



## 25 WAYS TO SPEND AN HOUR WITH JESUS

1. Read holy books. Then listen.
2. Pray the Rosary.
3. Sit silently and allow God to love you.
4. Tell Him something that made you happy today! Then listen.
5. Tell Him what you are afraid of. Then listen.
6. Tell Him what angers you. Then listen.
7. Speak to Jesus about your mom, dad, brothers, sisters, grandma and grandpa
8. Pray for a friend you do not like.
9. Talk with Him about your schoolwork.
10. Sing a song for Him in your heart.
11. Promise to trust Him.
12. Imagine Mary sitting next to you with her arm around you and praying with you.
13. Speak to Jesus about your School or Parish Church.
14. Lean on Him. Tell Him how much you love Him.
15. Thank Him for the Sacraments. Your First Holy Communion and First Confession!
16. Tell Him to help you to be good. Then listen.
17. Slowly recite the Beatitudes. If you don't know them, look them up.
18. Say one Our Father, very slowly.
19. Say one Hail Mary, very slowly.
20. Say the Apostle's Creed slowly.
21. Pray for our priests and new vocations.
22. Ask Jesus to introduce you to a new friend.
23. Look at yourself. Count all the wonderful things about yourself. Then thank Jesus.
24. Pray for the whole world, your teachers and all your friends.
25. Sit and relax and just love being with Jesus!