

## ***A minute with Jesus during the Eucharistic Revival***

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. *A minute with Jesus* may be used during times of personal prayer, with families, in parish communications, in schools, parish Faith Formation Programs, and organizations etc. 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 to look at while you are reflecting on the text, or print a high resolution picture. Note, for the first two, our Heavenly Father is not an old man, but the way He is portrayed in art.

### **The week of October 15**

#### ***A Minute with Jesus***

##### **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 – 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. We are able to recognize His love in that Our Father sent His only Son to give Himself to us in the Eucharist and to give His life for us on the Cross.

- Let’s pray this right now and every day this week: Heavenly Father, thank you for Your love for me.
- This week, read how St. John the Evangelist explains how we know that God is love: “Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because **God is love**. In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us” (1 John 4: 7-12).
- **Suggested Picture** of Our Heavenly Father

### **The week of October 22**

#### ***A Minute with Jesus***

##### **2. God created me out of love.**

God will never stop loving me. Our Heavenly Father speaks these words to me in the Bible: “My steadfast (unwavering, always ongoing) love shall not depart from you” (Isaiah 54:10). God proved His love for me 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). God’s boundless love includes Jesus establishing one Church and instituting seven Sacraments so that we may be united with Him. The closest union we can have with Jesus on earth is receiving the Eucharist – His own Body and Blood.

- Let's pray this right now and every day this week: Heavenly Father, help me to know how much You truly love me.
- This week, read how nothing can separate us from the love of Jesus Christ, except our own choice to reject His love in Romans 8:35, 37-38.
- **Suggested Picture** of Our Heavenly Father

### The week of October 29

#### *A Minute with Jesus*

#### **3. God gave you a soul that will live forever.**

God created you with a body and a soul. Your soul allows you to think and choose. Your soul gives you the power to choose what is right and good, most importantly to choose to love God and be faithful to Him. We choose to receive God's love when we receive Jesus in Holy Communion at Mass.

- Let's pray this right now and every day this week: Heavenly Father, help me to always choose to love and be faithful to You.
- **Suggested Picture** of Our Heavenly Father

### The week of November 5

#### *A Minute with Jesus*

#### **4. God wants you to spend eternity with Him.**

God desires that you spend eternity in Heaven with the Blessed Trinity – Father, Son and Holy Spirit. Jesus was willing to die for you so that you may be united with Him forever in Heaven. Jesus came on this rescue mission to save His children so that all of us can spend eternity with Him. Our closest union with Jesus on earth is receiving the Holy Eucharist – Jesus Himself – at Mass.

- 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.
- **Suggested Picture** of Jesus with a young person

### The week of Nov. 12

#### *A Minute with Jesus*

#### **5. 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 us choose to receive God's love by receiving the Eucharist – Jesus Himself.

- 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 19 – The week of Thanksgiving

### *A Minute with Jesus*

#### **6. 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 Nov 26

### *A Minute with Jesus*

#### **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 prepare to 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, please 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 Dec. 3

### *A Minute with Jesus*

#### **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 Dec 10

### *A Minute with Jesus*

#### **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 Dec 17

#### *A Minute with Jesus*

#### **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 Dec 24

#### *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 Dec 31

#### *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 Jan 7

#### *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 Jan 14

#### *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 Jan 21

#### *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 Jan 28

#### *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

### The week of Feb 4

#### *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

### The week of Feb 11

#### *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 the Eucharist 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

### The week of Feb. 18

#### *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

### The week of Feb. 25

#### *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 1Corinthians 11:23-26
- **Picture** of a Bible

### The week of March 3

#### *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

### The week of March 10

#### *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

### The week of March 17

#### *A Minute with Jesus*

#### **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

### The week of March 24 – Holy Week

#### *A Minute with Jesus*

#### **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

### **The week of March 31 - Easter Sunday**

*A Minute with Jesus*

#### **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 Him to live 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 that was common after the Resurrection with the early Christians to say to family members and friends, "Jesus Christ is risen; He is alive!"
- **Picture** of the risen Christ

### **The week of April 7 – Divine Mercy Sunday**

*A Minute with Jesus*

#### **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

### The week of April 14 – Third Week of Easter

*A Minute with Jesus*

#### 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

### The week of April 21 – Fourth Week of Easter

*A Minute with Jesus*

#### 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 under His protection. He knows we need His help to follow Him. Jesus gives us the Holy Eucharist - His Body and His Blood - to strengthen us to follow His Way.

- 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 Jesus says that He is the Living Bread in John 6:51.
- **Picture** of a child being baptized and/or Jesus giving First Communion to a child.

### The week of April 28 – Fifth Week of Easter

*A Minute with Jesus*

#### 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.

- 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

### The week of May 5– Sixth Week of Easter

*A Minute with Jesus*

#### 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 - the greatest Gift possible. 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

### The week of May 12 The Ascension of Our Lord into Heaven

*A Minute with Jesus*

#### 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 the same sacrifice that Jesus offered for our sins is made present. When we receive Holy Communion at Mass, we are receiving Jesus Himself, which is our closest union with Him on earth. Taking His Body and Blood into our own bodies, we are united with Him in a deep and intimate bond. Jesus feeds our souls, strengthening us to be faithful by loving and serving Him through serving others, most especially those in need.

- 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

### The week of May 19– Pentecost

*A Minute with Jesus*

#### 32) The Holy Spirit and the Eucharist

Even after the Apostles had experienced the Risen Christ, they were afraid. They gathered with Mary on the day of Pentecost and prayed behind locked doors, waiting as instructed for the Gift of the Holy Spirit. After the Holy Spirit descended upon them on Pentecost, the Apostles were no longer afraid and were equipped to fulfill their mission. It is the same for us today. When we receive the Eucharist, we also receive God the Holy Spirit, to abide in the depths of our hearts. If we allow Him, the Spirit of Truth will transform us and we will no longer be afraid, but be equipped with peace and strength for our mission. Let us then prepare for each Eucharistic encounter in the same way the Apostles prepared for Pentecost, "in prayer ... with Mary ..." (Acts 1:14).

- Let's pray this right now and every day this week: the Sequence for Pentecost  
Come, Holy Spirit, come!  
And from your celestial home Shed a ray of light divine!  
Come, Father of the poor! Come, source of all our store! Come, within our bosoms shine.  
You, of comforters the best; You, the soul's most welcome guest;  
Sweet refreshment here below;  
In our labor, rest most sweet; Grateful coolness in the heat; Solace in the midst of woe.  
O most blessed Light divine, Shine within these hearts of yours, And our inmost being fill!  
Where you are not, we have naught, Nothing good in deed or thought,  
Nothing free from taint of ill.  
Heal our wounds, our strength renew; On our dryness pour your dew;  
Wash the stains of guilt away:  
Bend the stubborn heart and will; Melt the frozen, warm the chill;  
Guide the steps that go astray.  
On the faithful, who adore And confess you, evermore In your sevenfold gift descend;  
Give them virtue's sure reward; Give them your salvation, Lord;  
Give them joys that never end. Amen. Alleluia.
- **Picture** of the Holy Spirit coming upon Mary and the Apostles (Note: The dove, tongues of fire and wind are Biblical symbols that the Person of the Holy Spirit is present.)

### The week of May 26 **Most Holy Trinity**

#### *A Minute with Jesus*

#### **33) The Eucharist and the Most Holy Trinity – Father, Son and Holy Spirit**

Jesus gave His life for us so that our sins can be forgiven and we can be united in a relationship of love with the Father, Son and Holy Spirit. We refer to the Father, Son and Holy Spirit as the most Holy Trinity – three Persons in one God. When we receive the Eucharist, in reality, we are not only receiving the Body and Blood of Jesus, but all three Persons of the Blessed Trinity.

- Let's pray this right now and every day this week: "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you" (Paul's Letter to the Corinthians 13:13)
- **Picture** of the Blessed Trinity: Jesus is a Divine Person with a Divine nature and human nature and so in Sacred Art, He is depicted in His human nature – as a man. Our Heavenly Father and the Holy Spirit are Persons. They are pure spirit and do not have bodies, and so in Sacred Art, our Heavenly Father is represented by a grandfather and the Holy Spirit is represented by the Biblical image of a dove.

## The week of June 2 – Solemnity of the Body and Blood of Christ: Corpus Christi

*A Minute with Jesus*

### 34) The Holy Eucharist is Jesus Christ, really and truly present.

The Feast of Corpus Christi celebrates the Most Holy Body and Blood of Christ. At the consecration of every Mass, the priest prays the words which Jesus Himself pronounced over bread and wine, “This is My Body,” “This is My Blood.” The bread is no longer bread, and the wine is no longer wine. We receive Jesus Himself as nourishment for our souls.

- This week read these words of Jesus every day: “Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise him on the last day” (John 6: 54).
- Let’s pray this right now: Corpus Christi Sequence (shortened form)

Lo! the angel's food is given  
To the pilgrim who has striven;  
see the children's bread from heaven,  
which on dogs may not be spent.

Truth the ancient types fulfilling,  
Isaac bound, a victim willing,  
Paschal lamb, its lifeblood spilling,  
manna to the fathers sent.

Very bread, good shepherd, tend us,  
Jesu, of your love befriend us,  
You refresh us, you defend us,  
Your eternal goodness send us  
In the land of life to see.

You who all things can and know,  
Who on earth such food bestow,  
Grant us with your saints, though lowest,  
Where the heav'nly feast You show,  
Fellow heirs and guests to be. Amen. Alleluia.

- **Picture** of the Last Supper

## The week of June 9

*A Minute with Jesus*

### 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 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 Jesus healing the blind man.

### **The week of June 16 – Father’s Day**

*A Minute with Jesus*

#### **35) Our Response is Thanksgiving**

When we receive Jesus, we want to thank Him for the total gift of Himself to us. This Gift of the Eucharist empowers us to live our lives with thankful hearts as we follow Him with trust and commitment.

- Let’s read and pray this right now and every day this week: We have a Heavenly Father who loves each one of us, in an absolutely unique way as expressed in Scripture: “Every good and perfect gift comes down from the Father of lights, with Whom there is no variation or shadow caused by change” (James 1:17).
- In thanksgiving, let us pray the *Our Father* prayer, remembering both our Heavenly Father and our earthly father.
- **Picture** of our Heavenly Father

### **The week of June 23**

*A Minute with Jesus*

#### **36) The word Eucharist actually means thanksgiving**

The Sacrament of the Eucharist is an action of thanksgiving to God. We want to thank our Heavenly Father for His works: creating the whole world and each one of us; sending His Son to redeem us through His Death and Resurrection; healing and purifying us through the grace of the Sacraments; and giving us the gift of Eternal Life with Him. At Mass, when we receive Jesus in the Eucharist, it is the most important time to give thanks.

- Let’s pray this right now and every day this week: “Rejoice always, pray without ceasing, **give thanks** in all circumstances; for this is the will of God in Christ Jesus for you” (1Thessalonians 5:16-18).
- This week, read how Jesus gave thanks to God in Luke 22:14-20.
- **Picture** of a group of people giving thanks at Mass

### **The week of June 30**

*A Minute with Jesus*

#### **37) The Eucharist is called the Lord’s Supper**

On the night before He was crucified, Jesus had a meal with His Apostles in the Upper Room. It was at this “Last Supper” before He died that He instituted the Holy Eucharist. This was Jesus’ way of

remaining with us throughout all time. During supper, Jesus changed the bread and wine into His Body and Blood, saying “This is My Body which is given for you” as He will be crucified the next day. “This cup which is poured out for you is the new covenant in My Blood” (Luke 22:19b-20). Jesus offered His Body and His Blood on the cross so that we could be adopted into the family of God and live united with Him on earth and forever in Heaven.

- Let’s pray this right now and every day this week: Jesus, thank you for always remaining with us in the Holy Eucharist.
- This week, read how Jesus celebrated the Last Supper in Luke 22:7-20.
- **Picture** of the Last Supper

### **The week of July 7**

*A Minute with Jesus*

#### **38) The Eucharist is called the Breaking of Bread**

At the Last Supper, Jesus gave thanks, then blessed and broke the bread and gave it to the Apostles. Jesus repeated this action on the day of His Resurrection as He shared a meal with the disciples in Emmaus. The disciples had left Jerusalem, believing that Jesus was dead. As Jesus walked with the disciples to Emmaus, they did not recognize Him. It was in the “breaking of the bread” that He opened their eyes to recognize Him as the risen Lord. This transfigured Bread and Wine – the Eucharist – as *the* Gift of Himself to them, and now to us.

- Let’s pray this right now and every day this week: Jesus, please grant me the grace to recognize You in the Holy Eucharist – please reveal this reality to my heart!
- This week, read the passage of the disciples recognizing Jesus in “the breaking of the bread” in Luke 24:13-35.
- **Picture** of Jesus eating with the disciples in Emmaus

### **The week of July 14**

*A Minute with Jesus*

#### **39) The Eucharist is called the Memorial of the Lord’s Death and Resurrection**

Jesus instructed the Apostles at the Last Supper to “do this in memory of Me.” The Eucharist is a memorial, but this means much more than recalling something to mind, or remembering an event from the past. “In Sacred Scripture the *memorial* is not merely the recollection of past events,” but at Mass, they become present and real so that our lives may be conformed to them. “When the Church celebrates the Eucharist, She commemorates Christ’s Passover [Jesus passing over from death to life], and it is made present: the sacrifice of Christ offered once for all on the Cross remains ever present” (*Catechism of the Catholic Church*, paragraphs 1363, 1364). So never forget the true meaning of the word “Memorial”.

- Let’s pray this right now and every day this week: Jesus, please help me to prepare beforehand to enter into the Memorial – the making present – of Your Death and Resurrection at Mass.
- This week, read how St. Paul describes the Last Supper in 1 Corinthians 11:23-26.
- **Suggested: Picture of a priest celebrating Mass at a parish**

### The week of July 21

#### *A Minute with Jesus*

#### **40) The Eucharist is called the Holy Sacrifice**

A sacrifice is the act of giving up something highly valued for the sake of something else considered to have a greater value or claim out of love for another person and/or for God. The perfect sacrifice was Christ's death on the Cross, by which He offered Himself to the Father out of love for us, which accomplished our salvation. The Holy Mass is a sacrifice because it is the re-presentation and the memorial of Christ's sacrifice on the Cross. The sacrifice of Calvary is being made –present in an unbloody manner on the altar at Mass.

- Let's pray this right now and every day this week: Jesus, please give me the grace to appreciate the sacrifice that is made present at every Mass in which You offer Yourself to the Father out of love for me.
- This week, read Luke's account of Jesus offering Himself in sacrifice to the Father for love of us in Luke 22:14-20.
- **Suggested: Picture of a priest holding up the consecrated Host**

### The week of July 28

#### *A Minute with Jesus*

#### **41) The Eucharist is called Holy Communion**

When we receive Holy Communion at Mass, we are receiving Jesus Himself, which is our closest union with Him on earth. As we receive Jesus' Body and Blood into our own body and soul, we are united with Him in a deep and intimate bond. Jesus feeds our soul, strengthening us to be faithful by following Him and loving and serving Him through serving others, particularly those in need.

- Let's pray this right now and every day this week: Jesus, thank you for the incredible treasure of Holy Communion in which You allow us to be united with You in the closest possible bond of friendship and love.
- This week, read how Jesus encourages us to "remain" in Him in John 15:4-5.
- **Suggested: Picture of a person receiving Holy Communion**

### The week of August 4

#### *A Minute with Jesus*

#### **42) The Eucharist is called the Holy Sacrifice**

A sacrifice is an offering of love for someone. Jesus rescued us and set us free from the bondage of sin by offering Himself through His painful **sacrifice** on the Cross. At each Mass, Jesus offers Himself to the Father for love of us. Jesus is not being "re-sacrificed" but the sacrifice of Calvary is being made present at each Mass. To express our gratitude and to open our hearts more deeply to Him, we can show our love by offering small **sacrifices** to Him: our willingness to forgive after being hurt by someone, cutting our time short with TV to take time for prayer, visiting someone who is sick etc.

- Let's pray this right now and every day this week: Thank You, Jesus, for loving me so much that You were willing to die in order to save me and set me free from the bondage of sin.



- This week, read how we are to imitate Jesus by walking in the way of love in Ephesians 5:2 “Walk in the way of love, just as Christ loved me and gave Himself up for me as a fragrant offering and sacrifice to God” (Ephesians 5:2).

- **Suggested: Picture of Jesus on the Cross**

### **The week of August 11**

*A Minute with Jesus*

#### **43) The Eucharist is called Holy Mass**

The word “Mass” comes from the Latin word “Missa.” Missa is related to the word “missio,” the root of the English word “mission.” At Mass, we come to receive the Eucharist – the Real Presence of Jesus. He gives Himself to us out of love, to strengthen us in living out the Christian life. At the end of Mass, we are dismissed with the words, “The Mass is ended, let us go in peace to love and serve the Lord.” Each of us are sent on mission, to show our love for God by loving and serving others and passing on the Catholic Faith to them. We want to help others to know the Truth – Jesus Christ – so that they also can find peace, which only He can give.

- Let’s pray this right now and every day this week: Jesus, please give me the courage to speak about my friendship with You in simple ways to others, when the opportunity arises. And let my actions speak louder than any words I say.
- This week, read how we are to serve others in Hebrews 6:10. “Through love serve one another.”
- **Suggested: Picture of a priest blessing the people at the end of Mass**

### **The week of August 18**

*A Minute with Jesus*

#### **44) At Mass, we want to focus on God**

When we go to Mass, we want to think about God. This is our set-aside time with Jesus and we are to speak with and listen to Him because the Mass is the official public worship of God by the Church. This is the way that God invites us to worship Him as laid out in the Bible. Jesus wants us to sincerely focus on Him and what is happening at the altar. When we get distracted: don’t get upset, but say a little prayer – ever so simple – and turn your thoughts gently and peacefully back to the Mass.

- Let’s pray this right now and every day this week: Jesus, help me to stay focused on You and what is happening at Mass every Sunday (or Saturday evening).
- This week, read how we are to give thanks to the Lord in Psalm 95:1-6
- **Suggested: Picture of people looking toward the altar**

### **The week of August 25**

*A Minute with Jesus*

#### **45) At Mass, the Scripture Readings prepare us to receive Jesus**

There are two major parts to the Mass: the Liturgy of the Word and the Liturgy of the Eucharist. In the Liturgy of the Word, we listen to three Readings and a Psalm from Sacred Scripture (the Bible). These Readings help us recall all that God has done for us: His love and His plan for us. We stand up

for the third Reading – the Gospel, the most important Reading – because Matthew, Mark, Luke and John deliver the message that Jesus brings, and include quotations of His very own spoken words. After the Gospel, the priest or deacon help us to understand these Readings from the Bible and how to apply the message to our daily life in order to be a more faithful follower of the Lord. Hearing the Words of Scripture and the Homily which follows helps our hearts to receive Jesus in the Eucharist.

- Let's pray this right now and every day this week: Jesus, help me to come to Mass with an open heart, ready to hear the Readings from Scripture and the Homily in order to know You better.
- This week, read from the Letter of Paul to Timothy about the importance of God's Word: "All Scripture is inspired by God and is useful for teaching, for reproof, correction and training in righteousness, so that the man (or woman) of God may be fully competent and equipped for every good work" (2 Timothy 3:16-17)
- **Suggested: Picture of a Bible**

### **The week of September 1**

*A Minute with Jesus*

#### **46) Jesus Wants to Remain within Us**

The second part of the Mass is the Liturgy of the Eucharist. We know that Jesus wants to remain with us – to abide within us. We celebrate at Mass the enduring self-gift of Jesus Christ by which He fulfills His promise to remain with us always (unless we choose to separate ourselves from Him through serious sin.) When we receive the Eucharist, we are united to Jesus. He dwells within our heart. This is why the Eucharist is called Holy Communion.

- Let's pray this right now and every day this week: Jesus, please continue to "stay with me", to abide in me so that I can be strengthened as Your faithful follower.
- This week, read how after the Resurrection Jesus walked with two disciples, explained the Scriptures to them and then celebrated the Eucharist so that they could abide in Him in Luke 24: 13-35
- **Suggested: Picture** of a person receiving Holy Communion

### **The week of September 8**

*A Minute with Jesus*

#### **47) We Respond with Thanksgiving after Receiving Jesus in Holy Communion**

Through the power of the Holy Spirit, and the words of Jesus repeated by the priest, a miracle happens at every Mass. The substance of the bread and wine become the Body, Blood, Soul and Divinity of Jesus, even though the bread and wine still look the same. When we receive Jesus, we want to thank Him for this incredible Gift. Then we can speak with Him about anything that is on our heart. We also want to listen to what He might say to us in the quiet of our heart.

- Let's pray this right now and every day this week: Jesus, I believe in you. Jesus, I hope in You. Jesus, I want to love You with all my heart. Jesus, I **thank** You for having come to dwell in me as I receive You in Holy Communion. I welcome You into my heart and I ask you to "crowd out" whatever might be there that is not of You. And I desire to give You full reign as my

Lord, my Savior and my King. **Thank** You for giving Your life for me on the Cross, loving me this much and allowing me to receive You into my heart in this present moment. And now that You are so close to me, please help me love You more and more, and serve You by loving the people around me. Amen. Visit [diolc.org/deeper](http://diolc.org/deeper) for a downloadable Prayer Card with this prayer.

- This week, read Psalm 107:1. "Oh give **thanks** to the Lord, for He is good, for His steadfast love endures forever!"
- **Suggested:** Picture of a person, kneeling at Mass in prayer

#### **The week of Sept. 15** *A Minute with Jesus*

##### **48) The Vital Connection between the Eucharist and Confession**

Part of the greatest preparation we can make to receive Jesus's Body and Blood is to experience His forgiveness and healing in the Sacrament of Reconciliation. If there is sin in our heart, there is no room for Christ. Jesus forgives us of our sins in confession and this frees us, opens our heart to fulfill the deepest desire of our heart – to receive Him. Receiving Jesus brings about a strengthening of faith, hope and charity - a desire to love Him, ourselves, and others.

- Let's pray this right now and every day this week: Jesus, please give me the desire to make a good confession, as soon as possible.
- This week, read how St. John describes the importance of confession in 1 John 1:9.
- **Suggested:** Picture of a person in confession

#### **The week of September 22**

##### *A Minute with Jesus*

##### **49) Preparing to Receive Holy Communion**

When we are at Mass, and preparing to receive Jesus in Holy Communion, our minds will sometimes wander. When we find ourselves distracted in this way, simply return our eyes to the altar and listen with our hearts as the priest prays the words of Jesus, asking the Holy Spirit to change the bread and wine into His Body and Blood of Jesus. As we go forward to receive Jesus in Holy Communion, it is a good practice to repeat the following prayer: "Lord, I am not worthy that You should come under my roof, but only say the word and my soul shall be healed." (Matthew 8:8)

- Let's pray this right now and every day this week in preparation for next Sunday: "Lord, I am not worthy that You should come under my roof, but only say the word and my soul shall be healed." (Matthew 8:8)
- This week, read Isaiah 26:3: He does keep in perfect peace, whose mind in stayed on Thee.
- **Suggested:** Picture of a person going up to receive Holy Communion

#### **The week of September 29**

##### *A Minute with Jesus*

##### **50) The Eucharist strengthens our love for our neighbor**

In reading the life of any saint, we see clearly that they “constantly renewed their capacity for love of neighbor from their encounter with the Eucharistic Lord” (Pope Benedict XVI’s encyclical *“God is Love”*). When we receive Jesus in Holy Communion, He strengthens us with His Divine power to seek to live with charity toward every person that we meet. We cooperate with this power – His grace – by asking for His help as we encounter any situations, particularly difficult ones. In continuing to seek to live with love, we become more and more the person that God created us to be.

- Let’s pray this right now and every day this week: Jesus, as I receive You in Holy Communion, help me to see You in every person I meet and give me Your love for them in my heart.
- This week read 1 Corinthians 13:1-13 which concludes with: “These three remain: faith, hope and love. But the greatest of these is love.”
- **Suggested: Picture** of a person showing charity toward another person

### The week of October 6

#### *A Minute with Jesus*

#### **52) Jesus waits for us**

After Mass, Holy Communion is reserved in the tabernacle. The red sanctuary candle in the front of the church is constantly burning to remind us that Jesus is present in the tabernacle in the sacred Host. He waits for us to come and spend some time with Him, just as we would spend time with any friend. We can speak with Him about anything, and simply be quiet in order to listen to Him. It is helpful to bring a book like *The Divine Encounter* by Mark Hart to have something to help stay focused when distractions arise. This time with the Lord will help bring solace and peace as worries take on a proper perspective and we will gradually know that when we receive Holy Communion, we are truly receiving Jesus.

- Let’s pray this right now and every day this week: Jesus, help me to set aside some time to spend with You in church so that You can strengthen my faith that You are truly present in Holy Communion.
- This week, read how Jesus asked Peter and the Apostles to spend time with Him in prayer in Matthew 26:40.
- **Suggested: Picture** of a monstrance with the sacred Host in the middle.