***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 week of Jan 12

*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

The week of Jan 19

*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.

The week of Jan 26

*A Minute with Jesus*

1. **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.

The week of Feb 3

*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. We may ask Jesus to grant us the grace to believe this truth, that though “hidden”, He is 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.

The week of Feb 10

*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)

The week of Feb. 116 *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

The week of Feb. 23

*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