back on Your Day

Review the events of the day and ask yourself when you were conscious of God’s presence. Think about how you might change your actions in the future.

Sorrow: Asking for Forgiveness

Express sorrow for the times you failed to follow God’s direction and ask him to be with you the next time you encounter a similar situation.

Hopefulness: Resolving to Grow

Ask God to help you as you look forward to a new day tomorrow. Resolve to cooperate and trust in God’s loving guidance. Conclude with the Our Father, which comes to us from Jesus and is one of the most important prayers of the Church.

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A Moment with Jesus

You are truly a unique person—one of a kind! Take a moment to thank Jesus for the gift of your uniqueness. Ask him to help you use your gifts and talents to serve others. Pray the words of Psalm 139, thanking God for making you unique.

You formed my inmost being;
you knit me in my mother’s womb.
I praise you, so wonderfully you made me;
wonderful are your works!
My very self you knew;
my bones were not hidden from you,
When I was being made in secret,
fashioned as in the depths of the earth.
Your eyes foresaw my actions;
in your book all are written down;
my days were shaped, before one came to be.

How precious to me are your designs, O God;
how vast the sum of them!

Psalm 139:13–17

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A Moment with Jesus

Read the story of the Good Samaritan (Luke 10:29–37). Take a moment to ask Jesus to help you to recognize your neighbor and to reach out to those who are in need. Thank Jesus for the people in your life who reach out to you when you are in need. Ask Jesus for the strength you need to work for the well-being of all people.

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A Moment with Jesus

Mary, the Mother of Jesus, is the patroness of the United States under her title of the Immaculate Conception. A patron or patroness is someone we look to for support and protection. Because Mary knew how to say yes to the Holy Spirit, the Church encourages us to pray with her. Read Luke 1:26–38 to see how Mary said yes to the Holy Spirit. Pray the Hail Mary and then take a moment to thank Mary for showing you the way to Jesus. Ask Mary to protect our country from evil by showing us how to live as disciples of her Son, Jesus.

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A Moment with Jesus

Through Baptism, we have new life in the Holy Spirit, who helps us to make good choices. The Word of God guides us down the right path as long as, through faith and prayer, we put it into practice. Take a moment to ask Jesus for the grace you need to practice virtue and to combat the vices. Thank Jesus for the gift of the Holy Spirit who helps you and guides you.

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A Moment with Jesus

You never grow tired of talking to your closest friends. God wants to be your best friend. As you grow in faith, you discover more fully how to love God through prayer. You pray the following types of prayer:

Adoration—praising God and telling God of your love

Contrition—telling God you are sorry for your sins

Thanksgiving—being grateful for all of God's gifts

Supplication—petitioning or asking God for help for yourself or others

Take a moment now to silently adore God and all of his greatness. Tell him that you love him. Talk to Jesus and tell him that you are sorry for your sins. Tell him what you are thankful for. Ask the Holy Spirit for the help you need for yourself and others.

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A Moment with Jesus

In the Eucharist, Jesus Christ offers us the gift of himself. Take a moment to thank Jesus for giving himself to you in the Eucharist. Ask him to help you recognize your need to be strengthened by the weekly celebration of the Mass. Ask the Holy Spirit to help you participate fully in the Mass as a way of expressing your gratitude for God's wonderful gifts.

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A Moment with Jesus

Because Jesus loved his Father, he obeyed him. He became the son of Mary and Joseph and “was obedient to them.” (Luke 2:51) The words of Jesus to his Father the night before he died were his life's motto: “Not my will but yours be done.” (Luke 22:42) Take a moment to thank Jesus for being a model of obedience for you. Ask him for the grace you need to obey your parents or guardians and others in authority.

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A Moment with Jesus

By your Baptism, you have become a temple where God dwells and a member of the Body of Christ. You are to live as a courageous follower of Christ. In all of your desires, words, and actions, you are to follow this principle: In all things, act like Christ. Take a moment to thank Jesus for dwelling within you. Ask him for the grace you need to act like him in all of your desires, words, and actions.



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A Moment with Jesus

Read John 14:1–7 in which Jesus refers to himself as “the way and the truth and the life.” Take a moment to ask Jesus to help you to be a truthful person. Ask him for the grace you need to see other people as God sees them. Thank him for the gift of the Holy Spirit, who shows you the way.

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