



25 WAYS TO SPEND AN HOUR WITH JESUS

By Eileen McCarthy; New London, CT



1. Read holy books. Then listen.
2. Pray a rosary.
3. Let God look at you.
4. Tell Him something that made you happy. 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 and Dad and brothers and sisters & Grandma and Grandpa
8. Pray for a friend you do not like.
9. Talk with Him about your school work.
10. Sing a song for Him in your heart.
11. Promise to trust Him.
12. Imagine Mary sitting next to you and praying with you.
13. Speak to Jesus about the Church.
14. Lean on Him. Tell Him how much you love Him.
15. Thank Him for the Sacraments. Your First Holy Communion and Reconciliation!
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 slowly.
19. Say one Hail Mary slowly.
20. Say the Apostole's Creed slowly.
21. Pray for our priests and new vocations.
22. Ask Him 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!