

## Week 2 - Becoming a Humble Gift to God

**Sunday:** Watch Father Armando's video. Write down three reflections from the video that will help you in your prayer time this week.

**Monday:** Last week you focused on "moving the heart" in prayer. You now will begin progressing toward deeper communion with God in prayer. The Sacrament of the Eucharist is the most intimate union with God on earth. This union is enriched even further in the context of your daily union with Him in prayer. The Eucharist is a gift of humility. Christ humbling Himself to become food for us. **Today, reflect on the humility of Christ in the Eucharist. How does it speak of God's love for you?**

**Tuesday:** As you do every day, begin prayer by putting yourself in the presence of God. God humbled Himself enough to come to our level, showing us the way to holiness. **Begin growing in humility by reflecting on yourself in the presence of God.** How little you are, how seemingly insignificant. Yet, God loved you so much that out of love He created you, sustains you in life, and even died for you.

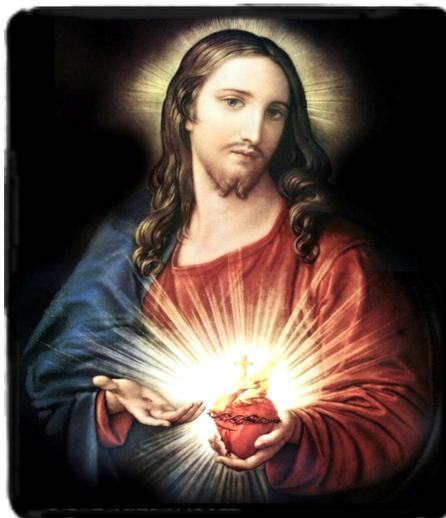
**Wednesday:** Humility opens the heart to receive God's love, mercy, and grace. **Today, reflect on the image below of Christ pointing to His Sacred Heart** that is on fire with charity for your soul and crowned with thorns in humility. Listen to His words: *"learn from me, for I am meek and humble of heart"* (Mt. 11:29)

**Thursday:** **Today in prayer, reflect on Matthew 5:3:** *"Blessed are the poor in spirit, for theirs is the kingdom of heaven."* Acknowledge yourself in the presence of God. Identify a specific area in which you are prideful. Bring this to Christ in prayer, asking for the grace to overcome it in your life each day.

**Friday:** Yesterday you identified a specific area in which you suffer from pride. Humility is an awareness of your faults and your blessings. It is not focusing on your wretchedness. It is acknowledging your whole self in the presence of God. **Today, reflect on a specific area that God has blessed you with humility.** Rejoice and give thanks for this in your prayer time.

**Saturday:** **Reflect in your prayer time on the words of our Blessed Mother in Luke 1:46-48.** How does Mary model for us perfect humility? Reflect on her state of life, the innocence of her young age, her bravery in submitting to God's will. Dialogue with her, asking her to obtain the grace of deeper humility and victory over self for you from God.

*\*See reverse side for activities for parents to help their children in prayer.*



## *Week 2 – Becoming a Humble Gift to God (For Parents and young Children)*

**Sunday** – Find a coloring page that represents the Holy Spirit. Ask your parents to print it out so you can color it during or after Mass today. Ask your parents to let you watch a short clip called “The Holy Spirit Comes” on YouTube. Here is the link: [https://youtu.be/IqG\\_lvZhU-A](https://youtu.be/IqG_lvZhU-A)

**Monday** – Add a prayer heart to your box.

**Tuesday** – Ask your parents to sit with you and pray about things you are grateful for. Parents: Ask your children what they appreciate and/or admire about their friends? Let’s help our children look for the gifts of others. Children: write down all the things you are grateful for, or littler children, draw a picture of who you love.

**Wednesday** – Put a prayer heart in your box today! Ask your parents to print this picture for you to color today! <http://stylebeyonce.com/x/2019/11/coloring-pictures-of-baby-jesus-in-manger-free-christ-photos-healing-the-sick-verses.jpg>

**Thursday** – Watch “Forgiven: The Blessings of Confession” from the Brother Francis series on **FORMED.ORG** (Under Kids).

**Friday** – Put another heart in your prayer box today!

**Saturday** – Ask your parents to follow this Link to print out “I will pray for” Worksheets from Pinterest: <https://cherigamble.com/2016/12/31/printable-prayer-journals-for-kids/amp/> Find one you want to do!