



**JESUS**

*My Special Friend*

SR. MARY TERESE DONZE, A.S.C.

## **ABOUT THIS PRAYER BOOK ...**

**W**hether you are getting ready to receive your First Holy Communion or have already received Jesus into your heart many times in Holy Communion, this prayer book is for you. It will help you remember some things you want to say to Jesus when He comes to you in a very special way at Holy Communion.

Mostly you will want to use this prayer book when you go to church. But you can also use it at home because Jesus stays in your heart and you can always talk to Him.

You don't have to say the prayers exactly the way they come in the book. If any one of them is what you would like to say to Jesus right now, that is the one you will want to pray. Some prayers you may want to pray over and over.

When you walk up to receive Holy Communion, ask the Blessed Mother Mary to help you make Jesus feel at home in your heart.

After you receive Holy Communion, you can tell Jesus anything you want, of course. But don't forget to listen, too. You won't hear Jesus talk out loud, but He will tell you things in your heart.

## ***I BELIEVE JESUS***

**J**esus, I believe that You are God and that this Holy Bread is really You. I believe the Blessed Wine is You, too. I believe this not because I understand it all but because You said it would be that way.

Thank You, Jesus, for giving me Yourself in Holy Communion. Thank You, too, for giving Your Church the gift of Your Body and Blood in the Mass. It is something special to be there when the priest says the holy words and the bread and wine become You. Bless all Your priests and help them to be good and holy leaders of Your people.

Jesus, I believe everything else You tell us through Your Holy Church. I believe that God our Father made the whole world and takes care of it. I believe that the dear Holy Spirit puts grace into our hearts and gets us ready to share Your life. I believe that You, Jesus, died on the cross to take away all my sins and that You love me so much You would do it again if You had to. But You don't have to, because once was enough for all time.

(Listen to Jesus in your heart. Hear Him say He loves you.)

**Jesus, today I want to remember to say:  
Jesus, I believe in You.**

## **JESUS FORGIVES MY SINS**

**J**esus, come into my heart. I have been waiting for You. I want to thank You for giving us the Sacrament that takes away our sins because, when I do something that I know You don't want me to do, it makes me feel unhappy inside. I wish I hadn't done it because you are my friend.

But, Jesus, when I have done bad things, don't let me keep on thinking about them after I have been sorry and told the priest like You want us to. Let me remember that the sins are really gone. That is because You are God and You died on a cross to take our sins away.

Jesus, You know everything I do, the good things and the bad, but I like to tell You about them anyway and ask You to help me be better. Keep Your dear Holy Spirit in me so I will always want to please You because You are my very good God and I love You.

(Listen to Jesus say He is glad when You try to be good because He wants you in heaven someday. If you did not get to heaven, He would miss you because there isn't anybody else in the world like you and He loves you very much.)

**Thank You, Jesus, for loving me so much. You are a wonderful God, and I love You.**

## **JESUS LIVED IN NAZARETH**

**J**esus, a long time ago when You walked around Your town, You sometimes visited people and ate dinner at their houses. It must have been nice for the boys and girls. They could sit next to You at the table and see Your face and smile at You and hand You the bread and the cheese and things like that. You would talk to them. And, when You were ready to leave, You would bless them.

Sometimes I wish I had lived then. I would have asked my mother to invite You to our house. Except that maybe our house might have been on a different street, and I wouldn't have known You. Or I might have been out playing when You stopped by our house, and then I would have missed You. So I am glad I am living today instead of long ago because now I can invite You into my heart any time I want.

Jesus, thank You for coming to me. I love You because You are Jesus. I know that You love me because I am me. Help me today to love other people by being kind to them, especially the poor children.

(Stop talking to Jesus and listen to him talk to you.)

**It's time for me to go, Jesus.**

**Please stay in my heart all the time.**

## ***I think how JESUS IS GOD***

**J**esus, I thank You for coming to me. I know You love me. I love You, too. You are my friend. I have some other friends, too. But You are a special friend, Jesus. Nobody else is like You. You are God. If You were just like everybody else, it wouldn't be right. No one would be special like You.

Jesus, help me always to remember that You are the great and holy God. You made the whole world and everything in it, the people and the animals and the plants. You made the ocean and the mountains. You made the sun and the moon and the stars. Nobody else could ever do that.

Just because I really don't see You in Holy Communion, maybe sometimes I will forget how great a God You truly are. Jesus, I hope I never come to You in Holy Communion and not care. I would not want it to be like that, Jesus. It would be only because I forgot. Help me to keep remembering. I love You, Jesus. You are my great God. And to think that You really love me! How kind You are!

(Keep quiet and think that Jesus has His arms around you. How good it is to have so great and good a friend as Jesus.)

**Jesus, it is so good that You love me.**

## ***I think about MY FAMILY***

**J**esus, I am glad You have come to my heart. I love You. Today I want You to bless all my family. You know about families because You had a family, too. (Now tell Jesus what your family is like. Do you have brothers and sisters? Do you live with your mother and daddy? Or maybe just with your daddy? Whatever your family is like, tell Jesus and ask Him to bless them. Sometimes there are people who are so good and kind to us that they seem like family. Maybe somebody like that lives near you. Ask Jesus to bless them, too. Tell Jesus you are glad for your family because it is good to belong to somebody.)

(Listen to Jesus now as He tells you that, besides belonging to our special families, we all belong to one big family of God our Father. Even boys and girls who look different from you or don't talk the same or go to another school or even live across the ocean are God's children just like we are. If you remember that, it will help you be kind to everyone. If anything bad happens to them like war or a big storm or something like that, it will help you feel sorry for them and pray for them.)

**Jesus, stay with me today. Help me remember that  
God is our Father and we are all one family.**

## ***I think about FOOD***

**J**esus, I love you. I thank You for coming to me. You feed my soul with this Holy Food. It helps me grow more and more like You.

Jesus, besides feeding my soul with Your own Self, You feed my body, too, by all the good food You have given us to eat. If You wanted to, You could have made just one thing for us to eat—like carrots or potatoes. But you made all kinds of things. And Jesus, I like the way You colored the things we eat. Oranges are bright and pretty. And there are yellow bananas and red apples and green pears and ever so many other things. If they were all one color, they wouldn't look nice; and maybe, if we weren't very hungry, we wouldn't eat enough to grow big and strong.

Jesus, I know there are some people who don't get enough food to eat, and they starve. I have never been that hungry—to starve. But some children starve. Please bless all the poor children in the world and help them get enough to eat. Help me never to waste food because it is really Your gift to us all.

(Listen to Jesus reminding you not to forget the hungry children.)

**Jesus, thank You for our food.  
I pray that everybody gets some.**

## **SAYING YES**

**J**esus, come into my heart. I love You. I want to learn to be more like You. Teach me how to say “Yes” when You talk to me in my heart and ask me to do something. I know that when Your heavenly Father asked You to come and take away our sins, it was hard, but You said “Yes.” When You sent an angel to ask the Blessed Virgin Mary to become Your holy mother, it was not easy for her, but she said “Yes,” too. All the holy people who are in heaven said “Yes” when You asked them to do something. I want to be like them.

Jesus, I know what we must do to please You. You want us to believe all the things You told us and to keep some rules which show us how to be good. And we should be baptized and go to Confession and Holy Communion. And we should pray. Sometimes, keeping the rules is the hardest. And, if we do all these things for You, Jesus, You will help us, and that will make it easier.

(It is good to be quiet a while with Jesus and let Him talk to you in your heart. Maybe He wants to tell you how He will help you all the time.)

**Jesus, help me to say “Yes” to whatever  
You want because I know You love me and  
ask me to do only what is good.**

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### ABOUT THE AUTHOR . . .

SR. MARY TERESE DONZE, A.S.C., is a gifted writer of prayers that move a child's heart during intimate moments with God. After 35 years of teaching in elementary and secondary schools, Sr. Mary Terese began a second career writing books for children, most recently, *I Can Pray About Anything!* (Liguori Publications). Also available from Creative Communications for the Parish is Sr. Mary Terese's *Step Up Close To Jesus: Stations of the Cross for Young People*.

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