

DEAR LORD, HELP ME TO KNOW THE WAYS I HAVEN'T LOVED AS YOU LOVE ME.

Our Father

Just like our dad who we spend time talking to, playing with, and working with, we have to remember that God is our father.

Do I show God how much I love Him by praying every day, especially before meals, before I fall asleep, and when I get up in the morning?

who art in heaven

God is waiting for us in heaven. He loves us, and He wants us to be there with Him. To do that, we have to remember where we want to go – heaven – and follow the map He gives us – His word in the Bible, His signs and symbols all around us, the holy words and works of the Saints and the good people He puts in our lives.

Do I believe that God loves me and watches over me from heaven, even when I make bad choices?

Do I try to do the good things God would want me to, or am I forgetful in asking for His help?

Do I pay attention at Mass and during family prayer times so that I can hear God's word in the Bible and use what I learn from it?

Do I remember to trust that He will help me make the right choices that will bring me to Him in heaven?

hallowed be Thy name

God gave us His name so that we could pray and worship him, but it's easy to forget how important His name is. How do you feel when your name is yelled in anger by a friend or member of your family? It doesn't make you feel loved or appreciated, and that's just the same for yelling God's name.

Do I ever say, "God," or "Jesus," when I'm not talking about His goodness or speaking to Him in prayer? Do I use his name instead when I'm angry or frustrated?

Thy kingdom come

God wants for all people to be with Him in heaven. Out of thankfulness for the chance to be in heaven with him, we should do things that help others know God's love so they can get to heaven, too.

Do I do and say things that show how much I love God?

When others make fun of believing in God or being Catholic, do I lovingly correct what they're saying?

When I have the chance, do I say good things about being Catholic, going to Mass, and making good choices even when they're hard?

When I see others doing something mean, do I try to stop them or encourage them to make a better choice without forcing them to do it my way?

Thy will be done

As a kid, God gives us our parents to help us learn how to practice doing good things in small ways so that we can choose to do good things in big ways when we are adults. Doing good things is another way of saying, "doing God's will." God always wants us to show love to others, even when it's hard.

Do I do what my parents ask me to when they ask?

Do I follow instructions, even when they're not my idea or what I usually like, because I know it makes God happy?

Do I follow what my teachers say because my parents trust them to teach me?

Especially when I have to make big choices, do I pray about them, or do I just do what I want?

on earth as it is in heaven.

If we want heaven to be filled with love and all of God's creation, we have to fill earth with love, too. God gave us our bodies to do that while we're on earth.

Do I use my time to help other people?

Do I use my talents to show other people love?

Do I respect the earth that God gave us by treating plants and animal with care, and not being wasteful?

Give us this day our daily bread

God gives us so many gifts, sometimes we forget to be thankful for them. He made the whole world and all of the people in it just to show us how much He loves us.

Have I eaten the food that I'm given, or do I complain when it's not what I like?

Did I remember to thank the person who made my meals each day? Or the person that paid for them through his/her job?

Did I use some of my time to show thanks to the people that have shown me love?

Did I pay attention to the needs of others?

Did I give part of my allowance or birthday money to the poor?

Have I only been thinking about the things that I want to do instead of what my friends and family want or need to do?

Have I been sharing joyfully with my siblings and friends, or am I mad when I don't get something I want?

Did I thank God today in prayer for things like the sunset and the trees, my home, my family, or any other little things that make my day so joyful?

Did I take care of the toys, books, games, and other comforts my parents have given me by putting them away or cleaning them up?

and forgive us our trespasses

Sometimes, even when we want to do what's right, we still don't. That's when we really need to ask for forgiveness from God, and from anyone we may have hurt.

Did I lie?

Did I hurt someone by hitting or kicking or using my body in a way I shouldn't have?

Did I hurt someone with my words?

Did I apologize to anyone that I hurt?

Did I ask for forgiveness from God, too, for not respecting all of the people He created?

as we forgive those who trespass against us

There are also times when other people hurt us. God wants us to forgive them the way He forgives us.

Do I forgive my family and friends when they do something that hurts me, or am I still angry with them?

Do I lose my temper when someone hurts me, or do I try to be patient?

and lead us not into temptation

As you get older, you'll learn about an "occasion of sin." That's when you give yourself the chance to make a bad choice, even if you still choose good – like sticking a piece of candy in your pocket that you're not supposed to have, but not eating it. An occasion of sin makes the bad things we want to do much harder to say no to.

Do I try to sneak candy or other foods I know my parents don't want me to have?

Do I snoop for presents?

Do I try to listen to conversations I'm not supposed to hear?

but deliver us from evil.

God never wants the Devil to have any hold over us. He wants us to overcome all of our fears and love each other as He loves us.

Do I let fear of being made fun of keep me from showing my friends and family love?

Do I do the right thing even if someone else is trying to get me to do something I know is wrong?

Do I try to welcome new people and make new friends, even though that can seem strange?

Do I try to stay away from people who always want me to do things I think are mean?

AMEN.