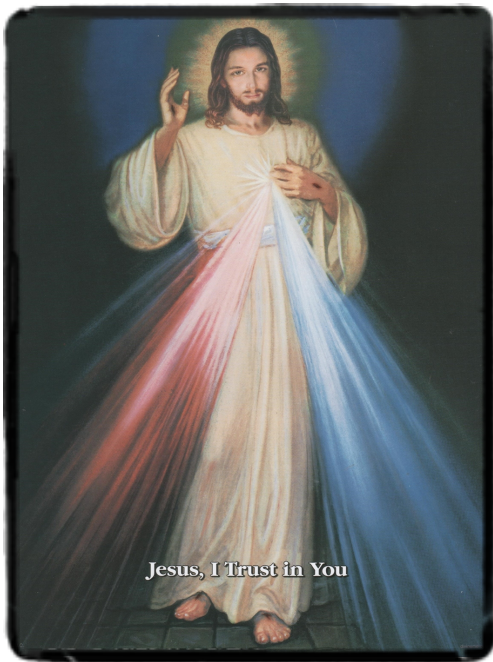


Week 4 - "Jesus I Trust In You"

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 reflected on the Eucharist as the Mystery of Faith. Faith is more than just "believing without seeing", it is rooted in the word and power of God revealed by Christ. This week you will move your heart to greater hope. The Eucharist is a sacrament of hope in that it is a manifestation of God's power to transform what is earthly into something heavenly. God's power is realized in you through your participation in prayer and the sacraments. **Today, reflect on the life and mission of Christ. He preaches to you, He calls you, He heals you, He dies for you. Respond with hope and trust in Him.**

Tuesday: Abandoning oneself to God takes hope and trust. Prayer is a relationship. It is a two-sided conversation. Moving your heart to trust means overcoming fear. Today, reflect on what you are afraid of most in this life. Remember, Christ was one of us "in all things but sin" (Heb. 4:15). **Move your heart to abandon these fears to the power of God.**



Wednesday: Reflect on the Divine Mercy image and phrase, focusing on God's merciful love revealed by Christ. He is all just and all merciful. He does not condemn sinners, He forgives them and heals them. He forgives and heals you. Open yourself to His mercy in prayer. **Express your hope in God's mercy and move yourself to let go of the past.**

Thursday: Today in prayer, reflect on Romans 5:3-4. Christ calls you to "deny yourself and take up your cross" (Mt. 16:24). **Reflect on God's providence in your suffering and temptation. God is in complete control.** He permits nothing to happen to you that He does give you the grace to handle with grace and holiness. Hope allows you to bear your cross. He is perfecting you each day that you open more to Him.

Friday: The Eucharist is an act of hope. Because of Christ's sacrifice, heaven is attainable for you. Without God's grace, nothing is possible. By receiving Christ in the Eucharist in a state of grace you open yourself to an outpouring of God's love and mercy that will perfect you and prepare you for eternal life with Him. **Reflect on this sacrifice that merits for you the Kingdom. Respond to God in prayer and listen for any specific sacrifices He is calling you to make in your own life to grow in humility, hope, and trust.**

Saturday: Reflect in your prayer time on the "magnificat" of Mary in Luke 1:46-55. How does Mary model perfect hope in God's power and providence? How did she have such trust in God at such a young age? Dialogue with Mary. Ask her these questions. Ask her to obtain the grace necessary for you to achieve such hope and trust in your Savior.

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

Week 4 – “Jesus I Trust In You” (Children’s Activities)

Sunday – Whole family activity: Sit in a circle. Everyone breathe in deeply, hold your breath for a couple of seconds and breathe out slowly noticing how your lungs feel when they’re full of air. Notice how the air feels on your hands if you hold them in front of your mouth and blow the air out slowly. The air is like the Holy Spirit. We can’t see air even though it’s all around us and we can’t see the Holy Spirit who is also all around us. We see the love that the spirit inspires in people and we feel the spirit in our own hearts just like we feel air in our lungs. Let’s breathe a prayer by drawing our breath in and out slowly saying:

“Breathe in the Spirit of God”

“Breathe out loneliness”

“Breathe in the peace of God”

“Breathe out fear”

“Breathe in the love of God”

“Breathe out anger”

“Breathe in the joy of God”

“Breathe out sadness”

Monday – Watch “Trust in God: Bible Studies for Life Kids” on YouTube: <https://youtu.be/pywvArsVXd4> ** Also : Add a prayer heart to your prayer box

Tuesday – Kids, ask your parents to go to this website: <https://ministry-to-children.com/t-is-for-trust-coloring-page/> and print out this fun coloring page for you to do!

Wednesday – Add a prayer heart to your box. Think about how you can trust God, and write down what your worries are, and send them to God on your prayer heart today!

Thursday – Watch an episode from ‘Lukas Storyteller’ on **FORMED.ORG** today (Under the ‘Kids’ section.)

Friday – Watch “Teach me to Pray” and episode from Cat.Chat on **FORMED.ORG** (Under the ‘Kids’ section.)

Saturday – Think of a prayer you would like to write to our Blessed Mother Mary today. Add it to your prayer box 12

****For the whole family**** Watch “Celebrating Mary: Learning About our Blessed Mother” an episode from Cat.Chat on **FORMED.ORG**