



## Eucharistic Prayer Companion for the Lenten Season & Sacred Triduum

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These Eucharistic Meditations are designed to help you spend 30 minutes to an hour in meditation and silent prayer with Jesus during Eucharistic adoration. Even if you cannot be physically present in a church or adoration chapel with the Blessed Sacrament, you can unite yourself spiritually to the Eucharist as you spend this time in prayer.

### Each Eucharistic Meditation will follow this format:

- ✝ Begin with the opening prayers, asking Jesus for the grace of that week. This prayer is intended to help us learn how to seek a gift from God in prayer.
- ✝ Pray with the Scripture passage provided. Be open to this encounter with Jesus.
  - ◆ Read that week's passage, usually from the Old Testament, 3-4 times slowly. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.
  - ◆ Sit with a series of reflection questions for a while, being attentive to how the Lord is speaking in your heart.
  - ◆ Read the next passage, usually from the Gospels, 3-4 times slowly. Allow the Holy Spirit to speak to you personally through this passage.
  - ◆ Spend time in silence with the Lord using the next reflection question. Allow him to speak to your heart in that silence. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.
- ✝ Pray the Closing Prayer, usually taken from the Collect for Mass.
- ✝ Reflect on the liturgical connection each week.

**Thank you for praying with us as we seek to spend time with our Eucharistic Lord.**



## Ash Wednesday: The Journey Home

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**THE GRACE I SEEK:** to believe that Jesus will guide me to heaven, my true home

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe you will show me the way home to heaven.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“Even now, says the LORD, return to me with your whole heart, with fasting, and weeping, and mourning; rend your hearts, not your garments, and return to the LORD, your God. For gracious and merciful is he, slow to anger, rich in kindness, and relenting in punishment.” (Joel 2:12-13)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

What are the burdens you are carrying that Jesus is inviting you to lay down today? How can you allow Jesus to help you lighten your load so that you can journey more freely with him through this Lenten season?

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.” (Matthew 6:6)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

The inner room of our hearts is the place where Our Lord desires to cultivate deep intimacy and friendship with us. Gazing upon the Eucharist, ask Jesus to help you open your heart to this closeness with him. Ask him to help you believe that you belong, that you are called to have a home with him!

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Ash Wednesday)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. Next time you are at Mass, offer your desire to journey through this Lenten Season with Jesus, who shows us the way to our Heavenly Home.



## First Sunday of Lent: The Hunger for God

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**THE GRACE I SEEK:** to believe that Jesus longs to feed my soul with himself

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe you will satisfy every longing of my heart.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“But the serpent said to the woman: ‘You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil.’ The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it.” (Genesis 3:4-6)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

What are the “fruits” your heart is hungering for? Are there times you have grasped at ways to satisfy this hunger in your heart, only to realize these things did not satisfy? Share these openly and honestly with the Lord.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“The tempter approached and said to him, ‘If you are the Son of God, command that these stones become loaves of bread.’ He said in reply, ‘It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God.’” (Matthew 4:3-4)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus desires to fulfill the deepest longings of our heart with himself—his Body and his Blood. Gazing upon the Eucharist, ask Jesus to show you how he wants to satisfy the hunger of your heart. Beg him to enter into that hunger with his Eucharistic presence.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, First Sunday of Lent)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your deep desire for Jesus’ Presence, trusting that he longs to feed you with himself through the Eucharist.



## Second Sunday of Lent: Clothed in Light

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**THE GRACE I SEEK:** to believe that Jesus will transform my whole being in himself

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to trust you to envelop me daily with your light and grace.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“The LORD said to Abram: ‘Go forth from the land of your kinsfolk and from your father’s house to a land that I will show you. I will make of you a great nation, and I will bless you; I will make your name great, so that you will be a blessing.’” (Genesis 12:1-2)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

As you continue this journey of Lent, how has the Lord revealed his blessings to you? Recall concrete examples of the physical and spiritual blessings he has showered upon you. How do these blessings transform your heart so that you are a blessing to others?

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. [...] Then Peter said to Jesus in reply, ‘Lord, it is good that we are here.’” (Matthew 17:1-2, 4)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

The Lord leads us to a place of intimacy with himself, and in that intimacy he transforms us in his light and goodness. Gazing upon the Eucharist, ask Jesus to lead you to intimacy with his heart. Rest in that heart, and say with the disciples, “Lord, it is good that I am here.”

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Second Sunday of Lent)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your longing to be clothed in Christ so that you become a blessing to others, just like Jesus.



## Third Sunday of Lent: I Thirst



**THE GRACE I SEEK:** to believe that Jesus will quench my thirst for eternal life

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me believe that you will quench my thirst for eternal life.

**SCRIPTURE MEDITATION** — Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.

**“In those days, in their thirst for water, the people grumbled against Moses, saying, ‘Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?’” (Exodus 17:3)**

**REFLECTION QUESTION** — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

Are there any ways you find yourself thirsting for healing, conversion, or belonging, and doubting the Lord wants to satisfy your thirst? Do you feel like God has let you down when you sought his help? Honestly share that experience of unmet desire or disappointment with the Lord.

**SCRIPTURE MEDITATION** — Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.

**“Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.’ The woman said to him, ‘Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water.’” (John 4:13-15)**

**REFLECTION QUESTION** — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

Jesus has a gift like none other: he offers living water. This is the water that washes our wounds, cleanses our sins, and draws us into new life as a beloved child of God. It was first offered to us through the waters of Baptism, welling up from Jesus and flowing from his side on the cross. Gazing upon Jesus in the Eucharist, ask him to help you open your heart to this life-giving water.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Third Sunday of Lent)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your spiritual thirst and desire for the life-giving water of Jesus, that you may be satisfied and allow this living water to well up in you and be a source of life for others.



## Fourth Sunday of Lent: Jesus Heals

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**THE GRACE I SEEK:** to believe that Jesus longs to bring me healing and strength

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe you are longing to transform my life with your healing.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“Not as man sees does God see, because man sees the appearance, but the LORD looks into the heart.’ [...] Then Samuel, with the horn of oil in hand, anointed David in the presence of his brothers; and from that day on, the spirit of the LORD rushed upon David.” (1 Samuel 16:7b, 13a)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Knowing that Jesus sees into the recesses of the heart, where in your heart is Christ’s healing needed the most? Is there a place in your heart where you have never allowed the Lord to go? Ask Jesus for the grace to allow his spirit to “rush” upon that place to heal any wounds or sickness hidden there.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“They brought the one who was once blind to the Pharisees. [...] So then the Pharisees also asked him how he was able to see. He said to them, ‘He put clay on my eyes, and I washed, and now I can see.’” (John 9:13, 15)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus, the Good Physician, knows our weaknesses of body, heart, and mind. He longs to heal us in ways we cannot imagine. Gazing upon the Eucharist, ask Jesus to help you “see” his providential care. Ask for the eyes to recognize his healing presence in your life, and thank him for this healing.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Fourth Sunday of Lent)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire for spiritual healing.



## Fifth Sunday of Lent: Dying and Rising

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**THE GRACE I SEEK:** to believe that Jesus will give me new life

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me believe that you will give me new life.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“O my people, I will open your graves and have you rise from them, and bring you back to the land of Israel. Then you shall know that I am the LORD, when I open your graves and have you rise from them, O my people!” (Ezekiel 37:12-13)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

How are you “spiritually” buried right now? What parts of your heart feel lost in darkness and death? Speak to Jesus about these places of sorrow and loss.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“[Jesus] cried out in a loud voice, ‘Lazarus, come out!’ The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, ‘Untie him and let him go.’” (John 11:43-44)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus has power over life and death. The grave is no hindrance to his creative love. Imagine Jesus commanding you by name to “come out!” of whatever spiritual grave has robbed you of life. Gazing upon Jesus in the Eucharist, ask him to gently untie the burial cloths around that place in your heart most in need of resurrection and new life. Ask him for the courage to bring any sins that weigh you down to the Sacrament of Reconciliation.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — *By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Fifth Sunday of Lent)*

**SUNDAY MASS CONNECTION** — *At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire for new life where your heart needs it most.*



## Palm Sunday: Setting Captives Free

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**THE GRACE I SEEK:** to believe that Jesus will grant me true freedom

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me believe that you will set me free.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“The LORD God is my help, therefore I am not disgraced; I have set my face like flint, knowing that I shall not be put to shame.” (Isaiah 50:7)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

How have you felt misunderstood and judged—even by those closest to you, your own family? How have you been imprisoned by the words and deeds of others—and even your own words and deeds? How has sin played a role in this unfreedom? Speak to Jesus about this sin, suffering, and pain. Be honest about your experience with him, especially feelings of anger, shame, resentment, and abandonment.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“Pilate said to them, ‘Then what shall I do with Jesus called Christ?’ They all said, ‘Let him be crucified!’ But he said, ‘Why? What evil has he done?’ They only shouted the louder, ‘Let him be crucified!’” (Matthew 27:22-23)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus, the innocent Lamb of God, takes on the burden of our sin. Imagine how he felt as he heard the crowds shout mercilessly, “Let him be crucified!” Gazing upon Jesus in the Eucharist, allow yourself to enter into Jesus’ experience of rejection and sorrow that he bore for your sin. Ask him to help you experience sorrow for your own sins and seek forgiveness, especially in the Sacrament of Reconciliation.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Palm Sunday of the Lord’s Passion)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire for freedom from sin and shame.





A Eucharistic Meditation for Bishops & Priests

## Holy Thursday Chrism Mass: You Are a Priest Forever



*This Eucharistic Meditation has been prepared as a gift to our bishops and priests in gratitude for their ministerial priesthood and gift of self to Jesus and his bride, the Church.*

**THE GRACE I SEEK:** to believe that I share intimately and forever in the priesthood of Jesus Christ

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child ... rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me believe in my unceasing participation in your Holy Priesthood.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“To him who loves us and has freed us from our sins by his Blood, who has made us into a Kingdom, priests for his God and Father, to him be glory and power forever and ever.” (Revelation 1:5-6)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

How have you experienced the power of the Blood of the Lamb in your ministerial priesthood? Can you sense his loving mercy for you, and his intimate companionship? Allow Jesus to share with you a new depth of his own intimacy with God the Father, who gazes upon you as a beloved son.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.” (Luke 4:18)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus came not to be served, but to serve: to bring healing, comfort, provision, forgiveness, and freedom. Gazing upon the Eucharist, let Jesus remind you, through the gift of memory, of a specific moment when you participated deeply in his holy priesthood through your own ministerial priesthood. Savor that memory—how it felt, what it looked like, the sounds and other sensory experiences. Recall how your heart was moved. Allow this memory to strengthen you as you persevere along this road of intimacy and sacrifice with Jesus.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — O God, who anointed your Only Begotten Son with the Holy Spirit and made him Christ and Lord, graciously grant that, being made sharers in his consecration, we may bear witness to your Redemption in the world. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Holy Thursday Chrism Mass)

**MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. At the Chrism Mass, offer your desire for deeper intimacy with Christ, the Great High Priest, in your priestly life.



## Holy Thursday: Self-Sacrificing Love

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**THE GRACE I SEEK:** to believe that Jesus will draw me ever deeper into that intimate union with him through my reception of the Eucharist in Holy Communion

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child ... rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me believe that you will draw me ever closer to you, who have loved me from all eternity, through my reception of the Eucharist in Holy Communion.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**"This is how you are to eat it: with your loins girt, sandals on your feet and your staff in hand, you shall eat like those who are in flight. It is the Passover of the LORD...This day shall be a memorial feast for you, which all your generations shall celebrate with pilgrimage to the Lord, as a perpetual institution."** (Exodus 12:11, 14)

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

The Passover was a profound moment in salvation history: God set his people free from the bonds of slavery to Egypt, and the institution of the Eucharist at the Last Supper was foreshadowed. Ask Jesus to help you recall the celebration of your First Holy Communion. Try to remember how it felt and what that day was like. Whether your memories are beautiful or painful, vivid or distant, ask Jesus to show you how he saw you on that day. Let him reveal to you how he has been accompanying you all the days and years since then on your pilgrimage to heaven—especially in the Eucharist.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**"Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."** (John 13:12-15)

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus makes a great demand of us this night: we are to be at the profound service of one another. Just as he has loved us, so we are to love one another—even unto death! Gazing upon Jesus in the Eucharist, ask him to give you the courage to participate deeply in his self-sacrificial love.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — O God, who have called us to participate in this most sacred Supper, in which your Only Begotten Son, when about to hand himself over to death, entrusted to the Church a sacrifice new for all eternity, the banquet of his love, grant, we pray, that we may draw from so great a mystery, the fullness of charity and of life. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Holy Thursday Evening Mass of the Lord's Supper)

**MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Holy Thursday, offer your desire to share in the sacrificial love of Jesus.



## Good Friday: Final Sacrifice



*These Eucharistic Meditations are designed to help you spend 30 minutes to an hour in meditation and silent prayer. Our tabernacles are empty as we stand in silence at the foot of the Cross, aware of Jesus' total gift of love in his passion and death.*

**THE GRACE I SEEK:** to believe that Jesus' sacrifice makes all things new

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Become aware of the silence and emptiness of this Good Friday. Let yourself imagine Jesus in his suffering and death. Know that he did it for you, for your salvation.*

*Thank Jesus for the gift of himself in his death on the Cross.*

**ASK FOR THE GRACE:** Jesus, help me to believe that your sacrifice makes all things new.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**"Yet it was our infirmities that he bore, our sufferings that he endured, while we thought of him as stricken, as one smitten by God and afflicted. But he was pierced for our offenses, crushed for our sins; upon him was the chastisement that makes us whole, by his stripes we were healed." (Isaiah 53:4-5)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

How has Jesus taken on your own personal sin and suffering in his Passion? How have you experienced the power of the Blood of the Lamb in your life? Thank Jesus for taking on the full weight of your sin through his Passion and Death.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**"Jesus said, 'I thirst.' There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, 'It is finished.' And bowing his head, he handed over the spirit." (John 19:28-30)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

In a moment of seeming defeat, Jesus conquered sin and death. By becoming as nothing—a poor man hanging on a tree—Jesus inaugurated for us new life. Imagine Jesus on the cross. Ask him to help you deepen in gratitude for his death on the cross, the Final Sacrifice that has conquered sin and death forever. Allow yourself to be moved with compassion for the profound sufferings of your Savior, Jesus.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — Remember your mercies, O Lord, and with your eternal protection sanctify your servants, for whom Christ your Son, by the shedding of his Blood, established the Paschal Mystery. Who lives and reigns for ever and ever. (Opening Prayer, Good Friday of the Lord's Passion)

**LITURGICAL CONNECTION** — Today, the Church waits in silence at the tomb of Christ. According to the rubrics of the Church, Mass is not celebrated today until the Vigil of the Lord's Resurrection. During this time of emptiness and waiting, offer to Christ the hope of eternal life with him. Unite your sufferings to his, so as to rise with him at Easter. During this time of emptiness and pain, offer to Jesus your desire to quench his thirst by offering him your whole self.



## Holy Saturday: Waiting for the Lord

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*This Meditation is designed to help you spend 30 minutes to an hour in meditation and silent prayer. Our tabernacles are empty today as we ponder the death and burial of Jesus, aware of his total gift of love in his Passion and Death.*

**THE GRACE I SEEK:** to believe that Jesus longs to bring me into his rest in the fullness of time

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Become aware of the silence and emptiness of this Holy Saturday. Let yourself imagine Jesus in his suffering and death, now enclosed in a cold tomb. He did it for you.*

*Thank Jesus for the gift of himself in the Paschal Mystery.*

**ASK FOR THE GRACE:** Jesus, help me to believe you will give me rest.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“Therefore, a sabbath rest still remains for the people of God. And whoever enters into God’s rest, rests from his own works as God did from his. Therefore, let us strive to enter into that rest.” (Hebrews 4:9-11a)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

In the busy-ness of life, is there an area of your heart where you have stopped waiting for the Lord? Where do you most long for rest? As you imagine yourself waiting outside of Jesus’ sealed tomb, share this with him. Ask Jesus to give you rest in his perfect timing.

**SPIRITUAL MEDITATION** — *Read slowly, 3-4 times. Again, allow these words of to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“Something strange is happening—there is a great silence on earth today, a great silence and stillness...Rise, let us leave this place. The enemy led you out of the earthly paradise. I will not restore you to that paradise, but I will enthrone you in heaven...The kingdom of heaven has been prepared for you from all eternity.” (An ancient homily on Holy Saturday, Liturgy of the Hours)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus Christ’s Death, burial, Resurrection, and Ascension have won salvation and eternal life for us. Uniting your heart to Jesus, ask for the grace to believe he has prepared a place for you for all eternity. Ask for the courage to wait in hope for the fulfillment of this promise.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — All-powerful and ever-living God, your only Son went down among the dead and rose again in glory. In your goodness raise up your faithful people, buried with him in baptism, to be one with him in the eternal life of heaven, where he lives and reigns with you and the Holy Spirit, God for ever and ever. (Liturgy of the Hours, Prayer from the Office of Readings for Holy Saturday)

**LITURGICAL CONNECTION** — Today, the Church waits in silence at the tomb of Christ. According to the rubrics of the Church, Mass is not celebrated today until the Vigil of the Lord’s Resurrection. During this time of emptiness and waiting, offer to Christ the hope of eternal life with him. Unite your sufferings to his so as to rise with him at Easter.