

Tracing Prayer

With your finger,
slowly trace the outline of the cross.

Pray: "Jesus is with me."

Say it as many times as you'd like, letting
the words bring you near to God.



Light a candle

Turn on your
battery operated candle.

Never use a real candle and matches
unless you are with an adult!!

Jesus said,
"I am the light of the world"
and that we are
"light of the world," too!

(see John 8:12 & Matthew 5:14)

Take a deep breath,
look at the light, and
remember God is with you.