



# Virtual Petrus Reflection Guide

Feel free to pray in whichever way you'd like; there is an activity, a silent guided meditation, or a letter from Jesus and space for you to journal and write back to Jesus. Pray however you feel called to do so.

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**If you were given one billboard to communicate to others who you are, what would you include on the billboard? (illustrations, words, etc.)**

**What do you think God would add to your billboard?**

**What was the difference between how you see yourself and how God sees you?**

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Spend a few minutes with these steps, or as long as you need to create that space of silence for the Lord.

## Mother Teresa said, “In the Silence of the Heart God Speaks.”

As you begin to pray, follow these steps to create a space of silence in which God can speak:

Take a deep breath, and exhale slowly.  
Continue to breathe deeply and slowly.

Focus your eyes on Jesus on the altar.  
Or close your eyes if that is helpful.

Clear your mind of any thoughts  
and distractions

Pray in your Heart, “Holy Spirit, come.  
Holy Spirit teach me how to pray.”

When you are ready, read the letter from Jesus and take some time to respond in the space below.

## My Dear Child,

There is nothing that happens that I do not notice. I know you. I see you. I love you.

I am proud of you. Let me tell you the truth of who you are:

You are beautiful. You are smart. You are funny. You are delighted in.  
You are loved. You are good. You are mine.

Maybe you don't believe me. But I say, “Do not let your hearts be troubled. (John 14:1) I will not leave you as orphans. (John 14:18) I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him because it neither sees him nor knows him. But you know him, for he lives with you and will be in you (John 14:16-17). The Advocate, the Holy Spirit, will teach you all things and will remind you of everything I have said to you. (John 14:26). Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not be afraid (John 14:27).”

## Dear Jesus,

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