

A minute with Jesus for the Eucharistic Revival

A minute with Jesus may be used in parish communications, in schools, parish Faith Formation Programs, and with families etc. The purpose of *A minute with Jesus* is to help provide better understanding and deeper love for Jesus in the Eucharist, in concise proclamations that can be remembered. Each proclamation is dated as they correspond with the liturgical year. However, these short proclamations can be used anytime. The words in parenthesis are simplified phrasing for younger children.

The use of Sacred Art with *A Minute with Jesus* will be helpful but not necessary. To provide Sacred Art that corresponds with each Proclamation, Google, for the first one, “icon of our Heavenly Father” and click on “Images” to choose a beautiful image. Pull up the image or print a high resolution picture. For the first two, it would be helpful to explain that our Heavenly Father is not an old man, but the way He is portrayed in art.

The week of October 23

1. “God is love.”

It’s so important to remember that God is not just loving but He is LOVE itself. Our Heavenly Father reveals (shows us, helps us to understand) that He is love and that He desires to share His love by creating us. He created each one of us out of love. Our Heavenly Father only wants to love us.

Let’s pray this right now and every day this week: Heavenly Father, thank you for Your love for me.

[Picture](#) of Our Heavenly Father

The week of October 30

2. God created you out of love.

He will never stop loving you. Our Heavenly Father speaks these words to us in the Bible: “My steadfast (unwavering, always ongoing) love shall not depart from you.” (Isaiah 54:10) God proved His love for us in this way: “God so loved the world that He gave His only Son, so that whoever believes in Him may not die but may have eternal life.” (John 3:16)

Let’s pray this right now and every day this week: Heavenly Father, help me to know how much You truly love me.

[Picture](#) of Our Heavenly Father

The week of Nov. 6 with a focus on thanksgiving

3. God wants you to spend eternity with Him.

Our destiny (goal) is to spend eternity in Heaven with the Blessed Trinity (Father, Son and Holy Spirit). Jesus was willing to die for us so that we may be with Him in Heaven forever. Jesus came on this rescue mission to save His children so that we can spend eternity with Him.

Let’s pray this right now and every day this week: Jesus, help me to receive Your love. I am so **thankful** for You and that You want me to be with You forever.

[Picture](#) of Jesus with a young person

The week of Nov. 13 with a focus on thanksgiving

4. **God created you to be His beloved son or daughter so that you may spend eternity with Him.**

God is our Creator, and He only wants what is best for us. We must remember! It is *our* choice: we want to knowingly be open, and receive God's love; or we can refuse it. God gives us this freedom to choose Him.

Let's pray this right now and every day this week: God, help me not to prefer anything more than You, nor to substitute anything for You. **Thank You** for the grace that will always strengthen me to choose You above everything.

Picture of Jesus with a young person

The week of Nov. 20 with a focus on thanksgiving

5. **Jesus is our greatest Friend.**

Jesus loves each one of us and desires to be with us always. Jesus gives Himself to us in the Holy Eucharist, so that **He** can live in our heart. The Holy Eucharist is Christ's Body and Blood. We know that Jesus is our greatest Friend because He gives Himself to us completely in the Holy Eucharist. The word Eucharist means thanksgiving.

Let's pray this right now and every day this week: Jesus, **Thank You** for giving Yourself to me and being my closest Friend.

Picture of Jesus

The week of November 27 - the first week of Advent

6. **How do we get to know Jesus better?**

Jesus knows each one of us better than we know ourselves and He loves us. Friendship always involves two persons. We want to get to know this Person who loves us so much, through reading the Scriptures (the Bible). As we enter Advent, it is a perfect time to read the Scriptures and remember how Jesus came to us, born as an infant.

Let's pray this right now and every day this week: Jesus, give me the desire to read the Bible a few minutes each day. This week, read the words of the Annunciation of Gabriel to Mary that she will be the mother of the Son of God in Luke 1: 26-38

Picture of a Bible

The week of December 4 - the 2nd week of Advent

7. **How do we get to know Jesus better?**

We get to know Jesus better by being with Him "in person." We do that at Sunday Mass. At the Mass Jesus is present personally and truly in the Holy Eucharist. He meets us there, and He wants to listen to us, as well as speak to us through the Scripture readings and prayers of the Mass.

Let's pray this right now and every day this week: Jesus, give me the desire to read the Bible a few minutes each day. This week, read how Mary responds to the words of the angel about her cousin Elizabeth by going to serve her in Luke 1: 39-56.

Picture of a Bible

The week of December 11 – the 3rd week of Advent

8. Does Jesus understand everything about me?

Jesus knows exactly what you are feeling and understands. Where you are, Jesus has been; He shares every joy and every pain with you.

Let's pray this right now and every day this week: If you have something painful in your heart, speak with Jesus about it and give it to Him. This week, read from Scripture how the angel appears to Joseph and guides him to take his wife Mary into his home in Matthew 1: 18-25.

Note: Mary and Joseph were married in the Jewish tradition, which is referred to as being betrothed. There are 2 parts to betrothal: marriage and then, after one year, sharing a common home.

Picture of a Bible

The week of December 18 – the 4th week of Advent

9. Jesus wants to stay with us always.

Jesus loves each one of us so much that He gives Himself to us in Holy Communion at Mass. We receive Jesus Himself. When the priest prays the words of Jesus over the bread and wine at Mass, they are no longer bread and wine but the Body and Blood of Christ. Jesus gives Himself to us because He wants to stay with each one of us always.

Let's pray this right now and every day this week: Jesus, thank You that You desire to stay with us always. This week, read from Scripture about the birth of the Christ Child in Luke 2: 1-7

Picture of a priest elevating the Blessed Sacrament at Mass.

The Week of Christmas – December 25

A Minute with Jesus

10) Jesus came into the world to save us.

Jesus was born in Bethlehem, which means "house of bread." Because there was no room in the inn (motel) Jesus was born in a stable and laid in a manger, which is significant because it is a feeding trough for animals. This was all part of God's plan for His birth on earth, to point to the fact that Jesus came to save us. This is really the whole meaning of Christmas. Jesus came to give us Himself as food – He literally is the Bread of Life – supernatural bread (this is Jesus Himself) that saves us, that spiritually nourishes and strengthens us with His grace.

Let's pray this right now and every day this week: Jesus, thank You for coming into the world as our Savior. This week, read how the birth of Jesus took place in Luke 2: 1-7

Picture of Jesus in the manger with Mary and Joseph

The week of January 1

A Minute with Jesus

11. Jesus came to earth as an infant, born of Mary

Mary was prepared to be the Mother of our Savior; by God's favor she was created "full of grace" and free from sin. The Savior – Jesus – was to be called Emmanuel, which means "God is with us." Jesus will remain with us throughout our life as we receive Him in the Eucharist.

Let's pray this right now and every day this week: Jesus, thank You for the gift of Mary, Your Mother, through whom the world received You as our Savior. This week, read how this glorious news was revealed to the Shepherds in Luke 2: 8-20

[Picture](#) of Mary holding the Infant Jesus

The week of January 8

A Minute with Jesus

12. Wise men came to worship Jesus

Wise men from far away saw an incredibly bright star moving across the sky. They followed the star to see where it would take them. It led them to the Infant Jesus. The wise men gave precious gifts to the Savior, gifts for a king: gold, frankincense and myrrh. They knew that Jesus was a great king, even though He looked like a small Child. Jesus gives us the greatest Gift – the Gift of Himself in the Eucharist again and again in a life-giving encounter.

Let's pray this right now and every day this week: Jesus, the wise man brought You precious gifts. But, thank You for giving us **the most precious Gift** of Yourself in the Eucharist. This week, read how the wise men came to worship Jesus and bring Him gifts in Matthew 2:1-12

[Picture](#) of the wise men bringing Gifts to Jesus

The week of January 15 *A Minute with Jesus*

13. Jesus' name means "God saves"

The angel told Joseph in a dream that this Child was to be called "Jesus, for He will save His people from their sin" (Matthew 1: 21). *Jesus saves us* from our sin by dying on the Cross and then giving us His Resurrected Body in the Eucharist. The Holy Eucharist is the Church's most precious treasure. What a Gift, that we may have a life-giving encounter with Jesus, truly present in the Eucharist.

Let's pray this right now and every day this week: Jesus, thank You for coming into the world to give us the greatest Gift – Yourself in the Holy Eucharist. This week, read the account of the angel appearing to Joseph in Matthew 1: 18-25

[Picture](#) of Jesus

The week of January 22 *A Minute with Jesus*

14) Why does Jesus want to stay with us always?

You know that Jesus wants to stay with you always because He loves you unconditionally (completely). Why? Because He wants to be with the person He loves. How do you (we) know He loves you so much? Jesus gave His life for you by dying on the Cross so that your sins can be forgiven. Let's pray this right now and every day this week. Thank You Jesus that You want to be with me all the time.

This week read Psalm 139: 13-16 which speaks of how well God knows me and how close He is to me.

[Picture](#) of Jesus with a person.

The week of January 29 *A Minute with Jesus*

15) Why does Jesus want to live in your heart?

God has created each person absolutely unique - there is only one of you. Jesus knows you and loves you, and wants to be with you always. Jesus has a love in His Heart that only you can receive. If you don't receive Jesus' love for you, it will be "wasted." And likewise, you have a love in your heart that only you can give to Jesus. If you don't give that love, there will be an empty place in Jesus' Heart. Let's pray this right now and every day this week. Jesus, I want to receive all the love You have for me and I want to give You all of my love.

This week read about how much God loves you in John 3:16. To make this personal, replace the "the world" with your own name.

Picture of Mary Magdalene falling down at Jesus' feet.

February 5 *A Minute with Jesus*

16) Jesus is truly present in the Holy Eucharist.

When we look at the consecrated Host at Mass, our eyes see only bread, but the reality is we are looking at Jesus truly present. Jesus, grant me the grace to believe this truth, that though "hidden", You are truly present in Holy Communion. It is important to remember that what we are not able to see with our eyes, we grasp by choosing to believe – with faith's consent.

Let's pray this right now and every day this week: Lord, I want to believe. Please help me to believe that what You say is true, especially helping the part of me that sometimes questions.

This week, read about the father of a sick boy who asked Jesus to help him believe what seemed impossible in Mark 9:20-27.

Picture of Jesus with the father of the sick boy

February 12 *A Minute with Jesus*

17) Jesus wants us to know He is continually with us.

Oftentimes, our mind begins to wander at Mass because we only see bread and wine. What contributes to our distractions is the bombardment of noise and images on our mind that come through our physical senses (hearing, seeing). Therefore, we are much less attuned to the world of the spirit and the much deeper spiritual realities that are right here, all around us.

Let's pray this right now and every day this week: Jesus, help me to learn to be quiet and reveal to my heart the truth that this is really You present under the appearance of bread and wine.

This week, read about Jacob in the desert, who was very much afraid, and came to realize that God was present right there with him. As with Jacob, we can say as we pray before the Blessed Sacrament, "Surely the Lord is in this place, and I did not know it." (Genesis 28:10-17)

Picture of Jacob and the ladder

February 19, with the beginning of Lent on Ash Wednesday *A Minute with Jesus*

18) Jesus will help us believe what we cannot understand.

The Lord always comes in to strengthen and confirm our faith in response to our desire to believe. He actually even uses our hesitation in accepting His true Presence in the Eucharist to bring us to a deeper, more lively faith in the truth of this mystery.

Let's pray this right now and every day this week: Jesus, please strengthen my faith to believe that You are truly present in the Holy Eucharist.

This week, read how Jesus responds to those who are questioning the mystery of the Eucharist in John 6: 52-59

Picture of Jesus teaching a group of people

February 26 – First Week of Lent *A Minute with Jesus*

19) We need God's help to believe

The Eucharist is beyond our ability to grasp fully. The Eucharist is a mystery, which means we would not know this is Jesus' Body and Blood without the Lord specifically saying these words to us in Scripture. We can understand this mystery to an extent, but not fully because this mystery is of God, Who is infinite.

Let's pray this right now and every day this week: Jesus, please open my heart to believe that You are truly present in the Holy Eucharist.

This week, read how St. Paul speaks of this mystery of the Eucharist in 1 Corinthians 11:23-26

Picture of a Bible

March 5 – Second Week of Lent *A Minute with Jesus*

20) As Catholics, we believe that Jesus is truly present in the Eucharist.

We humbly give our assent to what has been handed on to us for the last 2,000 years through the one Church that Jesus founded. This assent (giving our "yes – I choose to believe") involves our commitment to persistence in prayer and study of Scripture in asking Jesus for deeper understanding regarding His true Presence in the Eucharist.

Let's pray this right now and every day this week: Lord Jesus, "I believe; please help my unbelief."

This week, read how a father gives his assent to believing that Jesus can heal his son in Mark 9:20-27.

Picture with Jesus who is with the father of a sick boy

March 12 – Second Week of Lent *A Minute with Jesus*

21) As you take "steps forward," your faith in Jesus' true Presence in the Eucharist will grow.

We cannot simply convince ourselves through reason that Jesus is truly present in the Eucharist. One of the best ways to grow in this faith is to spend some time in conversation with Jesus, truly present in a Catholic Church. Go there and share something with the Lord that is on your heart. You will notice that probably without saying or feeling anything special, you will leave with a quieted heart.

Let's pray this right now and every day this week: Jesus, help me commit to spending some time in conversation with you in Church.

This week, read about how we can always find Jesus in His Father's house in Luke 2:41-51.

Picture of a tabernacle inside a Catholic Church

March 19 – Fourth Week of Lent

22) Spend time in Jesus' Presence and you will gradually come to know that Jesus is indeed there.

The desire to strengthen your faith requires some action on your part. It helps to go to the Church and spend time, with the mindset that Jesus is there. Take your problems and speak with Jesus. Even if you leave without anything seemingly having happened, you will gradually come to know Jesus is indeed there.

Let's pray this right now and every day this week: Lord, help me to spend a few minutes in Church and talk with You.

This week, read how Jesus healed a blind man so that he could now see all of God's gifts in John 9:1-41.

Picture of Jesus healing the blind man.

March 26 – Fifth Week of Lent

23) Jesus is the "living Bread from Heaven."

Jesus said, "I am the living bread that came down from Heaven; whoever eats this bread will live forever." (John 6:51). Jesus gave this living bread for the first time to His Apostles at the Last Supper. Jesus gives this living Bread to us in Holy Communion. The **living** Bread is Jesus Himself.

Let's pray this right now and every day this week: Jesus, please strengthen my faith to believe that You are the "living Bread" received in Holy Communion.

This week, read the explanation that Jesus gives that He is the "living Bread from Heaven" in John 6:48-51

Picture of a person receiving Holy Communion

April 2 – Palm Sunday begins Holy Week

24) Jesus wants to live in our heart always

At the Last Supper, Jesus gave His Apostles – the first priests – the power to change the bread and wine into His Body and Blood. All priests have received this same power. At Mass, as the priest speaks the words of Jesus, the bread and wine become His Body and Blood by the power of the Holy Spirit. Jesus wants us to receive Him at Mass every Sunday because He wants to live in our heart.

Let's pray this right now and every day this week. Thank you Jesus for Father _____ (include the name of your priest here) as he stands in for You, and thereby, we are able to receive You in Holy Communion at Mass.

This week, read the passage of Jesus instituting the Holy Eucharist at the Last Supper in Matthew 26:26-28.

Picture of a priest at Mass

April 9 – Easter Sunday

25) Jesus rose from the dead on Easter Sunday.

Jesus is alive! We receive the living resurrected Christ in Holy Communion. Jesus holds nothing back in the Holy Eucharist. He gives Himself completely to us when we receive Him at Mass every Sunday. Receiving His Resurrected Body and Blood will raise us to live with Him forever.

Let's pray this right now and every day this week: Jesus, help me to realize that You are alive, and every time I receive You, that You are alive in me.

This week, as we celebrate Easter, make a practice of saying to family members and friends a greeting that was common for the early Christians after the Resurrection: "Jesus Christ is risen!"

This week, read about how St. John the Apostle came to believe that Jesus was alive in John 20:1-9.

Picture of the risen Christ

April 16 – Divine Mercy Sunday

26) The Eucharist is the Great Miracle of Mercy

In His great love for us, Jesus gave us a great miracle of mercy: The Sacrament of the Holy Eucharist. God did not only become man in the Incarnation to give His life for us on the cross and to rise again in glory for our salvation. The Incarnation also looked forward to Jesus remaining physically with us in the Eucharist as we journey through this life. The Divine Mercy Image of Jesus with the white and red rays represents our Eucharistic Lord, whose Heart has been pierced and now pours forth the water of Baptism and the Precious Blood of the Eucharist as a fountain of mercy for us.

This week, as we continue the Easter Season and celebrate Divine Mercy Sunday, let's pray right now 3 times the words that Jesus gave St. Faustina: "Jesus, I trust in *You!*"

This week, read how Jesus appears to Thomas who was not present when He first appeared to the Apostles after His Resurrection. Thomas, when He does see Jesus, falls before Him and says "My Lord and My God". John 20:19-29

Picture of the Divine Mercy Image of Jesus and/or Jesus with Thomas putting his finger into His side

April 23 – Third Week of Easter

27) The Eucharist is the Risen Christ

On Easter Sunday, two disciples were leaving Jerusalem without hope as they believed that the Savior was dead. Jesus joined them as they walked but the disciples did not recognize Him as He now had a glorified body. When Jesus sat down with the disciples at Emmaus, they recognized Him in the "breaking of bread," which was the Eucharist.

Let's pray this right now and every day this week: Lord, make my heart burn with a desire to read Your Word in Sacred Scripture.

This week, read how Jesus explained how He fulfilled the Old Testament in His Passion, Death and Resurrection, and allowed the disciples to recognize Him in the breaking of the bread in Luke 24:13-

35.

Picture of Jesus walking with the disciples on the road to Emmaus

April 30 – Fourth Week of Easter

28) Why does Jesus give us Living Bread

Jesus loves us more than anyone, and He wants to dwell within us. Through Baptism, we become children of God. As part of His Family, Jesus wants to guide us on the right path – to live a life with joy and peace. He knows we need His help and this is how He strengthens us to follow Him, giving us the spiritual food that we need to have the power in order to follow His Way.

Let's pray this right now and every day this week: Jesus, I believe that You are the "living Bread" come down from Heaven. Please strengthen my belief.

Let's pray this right now and every day this week: In your own words thank God for the gift of your Baptism in which you became a child of God and are privileged to receive Jesus in Holy Communion. This week, read how Peter addressed the great crowd of people, encouraging them to repent and be baptized in Acts 2:14a, 36-41.

Picture of a child being baptized and/or Jesus giving First Communion to a child.

May 7 – Fifth Week of Easter

29) Confession – a preparation for receiving the Eucharist

The best way to prepare to receive Jesus in the Holy Eucharist is by going to Confession (also known as the Sacrament of Reconciliation, Penance). We want to receive Him with a clean heart. If it is not possible to go to Confession before receiving Jesus, make a sincere Act of Contrition in your heart, and as always pray with sincerity the prayer at Mass, "I confess to Almighty God..."

A sin that is mortal – serious or grave – requires Sacramental Confession before receiving Holy Communion. If you are not sure about this, speak with a priest. **Children: or teacher/catechist**

Let's pray this right now and every day this week: Jesus, please give me the grace to be truly sorry for my sins.

This week read how God calls us out of darkness into His own wonderful light in 1 Peter 2:9-10?

Picture of an adult going to confession with a priest

May 14 – Sixth Week of Easter (Mother's Day)

30) Eucharist means thanksgiving.

When we receive Jesus, we want to receive Him sincerely and thank Him for the total gift of Himself to us. When receiving Holy Communion, we receive the gift of Jesus Christ and then we give heartfelt thanks to God for this tremendous blessing. This thanksgiving is the only proper response, for through this gift of Himself in the celebration of the Eucharist under the appearances of bread and wine, Christ gives us the gift of eternal life with Himself in Heaven.

Let's pray this right now and every day this week: Jesus, help me to have a grateful heart, most especially to our Heavenly Father, to You, and to the Holy Spirit.

This week read how St. Peter speaks words of thanksgiving for all that God our Father has done for us through Jesus Christ in 1 Peter 1: 3-9

Picture of a person receiving Holy Communion

May 21 – Seventh Week of Easter

31) Receiving the Eucharist – Our Closest Union with Jesus on Earth

The Mass is a re-presentation of the Holy Sacrifice that Jesus made of Himself on the cross for our salvation. Because God is outside time and space, at Mass we offer the same sacrifice that Jesus offered for our sins. When we receive Holy Communion at Mass, we are receiving Jesus Himself, which is our closest union with Him on earth. Jesus feeds our souls, strengthening us to be faithful. Let's pray this right now and every day this week: Jesus please strengthen me to be committed to coming to Mass early so that I can spend some time quietly preparing to be united with You in Holy Communion

This week read the words of Jesus about remaining in Him and He in us in John 6:54-58.

Picture of Jesus at the Last Supper