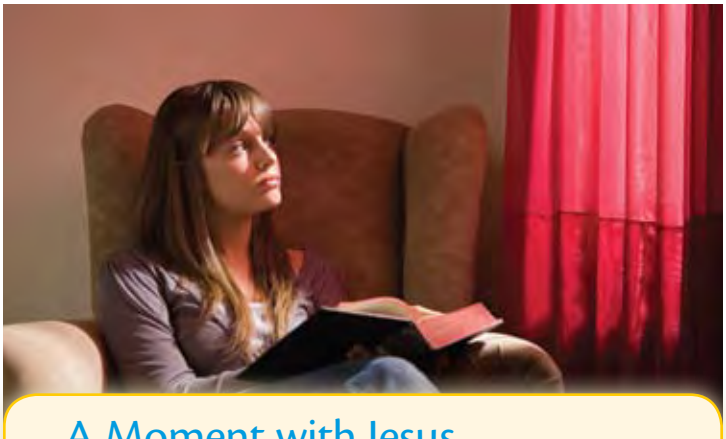


A Moment with Jesus

No single image of Jesus contains everything there is to know about him. Pause for a moment and reflect on your favorite image of Jesus. What does that image of Jesus tell you about who God is?

In your own words, ask Jesus to reveal himself to you in a deeper way this year. Then thank Jesus for teaching you about God the Father.

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A Moment with Jesus

Have you ever stopped to think what it really means to have Jesus as a friend? Take a moment and silently read the Scripture below. Pause and reflect on ways you can nurture your friendship with Jesus. Thank Jesus for his presence in your life.

> You are my friends if you do what I command you.
>
> John 15:14

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A Moment with Jesus

Each of the Evangelists—Mark, Matthew, Luke, and John—paint a unique portrait of Jesus in a way that their readers will understand him more easily.

Take a moment to think about what characteristics of Jesus are important to highlight for people today. Ask Jesus to help you proclaim the Good News through your words and actions.

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A Moment with Jesus

Pause for a moment and silently read the Scripture passage below. Imagine Jesus learning this prayer and praying it each day. Take a moment to reflect on how you express your belief in God each day. Ask Jesus to help you love God with all your heart, soul, and strength.

> Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with all your heart, and with all your soul, and with all your strength.
>
> Deuteronomy 6:4–5

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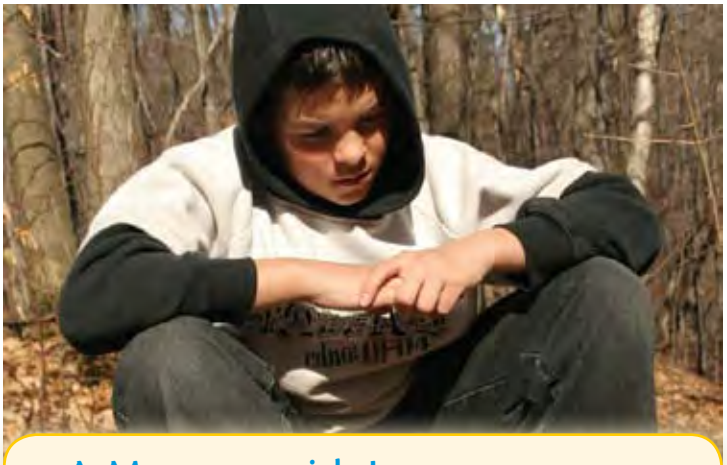


A Moment with Jesus

God chose Mary, a young girl from a poor family, to be the Mother of God. Pause and think about this for a moment.

Her yes to God is an example for us. Take a moment and ask Jesus to show you how you are being called to say yes to God at this time in your life. Thank Jesus for the gift of Mary to the Church.

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A Moment with Jesus

Jesus' baptism marked the beginning of his mission. What do you imagine it was like for Jesus to begin his mission of proclaiming God's kingdom? Pause for a moment to reflect on how your Baptism calls you to live. Ask the Holy Spirit to help you be a faithful witness of God's love in the world.

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A Moment with Jesus

No matter how old we are when we are baptized, our responsibilities as members of the Church are the same. Pause for a few moments and reflect silently on these questions: How do I live my baptismal call in my daily life? How can I give witness to Christ in my life at home and school?

Ask the Holy Spirit to help you be aware of how you can follow Jesus more closely today. Then thank Jesus for calling you to be a member of the Church.

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A Moment with Jesus

Pause for a moment and silently reflect on the kingdom parables and the truths that they teach about the Kingdom of God. Jesus used common images such as a wedding feast, weeds, or a small seed. Take some time to reflect on how you would describe the Kingdom of God. What common image would you use?

In your own words, ask Jesus to help you recognize the signs of the kingdom around you. Then thank him for the gift of his word in the Gospels.

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A Moment with Jesus

The practice of compassion is needed in our world. Reflect for a moment on how Jesus showed compassion for people who suffered. Then silently think about the people you see every day—family, friends, strangers. Who might need a compassionate word or deed? Decide how you will respond to that person. Then thank Jesus for the opportunity to make his compassion known in the world.



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A Moment with Jesus

In the Gospels, Jesus teaches us that God the Father is always ready to forgive us.

Recall a time that you were in need of forgiveness and found love and acceptance in return. Ask Jesus for the grace to forgive others just as you have been forgiven. Then thank him for showing you the Father's mercy and love.

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A Moment with Jesus

Loving ourselves and others as Jesus taught us is not as easy as it might sound. It calls us to care for the life of the body and the spirit.

Take a moment to think about what that means for you at this time in your life. What challenges to living out the Fifth Commandment in its fullest sense do you face now? Ask the Holy Spirit to inspire and strengthen you. Then thank Jesus for the gift of life in all its forms.

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A Moment with Jesus

In the Beatitudes, Jesus tells us the way to true happiness. Take a moment to reflect on the Beatitudes. Go back to each one and read it silently.

Then choose one that most speaks to you. Pray it in rhythm with your breath. As you inhale, silently pray the first phrase, and as you exhale, pray the second. Repeat this pattern several times. Ask Jesus to help you take the beatitude to heart.

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A Moment with Jesus

Truth is a powerful thing. It builds relationships and strengthens trust and respect.

What one aspect of justice and truth stands out as most important for you right now? In your own words, share it with Jesus. Ask him to help you live the values of the Kingdom of God as Jesus did. Thank Jesus for calling you to be his disciple.

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A Moment with Jesus

Sex is a precious gift of love from God. Like any gift, it is a reflection of the giver. Pause and reflect for a moment on the faithful love of God for you.

Then think of the married couples you know. As you imagine each one, ask God to bless them and help them to grow in love of him and of each other.

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A Moment with Jesus

Jesus does not wait for us to look for him. He comes to meet us where we are.

Ask Jesus to help you recognize his invitation to greater friendship with him. Thank him for walking with you on your spiritual journey.

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A Moment with Jesus

It takes faith to believe in eternal life. With eyes of faith, we can see beyond today and believe in God's promise of life after death.

Pause for a moment and think about your own belief in eternal life. How has it been a comfort to you in times of loss? Reflect on the gift that faith is. Then thank Jesus for your faith and for the promise of eternal life.

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A Moment with Jesus

In the Eucharist, Jesus Christ gives himself to us as real food. We are fed and nourished by the Body and Blood of Christ.

Pause for a moment and imagine yourself at Mass preparing to receive Communion. Reflect on what this means for you as a follower of Christ. In your own words, share with Jesus your hopes about growing into the person he wants you to be. Then thank Jesus Christ for the gift of himself to you in the Eucharist.

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A Moment with Jesus

No one likes to suffer. Even Jesus prayed that his final moment of suffering would pass him by.

> "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will."
>
> Matthew 26:39

Reflect on the experience of Jesus and how his trust and love in his Father helped him through his time of suffering. Then thank Jesus for his obedience to the Father and for showing us how great is God's love for us.



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A Moment with Jesus

Just as Jesus appeared to the disciples after the Resurrection, Jesus comes to meet us. We might experience Jesus Christ's presence at Mass, in Scripture, in prayer alone or with others. Perhaps you have experienced Jesus present with you in other ways.

Pause for a moment and reflect on a time when you felt the presence of Jesus. How did you recognize his presence? Thank Jesus for being always with you and for revealing himself to you.

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A Moment with Jesus

Each of us has been given a mission from Christ. It does not often reveal itself all at once. Pause for a moment and think about a time when you have taken a stand for your faith. What was the situation? How did you respond? What was the result for you? for others involved? What might that situation teach you about your call to be a witness to the Good News of Christ?

Spend a moment thanking Jesus for the gift of the Spirit at work in your life.



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A Moment with Jesus

Figuring out our call in life takes time. It requires that we pay attention to what goes on around us and how we respond to it. Pause now and silently pray the Prayer to Discern My Life Call.

Lord Jesus,
Help me to become a good listener.
Show me your plan for my life.
Bind me so close to you in friendship
that I will be filled with your love.
Then I will bring your love to those
who are struggling, confused, or lonely.
Show me the way I can best use my life
to serve people in your name. Amen.

Take some time to share with Jesus, in your own words, any thoughts you have about your calling in life. Then spend a moment in silence, and listen to what Jesus wants to share with you. Thank him for his friendship and his help.

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