***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.

The week of Feb 9

*A Minute with Jesus*

**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)

The week of Feb. 16 *A Minute with Jesus*
**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

The week of Feb. 23

*A Minute with Jesus*

**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

The week of March 2

*A Minute with Jesus*

**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.” (Mark 9:24)
* This week, read how a father gives his assent to believing that Jesus can heal his son in Mark 9:20-29.

The week of March 9 First Sunday of Lent

*A Minute with Jesus*

**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.

The week of March 16 Second Sunday of Lent

 *A Minute with Jesus*

**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

The week of March 23 Third Sunday of Lent

 *A Minute with Jesus***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

The week of March 30 Fourth Sunday of Lent

 *A Minute with Jesus*

**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.