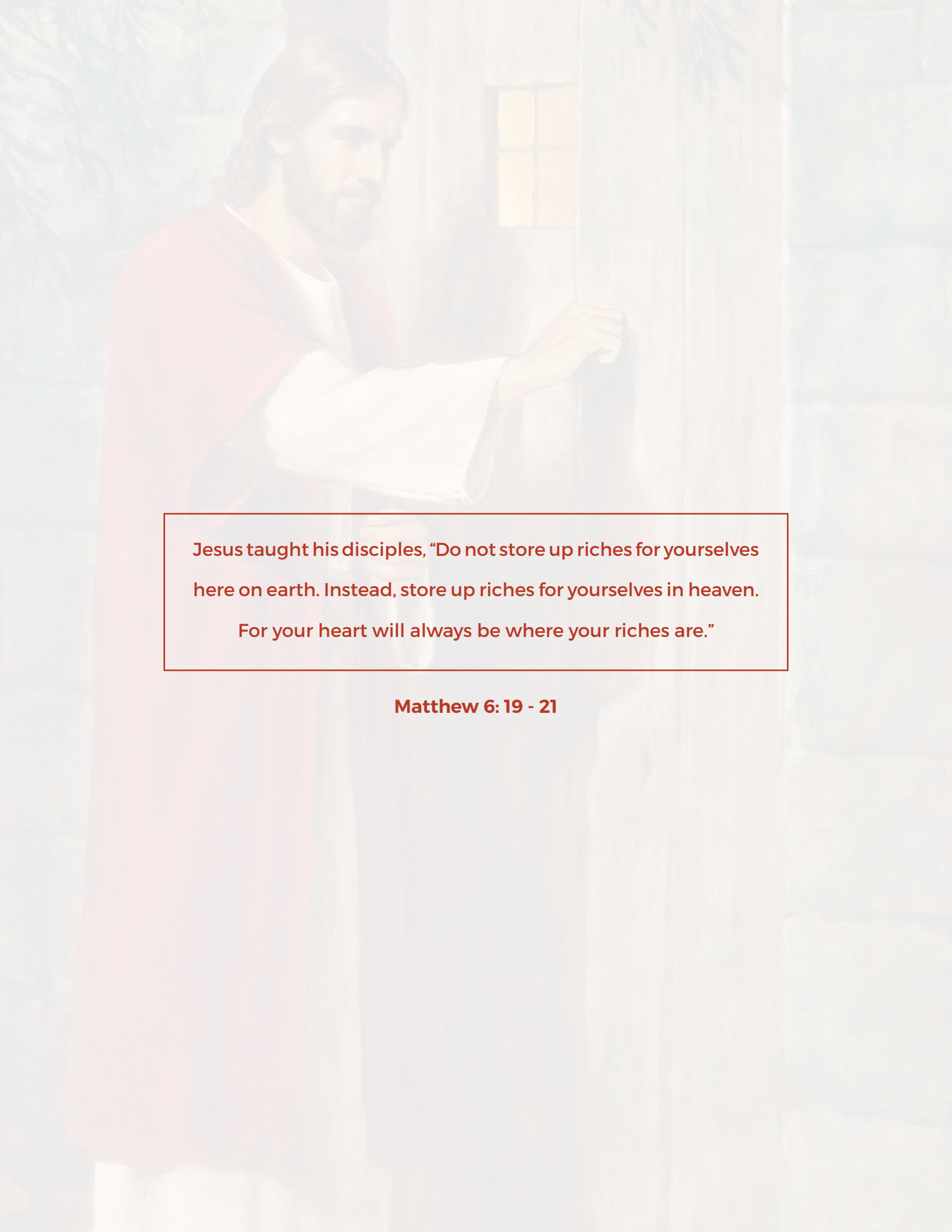


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School of *Prayer*

Meditation Guide



Jesus taught his disciples, “Do not store up riches for yourselves here on earth. Instead, store up riches for yourselves in heaven. For your heart will always be where your riches are.”

Matthew 6: 19 - 21



INTRODUCTION

It is so easy to get caught up with the

“gimme’s” and the “I want’s.” Maybe you like new toys, new games for your ipad or to watch tv shows. You may also spend a lot of time with friends, playing sports, taking music lessons, doing karate or dancing. Sometimes we are so busy with other things we rarely think about Jesus. If we do this, our hearts get full of all these things rather than full of Jesus.

Jesus didn’t have much when He was growing up, no TV or video games. He worked in his dad’s carpenter shop and learned how to enjoy life from simple things. Instead of worrying about what He wanted, He spent all His time with the people He loved, including His friends, family and of course God the Father. Jesus heart was full of the people He loved. And, Jesus loves ALOT, including YOU! Jesus wants you to know Him as one of His friends. One of the ways you can be His friend is by praying.

All you need to do is talk to Jesus from your heart and let Him talk to you. Don’t worry about always having something to say to Jesus or about saying the right thing. Jesus just wants to hear whatever you have to say and sometimes He’ll just sit with you so you aren’t alone. Sometimes, though, Jesus will talk to you too. He does this by speaking to you in your heart. So don’t be afraid to be quiet and just listen to what Jesus has to say.

On each page of this book we will give you a Praying Starter to help you talk to Jesus. You may be drawing pictures, imagining Jesus in a particular scene or reading something from the Bible. Open your heart to what Jesus has to share with you as He lets you know what is on His heart. With each prayer starter, talk to Jesus about what’s on your heart.

PRAYER STARTER ONE

SOMETHING TO THINK ABOUT

What are the things in your heart which you really love? How do you know you love those things?

JOURNAL ASSIGNMENT

Draw a picture of three hearts on the next page:

1. **Heart One:** Label as “Heart of Jesus”. His heart is full of peace, patience, joy, kindness, love, gentleness, and self-control. Fill it in with these things.
2. **Heart Two:** Label the other heart as “Me”. What things do you love and can’t live without? Fill in the things which are on your heart. Think about the people and things which are a part of your life every day.
3. **Heart Three:** Label as “Jesus and Me” Think about what will be in your heart if Jesus fills it. Fill in the heart for Jesus and Me with all the things you will have when you are full of Jesus.



DRAW

PRAYER STARTER TWO

SOMETHING TO THINK ABOUT

Who are your closest friends. How do you know they are your friends?

FROM THE BIBLE

Matthew 16: 16

Jesus asked his disciples, "What about you, who do you say that I am?" Simon Peter answered, "You are the Messiah, the Son of the living God."

WHAT JESUS HAS TO TELL YOU

I love you and want you to know who I am. Call out my name as you would call out to one of your closest friends. When Simon Peter calls Me the Messiah, he knows I am God and came to save every person on the earth, including you. As Messiah, I will never turn away from you, be mean to you, or leave you alone. I will always be there for you. I want to be best friends with you so talk to Me whenever you want. Never forget I love you!

JOURNAL ASSIGNMENT

Either draw or write your answer on the next page.

Talk to Jesus from your heart about how He can be a friend to you and you can be a friend to Him. Write a thank you note to Jesus for all the things He's done for you and tell Him what He means to you.



WRITE

DRAW

PRAYER STARTER THREE

SOMETHING TO THINK ABOUT

Do you like to lead games with your friends or let others lead. What does a leader do? What does a follower do?

FROM THE BIBLE

Matthew 9:9

As Jesus left that place, and as he was walking along, he saw a tax collector named Matthew, sitting in his office. Jesus said to him, "Follow Me!" Matthew got up and followed him.

WHAT JESUS HAS TO TELL YOU

I want to be your best friend. Someone who you can always talk to. I also want to be the friend who leads you in your life. I like to lead you so you don't get into trouble or make the wrong decision which could hurt you or someone else. You follow Me when you come to Mass every week, talk to Me in prayer, behave for your parents and teachers, and are nice to your friends. I ask everyone to follow Me like this. Follow Me and I will be there to lead you along every step of the way. I love you!

JOURNAL ASSIGNMENT

Either draw or write your answer on the next page.

Imagine that Jesus shows up while you are playing with your friends and asks you to follow Him. Talk to Jesus from your heart and tell Him whether or not you would follow Him. List the things you think Jesus would ask you to do if you followed Him.



WRITE

DRAW

PRAYER STARTER FOUR

SOMETHING TO THINK ABOUT

Heaven is where God the Father, Jesus, the Holy Spirit and all the angels and saints live. What do you think Heaven is like? What do they do all day?

FROM THE BIBLE

Matthew 6: 9-13

Jesus said to his disciples, pray, then, in this way:

'Our Father who is in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done,

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us.

And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.

JOURNAL ASSIGNMENT

Draw a picture of what you think God's Kingdom in heaven looks like. What are they all doing today in heaven. Is there anyone else there who you need to add to the picture? What can you ask them all to pray for.



WRITE

DRAW

PRAYER STARTER FIVE

SOMETHING TO THINK ABOUT

Remember a time when you had to be brave to do something? What were your fears before you did it? What gave you courage to do it?

FROM THE BIBLE

Matthew 14: 22 - 31

Then Jesus made the disciples get into the boat and go on ahead to the other side of the lake...while he went up the mountain to pray. When evening came, Jesus was there alone, and by this time the boat was far out in the lake, tossed about by the waves because the wind was blowing against it.

Between three and six o'clock in the morning Jesus came to the disciples walking on the water. When they saw him, they were terrified. "It's a ghost" they said and screamed in fear. Jesus spoke to them at once. "Take courage!" he said. "It is I. Don't be afraid!"

Then Peter spoke up. "Lord, if it is really you, order me to come out on the water to you." "Come!" answered Jesus. So Peter got out of the boat and started walking on the water to Jesus.

WHAT JESUS HAS TO TELL YOU

I am here with you every time you are scared. I come to free you from all your fears. Share your fears with Me so I can take them away from you. You can keep it simple and just say to Me, "Jesus, I am afraid, take away my fear!" I want your heart to be peaceful even when there are storms. Let Me know all the times when you need Me and I will be with you. Have faith in Me.

JOURNAL ASSIGNMENT

Either draw or write your answer on the next page.

Talk to Jesus from your heart and tell Him the things which make you scared. Write a prayer to Jesus asking Him to give you peace when you are afraid.



WRITE

DRAW

PRAYER STARTER SIX

SOMETHING TO THINK ABOUT

What are some ways you let your parents, family and friends know you love them? Do you show or tell them that you love them?

FROM THE BIBLE

John 21: 9-10, 13, 15 - 17

When they stepped ashore, the disciples saw a charcoal fire there with fish on it and some bread. Then Jesus said to them, "Bring some of the fish you have just caught." Jesus went over, took the bread and gave it to them; he did the same with the fish. After they had eaten, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these others do?"

"Yes, Lord," Simon Peter answered, "you know that I love you." Jesus said to him, "Take care of my lambs."

WHAT JESUS HAS TO TELL YOU

I always want to be there for you and give you everything you need. What you need most is to know that you are loved. And you are!! Everytime you see a crucifix remember that I love you so much. I will give everything for you, including My life! You make Me so happy when you tell Me the ways you love Me. Never be afraid to tell me that you love Me. I want to hear it! Also never be afraid to love other people. I know sometimes it is hard to do but remember I LOVE YOU!

JOURNAL ASSIGNMENT

Either draw or write your answer on the next page.

Talk to Jesus from the heart about all the ways you show or tell Him that you love Him. Then ask Jesus to answer this question: "Jesus, tell me how much you love me." Be quiet for a few minutes so He can talk to your heart. Write a letter to Jesus letting Him know how much you love Him and thank Him for the ways He loves you.



WRITE

DRAW



Jesus wants you to pray to Him from your heart every day. He always wants you to know He loves you. Think about how you can talk to Jesus every day.

1. Write down two ways you can remember to do this.

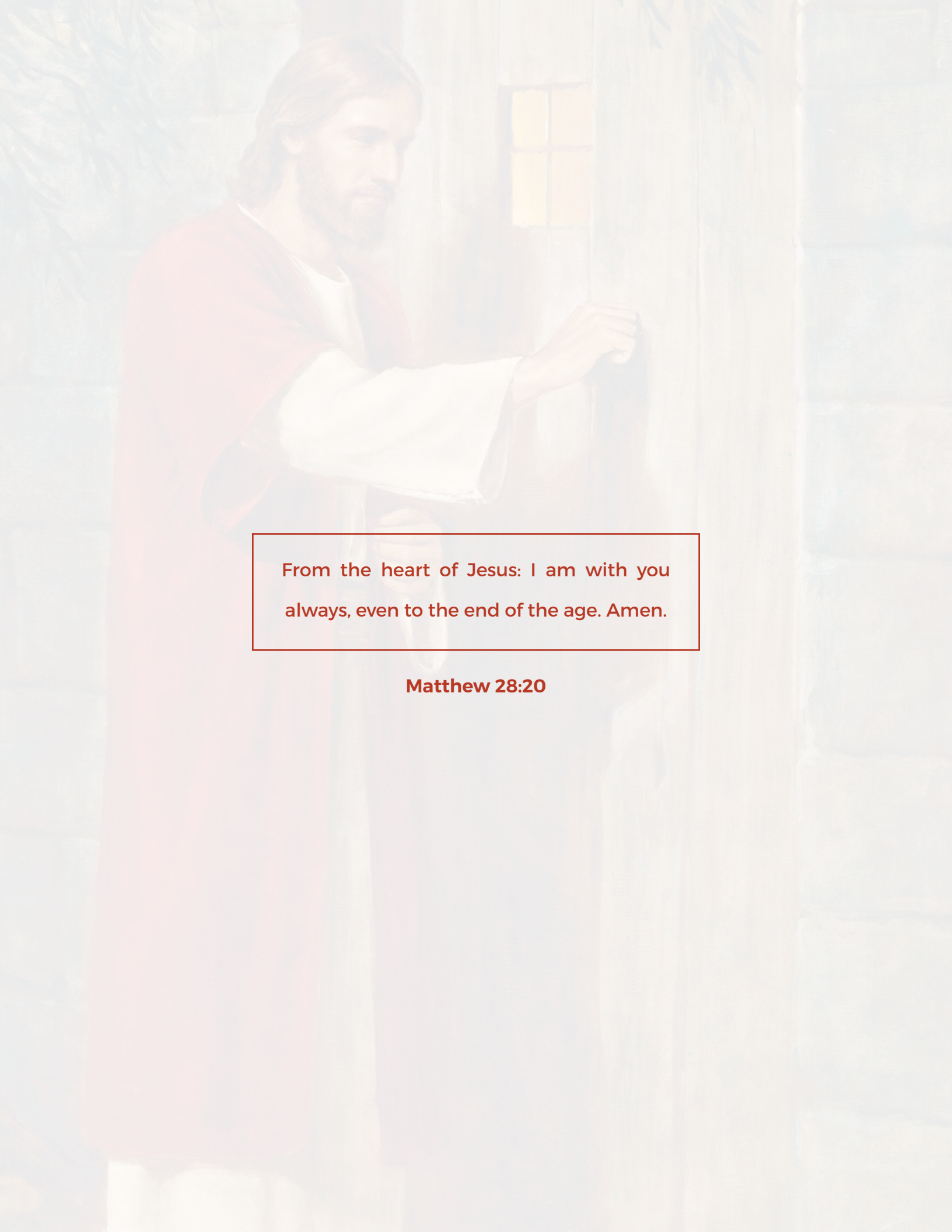
Jesus also never wants you to be afraid to talk to Him, even if you do something wrong. When you pray, you can make promises to God to do better. Think about some ways you can promise Jesus to talk to Him more.

2. Write a prayer to Jesus with what you promise to do to talk to Him more.

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NOTES

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From the heart of Jesus: I am with you
always, even to the end of the age. Amen.

Matthew 28:20



Our Lady of Good Counsel
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1062 Church St. • Plymouth, MI 48170

(734) 453-0326 • Fax (734) 416-9257

www.olgcparish.net