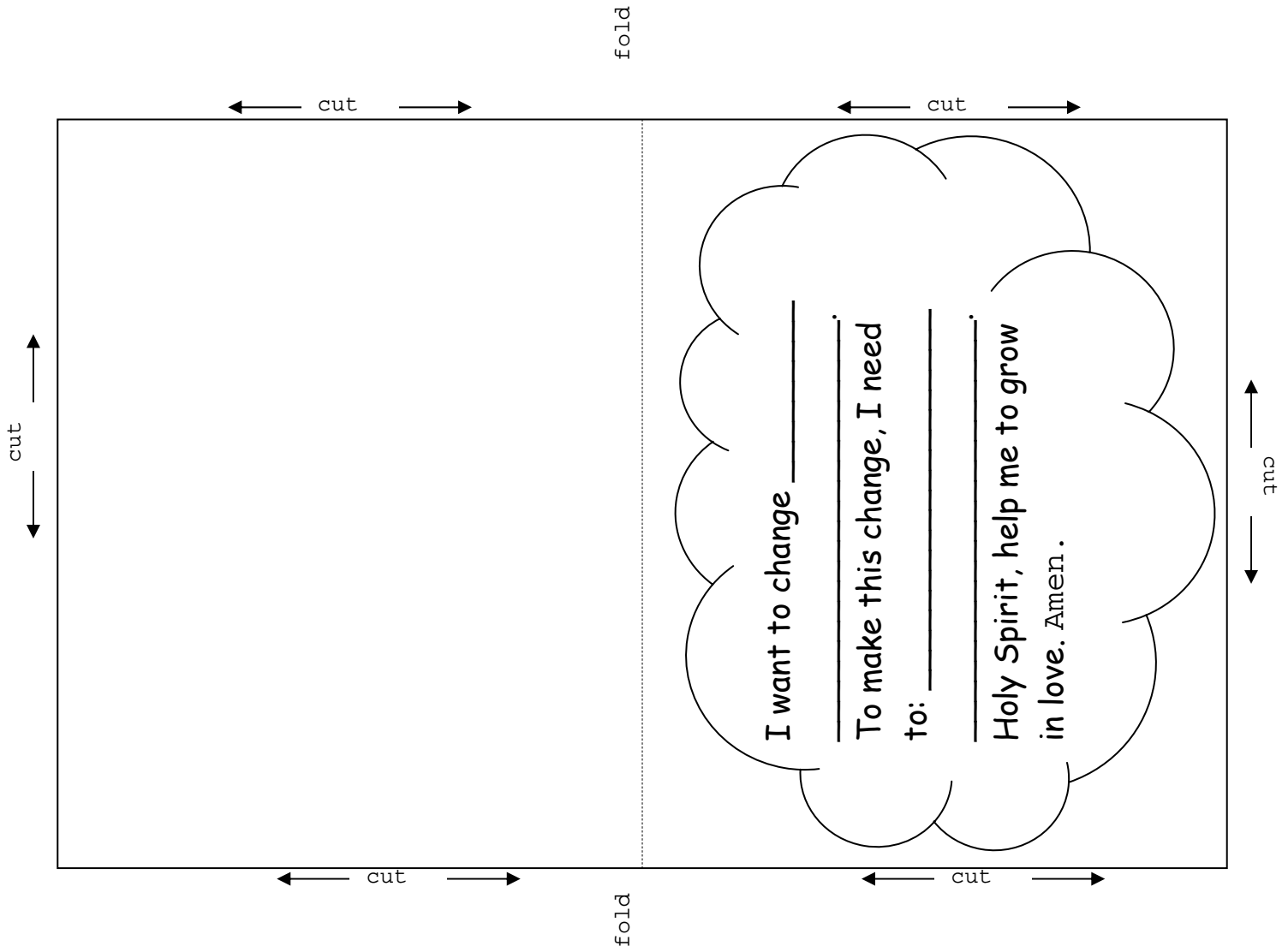


# I Pray for Help

Prayer is an important way to help you change and grow in love. Think about one way you want to change and be more loving. Put that way on the card. Cut out your card and fold it like a book with the words inside. Then, silently say the prayer.



**Family Note:** Your child is learning that prayer is an important way to receive God' help to change and be more loving. If you wish, each person in your family could fill out a copy of this card and then pray together, "Holy Spirit, help this family to grow in love."

**Catechist Note:** Use this activity with Chapter 5, "Returning to Love." Explain that these responses will be kept private. After the young people have filled in the lines, help each young person cut out the card and fold it in half with the answers inside for privacy. Pray the prayer together. Then, suggest that the young people say the prayer as often as they wish at home.