

Guided Time for Silent Prayer

The meditations:

- *Teach you to talk TO Jesus in the Blessed Sacrament, not just think ABOUT him. For example, “Thank you for giving me the Eucharist.” “Jesus, I’m sorry that I gossiped earlier.”*
- *Suggest different phrases to pray with specific examples of how to say that type of prayer.*
- *Occasionally bring their thoughts back from distraction. “If your mind has wandered, move it back to your conversation with Jesus.”*

Meditation 1: “I love you. Thank you. Sorry. Please.”

Gently speak or whisper the following, spacing the bullets about 2 minutes apart.

- Act of Spiritual Communion: “I wish, O Lord, to receive you with the purity and humility with which your holy Mother received you, with the spirit and the fervor of the saints.” (*brief pause, then continue:*) Look at Jesus in the Blessed Sacrament. Think of who he is: God. Think of how powerful he is, how good he is, how merciful he is, and how generous he has been to you. Tell him how much you love him. Offer prayers such as, “Jesus, I am amazed at your goodness. I love you with all my heart.” “I adore you, Jesus.” “Jesus, please live in my heart.”
- Bring your thoughts back to Jesus and keep telling him that you adore him.
- Next, thank Jesus for all of the gifts that he has given you. Think of the most important gifts: the gift of your baptism, the gift of receiving him in Holy Communion, the gift of being able to go to Confession. Think of the gifts he has given you in this life to help you get to heaven: your family, your friends, good health. Think of every good thing, and remember that it comes from Jesus, who is right here on the altar. Thank him for these gifts, offering prayers such as, “Thank you for calling me to heaven!” “Thank you for all of my friends.”
- Bring your thoughts back to Jesus and keep thanking him for his gifts.
- Now, tell Jesus you’re sorry for all of your sins. Think specifically of what sins you’ve committed today, and of what sins you fall into the most. Tell him you are sorry and that you promise not to sin anymore. Then, make a promise about what you will do differently next time. Offer a prayer such as, “Jesus, I’m sorry for talking back to my parents and not doing my chores. I promise that I’ll obey them next time, and that next time I’m told to do something, I’ll get up right away even if I don’t feel like it.”
- Bring your thoughts back to Jesus and keep telling him you’re sorry for your sins.
- Finally, ask Jesus for whatever you need. Offer all of your petitions. Make sure to ask him to bring you to heaven one day. Ask him for the virtues and the graces that you need to adore him more, to thank him more, and not to fall back into any sins again. You can pray for others too. The best prayers you can offer them is that they will be holier, such as that they will pray every day, go to Mass, break bad habits, and things like that. You can also pray for gifts for this world too, such as health. Spend some time asking Jesus right here on the altar for whatever gifts you need.
- Bring your thoughts back to Jesus and keep asking him for whatever you need.
- Lastly, make a promise to Jesus of something you’ll change so that you’ll live a holier life today than before you came here to pray. Here are some examples: “Jesus, I’m going to pray before I go to bed tonight.” “Today, I’m doing my chores immediately when I get home.” “I’m going to leave a conversation or change the topic if people start to gossip.”
- “Thank you, Jesus, for this time you have given me in adoration. Give me the grace to follow through with my promise.”

Meditations by Fr. Henry Purcell, Pastor, St. Joseph in Zell, MO

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- *Occasionally bring their thoughts back from distraction. “If your mind has wandered, move it back to your conversation with Jesus.”*

Meditation 2: “I believe. I hope. I love. Please help me.”

Say the following, spacing the bullets about 2 minutes apart.

- Act of Spiritual Communion: “I wish, O Lord, to receive you with the purity and humility with which your holy Mother received you, with the spirit and the fervor of the saints.” (*brief pause, then continue:*) Look at Jesus in the Blessed Sacrament. Remember: he is God. You believe he is here in the Eucharist not because your eyes tell you so, but because JESUS told you so. He said, “This is my Body.” Think of his miracles that proved he is God. Think of all the prophecies that he fulfilled to prove that he is God. Now, tell him that you believe in him. “Jesus, I believe you are God. “Jesus, I believe your whole Gospel.” “Jesus, I’ll do anything to get to heaven.” “Jesus, help me listen to your Word. I believe it completely!” “Jesus, send me wherever you wish.”
- Bring your thoughts back to Jesus and keep telling him that you believe in him.
- Next, tell Jesus that you hope in him. Think of his promise: that he has prepared a place for you in heaven. Think of what he told you to do to get there: give up sin, take up your cross, believe in the gospel, and follow him. Think of what you need to get to heaven: your sins forgiven and his many graces. Think of all of these things, and more importantly, remember that Jesus says *he wants to give them to you*. Tell him you hope in him. “Jesus, I hope in you.” “Jesus, I believe in your promise that you want me in heaven.” “Jesus, thank you for forgiving me in confession.” “Jesus, I promise to get to confession soon so my sins can be forgiven!” “Jesus, I look forward to heaven. I’ll do whatever it takes, because I believe you want to give it to me!” “Jesus, I want to be in heaven with you.” “Jesus, I thirst for you.”
- Bring your thoughts back to Jesus and tell him you hope in him.
- Now, tell Jesus you love him above all things. Before, we thought about what he promised us and told him we hope in him. Now, we are thinking of how wonderful he is and telling him we adore him with all our hearts. “Jesus, I praise you.” “Lord, I praise you for your mercy.” “Lord, I adore you in the Eucharist.” “Good Jesus, I love you for you are holy.” “Jesus, I adore you.”
- Bring your thoughts back to Jesus and keep telling him you love him and adore him.
- Finally, ask Jesus for whatever you need. Offer all of your petitions. Make sure to ask him to bring you to heaven one day. Ask him for the virtues and the graces that you need to adore him more, to thank him more, and not to fall back into any sins again. You can pray for others too. The best prayers you can offer them is that they will be holier, such as that they will pray every day, go to Mass, break bad habits, and things like that. You can also pray for gifts for this world too, such as health. Spend some time asking Jesus right here on the altar for whatever gifts you need.
- Bring your thoughts back to Jesus and keep asking him for whatever you need.
- Lastly, make a promise to Jesus of something you’ll change so that you’ll live a holier life today than before you came here to pray. Here are some examples: “Jesus, I’m going to pray right when I wake up tomorrow morning and every morning.” “I’m going to think about how great heaven will be before I start doing anything today, even soccer practice!” “I’m going to tell a friend of mine how amazing you are for giving us the Eucharist.”
- “Thank you, Jesus, for this time you have given me in adoration. Give me the grace to follow through with my promise.”