

wisdom, he should ask God Who gives to all generously and ungrudgingly and he will be given it" (James 1:5).

wisdom, he should ask God Who gives to all generously and ungrudgingly and he will be given it" (James 1:5).

Fr. Wade Menezes, CPM

The Fathers of Mercy

806 Shaker Museum Road, Auburn, KY 42206

(270) 542-4146 www.fathersofmercy.com

E-mail: vocations@fathersofmercy.com

(With the permission of the Superior)

PRAYER FOR OUR FAMILY

Heavenly Father,

most good and gracious God,
sustain our family in Your love.

Make our family home a place
where holiness and love abound.

in our daily actions, help each one of us
to learn to be more like Jesus.

Aid our family to imitate the Holy Family
of Nazareth: Jesus, Mary and Joseph.

Help our family to learn from the
good example of those families
that especially please You in their way
of life. May our family members learn
to give good example always by
living lives in true Christian faith,
hope and love. Assist our family
in learning to bear pain and suffering
as Jesus did. Aid our family members,
too, in overcoming difficulties
and carrying their crosses.

Help our family life to lead to
Jesus Christ, the Source of all truth
and happiness.

We ask this through Your Son, our Lord
Jesus Christ, Who lives and reigns
with You in the unity of the Holy Spirit,
one God for ever and ever.

Amen

St. John Paul II's Address to Youth:

"The Church needs you. The world needs you, because it needs Christ, and you belong to Christ. And so, I ask you to accept your responsibility in the Church, the responsibility of your Catholic education: to help by your words and, above all, by the example of your lives—to spread the Gospel. You do this by praying, and by being just and truthful and pure.

Dear young people: By a real Christian life, by the practice of your religion you are called to give witness to your faith. And because actions speak louder than words, you are called to proclaim by the conduct of your daily lives that you really do believe that Jesus Christ is Lord!"

Pope John Paul II Society of Evangelists

P.O. Box 5584, Bakersfield, California 93388

E-mail: info@pjpiisoe.org Phone: 661 393-3239

<https://www.pjpiisoe.com> Pamphlet 284



Ten Commandments of Children and Teens

Fr. Wade L. J. Menezes, CPM

**"Children, obey your parents
in the Lord, for that is what
is expected of you.**

**'Honor your father and mother'
is the first commandment to carry
a promise with it: 'that it may go well
with you, and that you may have
long life on the earth.'"** Ephesians 6:1-3

I. Realize that you are a child of God, made in His image and likeness; you are fearfully and wonderfully made, created in God's image and likeness for a distinct purpose here on earth – a purpose that He has in mind *specifically* and *especially* for you. As a human person made in the image and likeness of God, you are unique, precious and unrepeatable. Given all these wonderful Truths, prayer – that is, communication with God – must be an important part of your *daily* life.

II. Realize that Jesus lives in your heart. He is there to inspire you, console

and guide you each step of the way. Try to receive Him in Holy Communion at Mass every Sunday and to go to the Sacrament of Confession at least once a month. Remind your parents of the importance of these two Sacraments in the life of a committed Catholic Christian. Also, never underestimate the importance of sacramentals in your life. Sacramentals are "sacred signs" which bear a certain resemblance to the Sacraments and by means of which spiritual effects are signified and obtained through the prayers of the Church" (*Catechism of the Catholic Church, Glossary*).

Examples of sacramentals include the Sign of the Cross, holy water, enrollment in the Brown Scapular, religious medals, blessings, pilgrimages, processions, the Stations of the Cross, sacred art, rosaries and the veneration of relics. While sacramentals do differ from the seven Sacraments, they are still very important in the life of a Catholic Christian.

III. Be open to the Holy Spirit, especially as He guides you through the lives and work of your parents, your parish priest(s) and your teachers. These people in your life are God's instruments of love, direction and protection for you. Thank God daily for the role they play in your life.

IV. Be careful of the TV programs you watch, the internet sites you access and

the kind of music you listen to. So much of it today is filled with violence, sexual immorality, arrogance and selfishness. As one young person has said, "Garbage in, garbage out. Jesus in, Jesus out."

V. Realize that your body is a temple of the Holy Spirit and that your sexuality is a great gift from Almighty God. Pray *daily* to our Blessed Mother and to St. Joseph to help you keep yourself pure and loving in the sight of Almighty God: Father, Son and Holy Spirit. Be modest in the way you dress and thus in the way you act. "Modesty" and "chastity" are two interrelated moral virtues that demand practice by one who strives to live virtuously. Watch out for the language you use: do not get into the habit of cursing or using slang.

VI. Often tell your mother and your father how much you love and appreciate them. Try not to take them for granted. As you grow older, you will greatly appreciate how much they sacrificed for you, to raise you in a loving, Christian home.

VII. Be loving and kind to your parents and to your brothers and sisters. Children actually contribute to the *growth in holiness of their parents*: "Each and every one should be generous and tireless in forgiving one another for offenses, quarrels, injustices and neglect. Mutual affection suggests this. The charity of Christ demands it" (cf. Matthew 18:21-22;

Luke 17:4; *Catechism of the Catholic Church*, 2227). Remember how sensitive *you* become when someone hurts *your* feelings. Treat your siblings in the same way you would like them to treat you. This same rule applies to your friends as well: treat them in the same way that you would like them to treat you.

VIII. While being kind to everyone, do be selective of your friends: "Birds of a feather flock together." Choose friends wisely. It is true: "Show me your friends and I'll show you your life." Remember, too, that St. Paul states: "Bad company corrupts good morals" (1 Corinthians 15:33). Choose friends who possess good character and high morals.

IX. Set aside an hour or so for study each evening and enlist the aid of your parents and older brothers and sisters to help you. Education is a lifelong process. We are always learning. In this sense, every family is a "home school." Home schooling, by the way, is a wonderful thing, if it is carried out in a balanced manner and if at least one parent is truly *called* and *capable* to oversee, in a special way, the academic training of the children.

X. Ask God to show you what He wants you to be as you grow older. Ask Him and trust Him to put His plans for you in your mind and heart. This is often the way God works. It says in Sacred Scripture (the Bible), "If any of you lacks