

How the Saints Might Teach Children to Pray

St Teresa of Ávila

Teresa of Ávila (1515–1582), also known as **Saint Teresa of Jesus**, was a 16th-century Spanish Carmelite nun, mystic, and writer. she reformed the Carmelite Order and became one of Christianity's most influential teachers of contemplative prayer. In 1970, she was proclaimed the first female **Doctor of the Church**.

Key facts

- **Born:** March 28, 1515, Ávila, Spain
- **Died:** October 4, 1582, Alba de Tormes, Spain
- **Canonized:** 1622 by Pope Gregory XV
- **Feast day:** October 15
- **Major works:** *The Way of Perfection* (1566), *The Interior Castle* (1577), *The Life of Teresa of Jesus*

Early life and vocation

Born Teresa de Cepeda y Ahumada to a devout Castilian family, she lost her mother young and was educated by Augustinian nuns. In 1535, she entered the Carmelite Convent of the Incarnation at Ávila. After years of illness and spiritual struggle, a conversion experience in 1555 set her on a lifelong path of reform and deep mystical prayer.

Carmelite reform

Distressed by lax observance in convent life, Teresa established the **Discalced Carmelites**, advocating poverty, enclosure, and contemplative discipline. Her first reformed convent, **St. Joseph's in Ávila** (1562), became the model for 17 additional foundations across Spain. Working with **John of the Cross**, she extended the reform to Carmelite friars, shaping a movement that emphasized **simplicity and union with God**.

Legacy and veneration

Teresa's teachings on mental prayer and interior transformation remain foundational to Catholic and broader Christian contemplative traditions. Venerated as patron saint of Spain and people in religious orders, she is commemorated annually on **October 15**. Her motto, "**Let nothing disturb you; God alone suffices**," continues to express her enduring message of serene trust in divine love.

Teresa of Ávila had a warm, practical approach to prayer and often described friendship with God in simple, personal terms. prayer with children in a Teresian spirit would likely be gentle, imaginative, and conversational rather than highly formal.

Here are some ways she might encourage children to pray:

1. Talk to Jesus like a friend

Teresa famously described prayer as "an intimate sharing between friends." With children She would probably encourage honesty rather than perfect words.

- "Jesus, thank you for today."
- "I'm worried about Grandma."
- "Please help me be kind."

2. Notice God's presence in everyday life

At the end of the day, children could ask:

- What made me happy today?
- When did I help someone?
- What am I thankful for?
- What do I want to tell Jesus before I sleep?

This resembles a simple examination of conscience but with gratitude at its center.

3. Pray with affection and trust

Teresa emphasized love over technique. She might tell children:

- God loves you.
- You don't have to earn God's attention.
- If you get distracted, simply come back and talk to Him again.

Her spirituality was marked by simplicity, friendship, and joy. If she were sitting with children, she would likely spend less time teaching complicated methods and more time helping them discover that God is near and delights in hearing their hearts.

St Augustine of Hippo

Augustine of Hippo (Aurelius Augustinus, 354–430 CE) was a North African bishop, philosopher, and theologian whose thought decisively shaped Western Christianity. As bishop of Hippo Regius (modern Annaba, Algeria) from 396 until his death, he formulated doctrines of grace, sin, and the Church that influenced Catholic, Protestant, and Orthodox traditions alike.

Key facts

- **Born:** November 13, 354 – Thagaste (Souk Ahras, Algeria)
- **Died:** August 28, 430 – Hippo Regius (Annaba, Algeria)
- **Major works:** *Confessions*, *The City of God*, *On Christian Doctrine*, *On the Trinity*
- **Feast day:** August 28
- **Venerated in:** Catholic, Orthodox, Anglican, and Lutheran traditions

Life and conversion

Raised by a Christian mother, Monica, and a pagan father, Patricius, Augustine excelled in rhetoric and pursued a career as a teacher in Carthage, Rome, and Milan. For nine years he followed Manichaeism before turning to Neoplatonism and ultimately converting to Christianity in 386 under the influence of Ambrose of Milan. Baptized in 387, he returned to Africa, was ordained in 391, and became bishop of Hippo five years later.

Theology and major ideas

Augustine articulated a comprehensive vision of God, humanity, and salvation. His *Confessions* pioneered introspective spiritual autobiography, tracing his journey from sensual ambition to divine grace. In *The City of God*, written after the 410 sack of Rome, he contrasted the earthly “City of Man” with the eternal “City of God.” He defined evil as the privation of good, emphasized the necessity of grace against Pelagian moral self-sufficiency, and introduced enduring concepts such as original sin and just war.

Influence and legacy

Augustine’s synthesis of classical philosophy with Christian revelation bridged antiquity and the Middle Ages. His ideas on grace and predestination inspired Thomas Aquinas, Martin Luther, and John Calvin. Thousands of medieval manuscripts testify to his influence, and he remains a “Doctor of the Church.” His thought continues to inform debates on faith, freedom, and human nature.

Augustine saw prayer primarily as the heart turning toward God in love and trust. Here are some themes he would probably emphasize:

1. Speak honestly to God

Augustine's own prayers, especially in Confessions, are remarkably personal. He would likely tell children:

- Tell God when you're happy.
- Tell Him when you're afraid.
- Say thank you.
- Ask for help when you've done wrong.

He would stress that God already knows our hearts, so there is no need to hide anything.

2. Learn and cherish the Lord's Prayer

Augustine preached extensively on the Our Father and considered it the model for all prayer. He would probably encourage children to pray it slowly and think about what each line means:

- "Our Father" — God is our loving Father.
- "Give us this day our daily bread" — God provides what we need.
- "Forgive us" — God is merciful.
- "Deliver us from evil" — God protects us.

3. Pray with love, not just words

Augustine taught that the deepest prayer is the desire of the heart. Even simple words spoken with love matter more than many words said without attention.

He famously wrote that our hearts are restless until they rest in God. With children, he might say:

"Love God, and talk to Him often."

4. Join prayer with kindness

Augustine often taught that prayer and love of neighbour belong together. He would likely remind children:

- Pray for your family and friends.
- Forgive others.
- Share with those in need.
- Let your actions become a kind of prayer.

Augustine would probably not expect children to master difficult ideas. He would encourage them to pray simply, to learn the Psalms and the Lord's Prayer, and to let their love for God grow gradually through daily habits of gratitude, trust, and charity.

St John Vianney

John (Jean-Baptiste-Marie) Vianney (1786–1859) was a 19th-century French Catholic priest renowned for his pastoral devotion, ascetic life, and extraordinary impact as confessor of the village of Ars-sur-Formans. Known as the “Curé of Ars,” he became a symbol of priestly holiness and was later named the patron saint of parish priests worldwide.

Key facts

- **Born:** May 8, 1786, Dardilly, France
- **Died:** August 4, 1859, Ars-sur-Formans, France
- **Canonized:** 1925 by Pope Pius XI
- **Feast day:** August 4
- **Patronage:** Parish and diocesan priests

Early life and priestly formation

Vianney grew up during the French Revolution, when public worship was suppressed, forcing him to receive sacraments secretly. Deeply moved by the courage of outlawed clergy, he pursued the priesthood despite limited schooling and severe difficulty with Latin. Under the mentorship of Father Balley in Écully, he was ordained in 1815 at age 29 .

Ministry in Ars

Assigned in 1818 to the neglected parish of Ars (population $\approx$ 230), he lived austere, reformed local religious life, and restored devotion to the sacraments. His humble preaching and compassionate discipline drew widespread admiration. Reports of miraculous insight and healing spread, transforming Ars into a pilgrimage site visited annually by tens of thousands .

Confessor and spiritual influence

Vianney was famed for spending up to sixteen hours a day hearing confessions, offering practical penances while atoning personally through prayer and fasting. He emphasized love of God and the Eucharist, saying, “*Prayer is nothing else but union with God.*” His spiritual direction reached clergy and laity alike, earning him the title “*Doctor of the Confessional.*”

Legacy and veneration

After his death on August 4, 1859, his body was found incorrupt and enshrined in the Basilica of Ars. Declared *Venerable* (1873), *Beatified* (1905), and *Canonized* (1925), he was proclaimed patron of all parish priests in 1929. His example continues to inspire pastoral ministry; modern popes, including Pope John XXIII and Pope Benedict XVI, have invoked his life as a model of priestly sanctity .

John Vianney, the Curé of Ars, had a very simple and affectionate understanding of prayer. His sermons and sayings suggest that he would encourage children to pray with sincerity, love, and confidence rather than with complicated words.

He might say to children:

1. Talk to Jesus from your heart

St. John Vianney often said that prayer is simply turning our hearts toward God. He would likely tell children:

- "Tell Jesus what makes you happy."
- "Tell Him when you're sad or afraid."
- "Thank Him for the good things He gives you."
- "Ask Him to help you be kind and good."

He once remarked that prayer is like opening one's heart to God.

2. Spend quiet time with Jesus

He loved silent prayer before the Blessed Sacrament. He told the story of a farmer who would sit in church and say: "I look at Him, and He looks at me."

For children, he might say:

- Sit quietly for a minute.
- Think about Jesus loving you.
- You don't always have to say many words.

3. Pray simply and often

He would probably encourage little prayers throughout the day:

He believed short prayers said with love are precious to God.

4. Be sorry when you sin and trust God's mercy

He spent countless hours hearing confessions because he believed deeply in God's mercy. He would tell children:

- Don't be afraid to say, "I'm sorry."
- God loves to forgive.
- Always come back to Him.

5. Let love be the most important thing

He once said: "Prayer is nothing else but union with God."

With children, he would probably explain: "Love Jesus, and tell Him that you love Him."

If St. John Vianney were sitting with young children, he would likely not begin with long explanations. He would teach them that prayer is being with Jesus—speaking to Him, listening to Him, and loving Him with a simple, trusting heart.

St Thérèse of Lisieux

Thérèse of Lisieux (1873–1897), born Marie Françoise-Thérèse Martin, was a French Discalced Carmelite nun and one of the most venerated modern saints of the Roman Catholic Church. Known as “*The Little Flower of Jesus*,” she exemplified a spirituality of humility, love, and trust in everyday life that profoundly influenced twentieth-century Christian devotion.

Key facts

- **Born:** January 2 1873, Alençon, France
- **Died:** September 30 1897, Lisieux (tuberculosis)
- **Religious name:** Thérèse of the Child Jesus and the Holy Face
- **Canonized:** May 17 1925 by Pope Pius XI
- **Doctor of the Church:** Proclaimed October 19 1997 by Pope John Paul II
- **Feast day:** October 1

Early life and vocation

The youngest child of Louis and Zélie Martin—both later canonized—Thérèse was raised in a devout home in Normandy. After her mother’s death when she was four, the family settled in Lisieux. Deeply religious from childhood, she experienced what she called her “Christmas conversion” in 1886, gaining inner strength and a resolve to enter religious life. At fifteen she received papal permission to join the Carmel of Lisieux, where two of her sisters were already nuns.

The “Little Way”

Within the cloister Thérèse developed her “*petite voie*” (“little way”)—a path to holiness through small acts of love, humility, and trust in God rather than heroic feats. Her emphasis on simplicity and childlike confidence presented sainthood as attainable for all believers. This teaching, recorded in her autobiographical *The Story of a Soul* (1898), became a classic of Christian spirituality, translated into dozens of languages.

Illness, death, and legacy

Stricken with tuberculosis, Thérèse endured great suffering while affirming faith and love until her death at twenty-four. Her last words—“My God, I love You”—summed up her life’s focus. Miracles attributed to her intercession spurred rapid canonization. She was later declared Patroness of the Missions and co-patron of France. The Basilica of Saint Thérèse in Lisieux and the worldwide *Society of the Little Flower* continue to attract millions of pilgrims.

Thérèse of Lisieux had a deep appreciation for spiritual childhood and would certainly encourage young children to pray. Although she did not write specifically for children, her “Little Way” is remarkably accessible and childlike in its trust and simplicity.

1. Talk to Jesus simply

Thérèse did not think prayer required fancy words. She wrote:

"For me, prayer is a surge of the heart; it is a simple look turned toward heaven."

She would probably tell children:

- Tell Jesus about your joys and worries.
- Thank Him for good things.
- Ask Him for help.
- Speak naturally, as to someone who loves you.

2. Trust God like a loving Father

The heart of her spirituality was trust. She would encourage children not to be afraid of God, but to run to Him with confidence, even after making mistakes.

She might say: "When you fall, let Jesus pick you up."

3. Offer little acts of love

Thérèse believed that small things done with great love are precious to God. She would encourage children to offer These little sacrifices and they become prayers when offered with love

- Share toys.
- Be kind to siblings.
- Help at home.
- Forgive others.

4. Don't worry about distractions

Thérèse experienced dryness and distractions in prayer herself. She would likely reassure children that if their minds wander, they can gently turn back to Jesus without becoming discouraged.

5. Love Jesus more than trying to pray perfectly

Thérèse once admitted that she often fell asleep during prayer and yet trusted in God's tenderness. She believed God delights in the love of His children more than in perfect performance.

St Francis of Assisi

Francis of Assisi (born Giovanni di Pietro di Bernardone, 1181/82–1226) was a 13th-century Italian friar, preacher, and mystic who founded the Franciscan Order. Renowned for his embrace of poverty and love of creation, he reshaped medieval spirituality and remains one of Christianity's most venerated saints.

Key facts

- **Born:** 1181/82, Assisi, Duchy of Spoleto (Italy)
- **Died:** October 3, 1226, Assisi
- **Canonized:** July 16, 1228, by Pope Gregory IX
- **Feast day:** October 4
- **Patronage:** Italy, animals, ecology

Early life and conversion

The son of a prosperous cloth merchant, Francis lived a carefree youth steeped in luxury and revelry. Captured during a local war and later struck by illness, he experienced a profound spiritual awakening. Around 1205, after hearing a divine call to “repair my house,” he renounced his inheritance publicly, exchanged his fine clothes for a beggar’s tunic, and began living among the poor, rebuilding ruined chapels near Assisi.

Founding the Franciscan movement

By 1209, Francis had gathered followers who shared his ideal of absolute poverty and itinerant preaching. Pope Innocent III granted informal approval to their “Order of Friars Minor,” later known as the Franciscans. The movement expanded rapidly, inspiring the foundation of the Poor Clares (with Clare of Assisi) and a lay Third Order for those outside monastic life.

Missionary work and mystical experiences

Francis travelled widely, even meeting the Sultan al-Malik al-Kamil in Egypt during the Fifth Crusade, preaching peace and mutual respect. In 1223 he staged the first live nativity at Greccio to emphasize Christ’s humility. A year later, during prayer on Mount La Verna, he received the stigmata—wounds mirroring Christ’s crucifixion—becoming the first known person so marked.

Legacy and veneration

Francis’s *Canticle of Brother Sun* expressed his vision of all creation praising God in unity. Canonized two years after his death, he was later proclaimed patron saint of Italy (1939) and of ecology (1979). His message of simplicity, peace, and reverence for nature continues to influence Christian thought and global movements for environmental and social renewal.

Francis of Assisi had a joyful, simple, and deeply loving approach to God. He might encourage children to pray with gratitude, wonder, and love for God and others.

1. Speak to God simply

Francis preferred heartfelt prayer over elaborate words. He might encourage children to speak to God as lovingly as they would speak to a parent or a friend.

He would probably tell children:

- Thank God for the things you enjoy.
- Ask Jesus for help when you're afraid or sad.
- Tell God that you love Him.
- Pray for your family, friends, and even people who are lonely.

2. Praise God for creation

Francis saw all creation as a gift from God. He would likely invite children to notice:

- The sun and stars.
- Birds and animals.
- Flowers and trees.
- Rain, rivers, and the changing seasons.

Prayer could be as simple as:

"Thank You, God, for the birds and the sunshine."

3. Love others through actions

For Francis, love and prayer belonged together. These acts of kindness become offerings to God. He would tell children:

- Be kind to your brothers and sisters.
- Share with others.
- Forgive when someone hurts you.
- Care for animals and respect creation.

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4. Keep prayer simple and frequent

Francis often repeated short prayers. Children might pray:

- "Jesus, thank You."
- "Lord, help me."
- "God, I love You."
- "Peace and good."

5. Spend quiet moments with Jesus

Francis valued times of silence and adoration. He would likely encourage children to sit quietly for a moment and remember that God is always near.

If St. Francis of Assisi were teaching young children, he would probably not focus first on long prayers or difficult ideas. He would help them discover that prayer is loving God, thanking Him for His gifts, rejoicing in creation, and showing that love through kindness and peace.

St Francis de Sales

Francis de Sales (1567–1622) was a Savoyard Roman Catholic bishop, theologian, and writer renowned for his gentle spirituality and pastoral wisdom. As Bishop of Geneva during the Counter-Reformation, he emphasized that holiness is attainable by all people, not only clergy or monastics, earning him recognition as a Doctor of the Church and patron saint of writers and journalists.

Key facts

- **Born:** August 21, 1567, Thorens-Glières, Savoy (France)
- **Died:** December 28, 1622, Lyon, France
- **Episcopal office:** Bishop of Geneva (1602–1622)
- **Canonized:** 1665 by Pope Alexander VII
- **Feast day:** January 24
- **Patronage:** Writers, journalists, deaf people, Salesian congregations

Early life and education

Raised in the noble de Sales family of Savoy, Francis was educated by Jesuits at the Collège de Clermont in Paris and earned doctorates in civil and canon law at Padua. A youthful crisis over predestination deepened his trust in divine love and shaped his lifelong theology of gentleness and freedom. Despite his father's ambitions for a legal career, he was ordained a priest in 1593.

Mission and episcopate

Assigned to re-evangelize the Calvinist region of Chablais, he used pamphlets and personal persuasion instead of polemics—an early use of printed tracts in pastoral outreach. Appointed bishop of Geneva in 1602, he governed from Annecy, reforming clergy education and promoting the spirit of the Council of Trent. His diplomatic tact and warmth won both Catholic and Protestant respect.

Spiritual writings

Francis's ***Introduction to the Devout Life (1608)*** and ***Treatise on the Love of God (1616)*** set out a “devout humanism,” urging believers in every vocation to love God through daily duties. His letters of spiritual direction with **Jane Frances de Chantal** exemplify his accessible guidance rooted in friendship and compassion.

Founder and legacy

In 1610 he and Jane Frances de Chantal founded the **Order of the Visitation of Holy Mary**, originally dedicated to charitable visitation of the sick and later a cloistered contemplative community. His theology of love influenced later saints and inspired the **Salesians of Don Bosco** and **Missionaries of St. Francis de Sales**. Canonized in 1665 and declared Doctor of the Church in 1877, he remains one of Catholicism's most widely read spiritual authors.

Francis de Sales was known for his gentleness, patience, and practical spirituality. He wrote mainly for ordinary Christians rather than monks, and his advice is especially well suited to children. His teachings suggest that he would guide young children with kindness and simplicity.

Here is how St. Francis de Sales would likely teach children to pray:

1. Begin with the love of God

Francis de Sales believed that God loves us first and invites us into friendship. He often emphasized love rather than fear. He would probably tell children:

- "Remember that God loves you."
- "You don't have to be afraid to speak to Him."
- "Come to Him with confidence."

2. Talk to God naturally

He encouraged conversational prayer. He would likely say that sincere words are more important than fancy words.

- "Thank You, God."
- "Jesus, help me today."
- "I'm sorry for being unkind."
- "Please bless my family."

3. Use your imagination

Francis de Sales recommended meditating on the life of Jesus. With children, he might invite them to:

- Imagine Jesus welcoming little children.
- Picture the shepherd carrying the lost sheep.
- Think about Jesus calming the storm or feeding the hungry.

Then he might ask: "What would you like to say to Jesus?"

4. Don't be discouraged by distractions

One of his best-known pieces of advice was to return gently to God whenever the mind wanders. He would probably tell children:

"If you become distracted, simply come back to Jesus peacefully."

He disliked harshness, even toward oneself.

5. Pray often with short prayers

He encouraged brief aspirations throughout the day, such as:

- "Jesus, I love You."
- "My God, thank You."
- "Help me to be kind."
- "Stay with me, Lord."

These little prayers help keep the heart close to God.

6. Make daily life a prayer

Francis de Sales taught that ordinary duties can be offered to God. He would say that these small acts, done with love, please God. Children can pray by:

- Doing schoolwork carefully.
- Helping around the house.
- Sharing with friends.
- Being patient and forgiving.

7. End the day with gratitude

He would likely encourage children to ask:

- What good things happened today?
- Did I show love to others?
- What do I want to thank God for?
- What do I want to ask forgiveness for?

Then entrust everything to God before sleep.

A prayer in the spirit of St. Francis de Sales

Lord Jesus,
Thank You for loving me.
Help me to love You and to love others.
Teach me to be gentle, patient, and kind.
Forgive me when I do wrong.
Stay with me today and always.
Amen.

If St. Francis de Sales were sitting with children, he would likely be calm, cheerful, and encouraging. He would not expect perfect attention or long prayers. He would teach them that prayer is simply lifting the heart to God with love and returning to Him gently whenever they forget. His motto, **"Nothing by force; all through love,"** captures well how he would probably teach children to pray.

St Ignatius of Loyola

Ignatius of Loyola (1491–1556) was a Spanish soldier-turned-mystic who founded the Society of Jesus in 1534, later approved by Pope Paul III in 1540. As the Jesuits' first superior general, he guided the order to become a leading force in the Catholic Counter-Reformation, emphasizing education, missionary work, and spiritual discernment.

Key facts

- **Born:** 1491, Loyola, Basque Country, Spain
- **Died:** July 31, 1556, Rome, Italy
- **Founded:** Society of Jesus, 1534 (approved 1540)
- **Major work:** *Spiritual Exercises* (1548)
- **Canonized:** March 12, 1622; Feast day July 31

Early life and conversion

Born Íñigo López de Oñaz y Loyola into Basque nobility, Ignatius first pursued a military career. Wounded by a cannonball during the Battle of Pamplona, he endured a long convalescence reading lives of Christ and the saints. The experience triggered a profound religious conversion: he exchanged his sword for a pilgrim's staff, performing penance and prayer at Montserrat and Manresa, where he began drafting what became *The Spiritual Exercises*—a structured guide to discerning God's will through contemplation and action.

Studies and priesthood

Determined to “help souls,” Ignatius studied Latin, philosophy, and theology in Spain and at the University of Paris, earning a Master of Arts. There he met companions including Francis Xavier and Peter Faber. Together they vowed poverty, chastity, and service to the pope, forming the nucleus of the Jesuit order. Ordained in 1537, Ignatius settled in Rome to organize the expanding society.

Founding the Society of Jesus

Under Ignatius's leadership, the Jesuits combined disciplined spirituality with global mobility. The *Constitutions* he wrote shaped a distinctive form of religious life focused on obedience, adaptability, and intellectual rigor. At his death the order numbered about 1,000 members in Europe, Asia, and the Americas. He also founded the Roman College (precursor to the Pontifical Gregorian University) and promoted schools worldwide.

Legacy

Canonized in 1622, Ignatius became patron of soldiers and spiritual retreats. His *Spiritual Exercises* remain central to Jesuit and broader Christian practice, embodying his motto *Ad Majorem Dei Gloriam*—“for the greater glory of God.”

How Ignatius of Loyola **might teach** children to pray

Ignatius of Loyola would probably teach children to pray in a way that is personal, imaginative, and attentive to God's presence in everyday life. Although his famous *Spiritual Exercises* were written for adults, many of his ideas can be adapted very naturally for young children.

Here is how St. Ignatius might advise children to pray:

1. Talk to Jesus like a friend

Ignatius often ended his meditations with what he called a "colloquy"—a heart-to-heart conversation with God. He would encourage children to speak honestly and simply. He might say:

- Tell Jesus what made you happy today.
- Tell Him what worries you.
- Ask Him questions.
- Thank Him for His love.

2. Use your imagination

Ignatius loved praying with scenes from the Gospel. It's called **Imaginative Prayer**. He might invite children to imagine:

- Sitting with Jesus as He blesses little children.
 - Walking beside Him on the road.
 - Listening to Him tell stories.
 - Being present when He feeds the crowd or calms the storm.
- Then he might ask:

- "What do you see?"
- "What would you like to say to Jesus?"
- "How do you think Jesus looks at you?"

3. Notice where God is in your day

Ignatius taught people to look for God in all things. At bedtime, children could ask:

- What made me happy today?
- When was I kind?
- Did I hurt anyone?
- What do I want to thank God for?
- What do I want help with tomorrow?

This simple review of the day reflects the **Ignatian Examen**.

4. Pray with gratitude

Ignatius believed gratitude opens the heart to God. He would likely encourage children to thank God for:

- Family and friends.
- Meals and playtime.
- Nature and animals.
- People who love and help them.

5. Don't worry about praying perfectly

Ignatius knew that prayer takes practice. He would probably encourage children not to be discouraged by distractions but simply to return their attention to Jesus.

A simple "Ignatian Examen" for children

At bedtime:

1. **Thank God** for something good today.
2. **Remember** your day with Jesus beside you.
3. **Say sorry** for anything unkind.
4. **Ask for help** for tomorrow and think how you can be better.
5. **Rest** knowing God loves you.