



A Moment with Jesus

Jesus helped the two disciples on the road to Emmaus to understand his teachings through Scripture. Take a moment to ask Jesus to help you this year to come to know him and his teachings through Scripture. Ask Jesus to fill you with his Holy Spirit so that you can recognize God's presence in the words of the Bible and in the people you meet each day.

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A Moment with Jesus

God speaks to us at every Mass as his Word is proclaimed. He speaks to us whenever we read the Bible. It is a good practice to read the Bible every day. Take a moment now to ask the Holy Spirit to help you read the Bible more often and to understand the message. Thank Jesus for speaking to you through the Bible.

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A Moment with Jesus

The gift of human life is more precious than we can imagine. The variety and differences among persons make life more beautiful and enjoyable. The Psalms, which Jesus prayed, often express our appreciation for God's creation. Take a moment to quietly pray the following psalm. Then ask Jesus to help you recognize God's presence in all of creation.

I thank you for the wonder of my being,
wonderful are all your works!

adapted from Psalm 139:14

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A Moment with Jesus

We could not overcome evil if not for Jesus Christ, who sends his Holy Spirit to strengthen us. Take a moment now to ask Jesus to help you be open to his Spirit. Ask the Holy Spirit to help you overcome temptation. Thank Jesus for giving us the grace we need to obey the Father's law of love.

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A Moment with Jesus

In Baptism, you were given the gift of faith and entered into a new life with Christ. Take a moment to thank Jesus for the gift of your Baptism. Ask him to help you to remain faithful to God's law of love. Pray the words of the following psalm:

I will celebrate your love forever, Lord. Age after age my words shall proclaim your faithfulness; for I claim that love is built to last forever and your faithfulness founded firmly in the heavens. Happy the people who learn to acclaim you! Lord, they will live in the light of your favor; they will rejoice in your name all day and exult in your righteousness. Once you said, "I will keep my love for him always. My covenant with him stands firm."

adapted from Psalm 89:1–2,15–16,19,29

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A Moment with Jesus

The story of Jacob wrestling with the messenger of God is often used to help us understand our life of prayer. Like Jacob's, our faith requires perseverance. God is always reaching out to us. However, in order to lift our minds and hearts to God, we need to persevere in overcoming distractions. Take a moment to thank Jesus for always reaching out to you. Ask him to help you persevere in prayer so that you can deepen your faith and follow him more closely.



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A Moment with Jesus

One of the ways we combat envy is through the practice of humility. To be humble is to be like Jesus, who knew that every good thing comes from God. When we pray the Lord's Prayer and say the words, "Thy will be done," we become more like Jesus. Take a moment to quietly pray the Lord's Prayer and to thank God for all of the good things in your life. Ask him to help you become more humble and trusting like his Son, Jesus.

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A Moment with Jesus

In the Liturgy of the Easter Vigil, when catechumens are baptized, the Church blesses water and recalls God's saving works. In the prayer of blessing of the water, the priest recalls the story of the Crossing of the Red Sea to help us understand how the waters of Baptism liberate us from the slavery of sin. Take a moment to thank Jesus for your Baptism. Pray the following, based on the blessing of water at the Easter Vigil:

You freed the children of Abraham from slavery in Egypt, bringing them safely through the waters of the Red Sea, to help us see how we are set free through the waters of Baptism.

Through water, you have set me free.
May the waters of Baptism continue to refresh me and cleanse me. Amen.



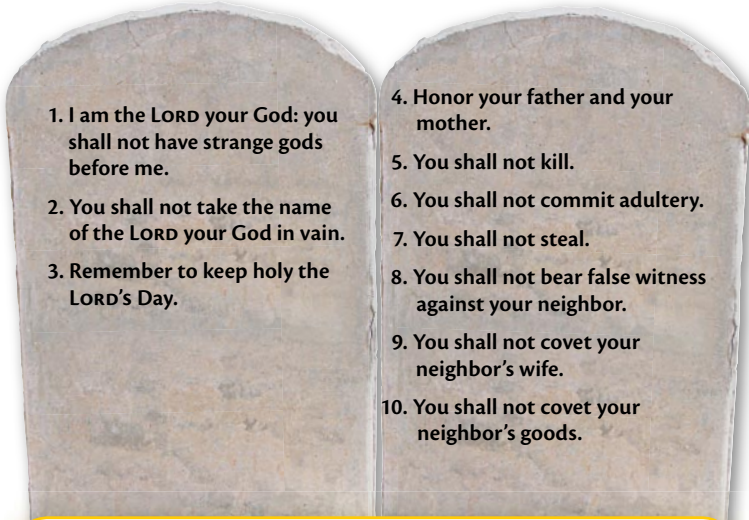
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A Moment with Jesus

God provided the Israelites with the basic necessities during their journey: food and water. Jesus taught us that whenever we feed the hungry and give drink to the thirsty, we are serving him. Take a moment to thank Jesus for all of the ways he provides for you. Ask Jesus to help you recognize his presence in others. Ask him to help you be more compassionate about the needs of others and to accept your responsibility to make sure that other people's basic necessities are being met.

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1. I am the LORD your God: you shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

A Moment with Jesus

The Israelites were thankful for the Commandments. They often expressed their gratitude to God in songs and praise. Take a moment to thank Jesus for his law of love. Ask him for the grace you need to follow the Ten Commandments. Pray Psalm 119:47–48, which the Israelites prayed to express their gratitude to God for his Law.

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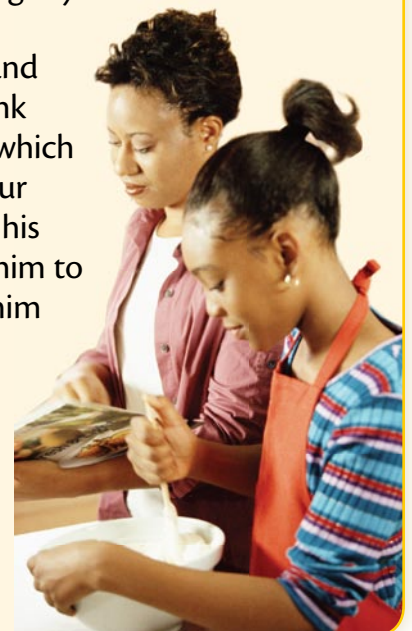
A Moment with Jesus

Sometimes in your prayer, you may be tempted by a lack of faith. Other times, you may simply get distracted or feel empty. If you feel that your prayer has not been heard, you may experience a lack of trust. Take a moment to ask Jesus for the grace you need to pray with faith, enthusiasm, and trust. Ask the Holy Spirit to teach you to pray and to help you to pray without ceasing.

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A Moment with Jesus

We can be healed and reconciled with the Father because Jesus, the Son of God, was lifted up on the cross and experienced death. We can also share in his Resurrection and ascension into glory. Take a moment to rejoice with Jesus and to praise him. Thank him for his death, which is the promise of our life. Thank him for his Resurrection. Ask him to help you to serve him by serving others.



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A Moment with Jesus

In Matthew 25:32–46, Jesus speaks of the final judgment that we will all face before God. Jesus tells us how all people will need to answer to God for the decisions they have made in life. Take a moment to read this Scripture passage. Think about Jesus' description of the ways people should be treated. Talk to Jesus about some ways that you can do these types of things. Ask Jesus to help you recognize him in all people, especially in those who are poor and vulnerable.

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A Moment with Jesus

All of us admire certain people. They may be parents, brothers or sisters, teachers, athletes, performers, or friends. We respect what they do and value their opinions. We try to imitate their actions. These people are our heroes or heroines. In Baptism, you chose to imitate Jesus. That's what it means to be a Christian: to be one who is like Christ. Take a moment now to thank Jesus for the example he has set for you. Ask him for the grace you need to be his disciple. Thank him for the role models he has provided for you. Ask him to help you be a role model for others.



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A Moment with Jesus

Jesus was anointed by the Holy Spirit to bring glad tidings to the poor. In the Sacrament of Confirmation, you are anointed and called to follow Jesus' example. One way you can do this is by making specific efforts to defend and promote the dignity of the poor and vulnerable and to meet their immediate needs. Take a moment to ask Jesus to help you recognize those who are poor in your community. Ask him for the grace you need to be compassionate and selfless as you seek to serve their needs. Thank Jesus for the gift of his Holy Spirit.



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A Moment with Jesus

The gift of wisdom is the ability to put God first, to see things from God's point of view, to recognize the sacredness of all people, and to see the real value of things. Take a moment to ask Jesus for the gift of wisdom. Ask him for the grace you need to hear the voice of wisdom within you and to make wise decisions.

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A Moment with Jesus

When you were baptized, you were given a share in Jesus' ministry as priest, prophet, and king. Take a moment to ask Jesus to help you to be prophetic in your words and deeds. Ask him for the grace you need to speak his word of truth to others, to recognize good and evil, and to see the goodness and holiness of God.

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A Moment with Jesus

Jesus taught that in order to be his followers, we must do his will. We cannot be disciples in name alone. Our actions must speak along with our words. Read Matthew 7:21–23. Ask Jesus for the grace you need to do the will of the Father. Ask the Holy Spirit to help you to know what God's will is.

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A Moment with Jesus

Returning to God is an act of faith. We return because God invites us and we trust in him. Take a moment to speak with Jesus. Tell him that you are sorry for your sins. Ask him to help you to return to God and to live as God wants you to live. Ask him for the grace you need to sin no more.

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A Moment with Jesus

John the Baptist proclaimed a message of hope and anticipation. He teaches us that we can look forward to the coming of Christ into our lives. Take a moment to ask Jesus to help you be a person of hope. Ask him for the grace you need to help others who may be experiencing despair. Thank Jesus for coming into your life and ask him to help you prepare others to welcome him into their lives.

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