

## **A Guide for Prayer for My Little Ones**

### **1. Put yourself in the presence of God**

- Remember that God has already called you to come talk to Him, whether you realize it or not. He is waiting for you to talk to Him, right now!
- imagine yourself sitting with Jesus in some beautiful spot, or picture yourself actually being with Him in one of the Gospel stories
- ask the Holy Spirit to help you pray, because we don't always know how. He'll help you!
- St Paul says, "*Pray Always*", and the Holy Spirit will help you do this –if you ask Him
- "*How much more will the Heavenly Father give the Holy Spirit to those who **ASK!***"
- then just speak to Jesus from your heart, in your own words, just like you would to your best friend. He **loves** to hear you talk to Him this way.

### **2. Praise and thank God for all the glorious things He has done for you, and for the whole world**

- think how wonderfully you are made -that you can think, remember, see, hear, touch, smell...
- think of all the glorious things around you in Creation –the incredible beauty and complexity
- God has made ALL of this just for us –for you!
- think of how loving and good the Father is, and of all the wonderful things He has done for you

### **3. Tell Jesus from your heart that you are sorry if you have hurt Him in any way**

- be truly sorry for your sins, most importantly because they hurt Jesus, Who loves you so much, and has done so much for you
- but also because of His just punishment, that helps to discipline us not to sin
- you can talk to Him about ANYTHING, if something is troubling you, if your struggling with something, if you are happy about something, whatever you feel you want to tell Him. He **WANTS** to hear everything!
- have an intention, with God's grace, to not do these things again – **ASK** Jesus for this grace!!!

### **4. Ask Jesus for whatever you need, or for the needs of others**

- always focus on asking for things that are truly God's will and not just yours
- Jesus, Your will be done...

### **5. Take some quiet time to not talk, but to just listen to Jesus speaking to your heart**

- speak Lord, your servant is listening
- a good friend always takes time to listen to their friend, and not just do all the talking
- try not to let your mind get distracted as you sit listening quietly, but if you do, gently bring you mind back to your prayer.

### **6. Mama Mary: "*Do whatever He tells you.*"**

- ask Jesus if there is anything He especially wants you to do or change
- do you feel prompted to make any changes or do anything in particular?
- tell Jesus what you want to do and ask for His help

### **7. Go out from your prayer inspired to follow what Jesus has told you, with an intention to grow in holiness –to grow in your love for Jesus and everyone around you -with His help, His Grace**

- remember, every single person is made in the image and likeness of God
- Holiness: doing God's will in everything with a perfectly pure intention -out of love for Jesus!

***"Be Holy, as I am Holy!"***