



# "FIVE ALIVE" PRACTICES *for Kids*

My young friends! As disciples, we are each called to discover, follow, worship, and share Jesus with others. There are many ways to grow our friendship with him, and I invite you to experience the presence of Christ through these "five alive" practices. Which ones have you tried? Which ones would you like to do more? Blessings as you continue to grow closer to Jesus. – Bishop David L. Ricken

**1. Mass — The ultimate prayer for Catholics.** As Catholics, we should attend Mass every Sunday – it's a celebration that leads us to what we call the source and summit of our Christian life, the Eucharist.

**Try it!** I encourage you to always make it the beginning of your week and, if you can, try to go another day or two during the week. You will be amazed at how your desire for Jesus increases!



**2. Lectio Divina — A way of reading and reflecting on the Scriptures.**

*Lectio divina* means "divine reading" or "spiritual reading" and opens us up to God's Word. Through this prayer process, we learn to listen to God, hear the Holy Spirit at work in our hearts, and find out what God wants to say to us.

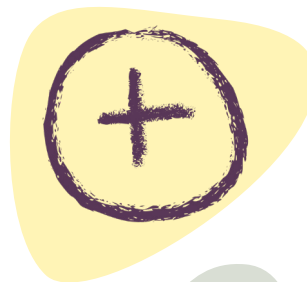
**Try it!** Open your Bible to the reading for the upcoming Sunday and follow the following steps: 1. Reading 2. Reflection 3. Response 4. Rest.



**3. Eucharistic Adoration — A special time of quiet in the presence of Jesus.**

At a Holy Hour service, Jesus, present in the host/bread, is placed front and center and displayed in a special vessel called a monstrance. This beautiful tradition brings us face-to-face with Jesus in the Eucharist.

**Try it!** Might I suggest staying after Mass for a little quiet time in the presence of the Blessed Sacrament in the tabernacle? Even a few moments in the presence of Jesus will fill you with grace and peace!



**4. Confession — Becoming who God created us to be.** We are blessed with a merciful God who knows us so well. He even wants us to share where we are fall short of who he is calling us to be. We all sin and confessing our sins to a compassionate priest brings us peace.

**Try it!** Look up when your parish has confession available and try to make this a frequent practice to grow deeper in your faith.



**5. The Rosary — Connecting with our Blessed Mother.** When you ask her something, she always answers. For me, it wasn't always what I thought or what I'd hoped, but was almost always better than what I had asked for!

**Try it!** Gather your family or a few friends together and pray the rosary. Or, start by learning the basic prayers: the Our Father, the Hail Mary, and the Glory Be.

