



# Eucharist

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** Glory to you, Lord. “Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving.”<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate the Eucharist.

**INTRODUCE TOPIC & SCRIPTURE** **Matthew 11:28** “Come to me all of you who are weary and find life burdensome and I will refresh you”

## BREATH-WORK & GRATEFULNESS

**BODILY PRAYER VERSE** (Based on Psalm 106:48) **“Blessed be You, O Lord, through all eternity.”**

**MEDITATION** **“The Eucharist is Jesus!** The Eucharist is nothing less than Jesus’ complete and Personal gift of Himself to us—**Body, Blood, Soul and Divinity**—under the appearances of bread and wine in the consecrated Host, the Blessed Sacrament. Jesus stays with us in the Blessed Sacrament to refresh us in mind, heart and spirit by lavishing on us those graces that encourage us, console us, strengthen us, guide us and inspire us to place all of our trust in His Sacred Heart, so that the power of His love may cast out every fear, doubt, worry and anxiety we have.<sup>3</sup>

Pope St. Pius X said, “The devotion to the Eucharist is the most noble because it has God as its object; it is the most profitable for salvation, because It gives us the Author of Grace; it is the sweetest, because the Lord is Sweetness Itself.” And Archbishop Fulton Sheen describes the Eucharist as, “The point where God and the soul meet—God with all His graces, the soul with all its wants.”

**RESOLUTION** (Re-read Scripture.) “The Bread of Life will help the body as well as the soul, if we have faith... [After receiving the Eucharist] ... enjoy the sweet peace that comes from simply being with the One who loves you the most, Jesus in the Most Blessed Sacrament. Come close to that loving Host and pour out your heart's bitterness into His heart. Let your tears flow freely in His presence as if you were upon His breast. ...There you will find peace in your worries, light in your difficulties, and firmness in the execution of your good resolutions. There your thirst for affection will be satisfied<sup>4</sup>... Rest in His presence... *Mary, intercede for us that all who are nourished by Christ’s body and blood may be filled with his Holy Spirit and become one mind, one heart, one body.*

**ENDING PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You.*

*Mary, Our Lady of the Most Blessed Sacrament: **pray for us**; St. Joseph: **pray for us**; St. Gregory (or saint of the day): **pray for us**.* In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Missionaries of the Blessed Sacrament, <http://www.acfp2000.com/Sections/sec11.html>

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\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

