

1 **WEEK 2: The Eucharist and the Saints**2 **Day 8: MOTHER TERESA: SPIRITUAL HABITS** (pgs.71-76)3 **How did Mother Teresa view her faith?** She saw each moment as an opportunity to LOVE4 **What makes saints different from everyone else?** Their habits...consistency in prayer and caring for the
5 poor.6 **What is the essential ingredient for spiritual growth?** Humility7 **What was the central ingredient in the life of Mother Theresa?** She placed Jesus at the center of
8 her life.9 **What was the daily, non-negotiable HABIT of Mother Theresa's routine?** Adoration before the
10 Blessed Sacrament11 **What is Mother Teresa's advice to all of us?** "...get closer to the Eucharist and to Jesus..."12 **How do we begin our journey to become a saint?** Develop a habit of Adoration
1314 **LESSON:** *Our lives change when our habits change; Eucharistic Adoration can change every aspect of*
15 *your life; the more time we spend with Him in adoration, the more we become like Him*16 **VIRTUE:** *Consistency: Allows us to moderate our behavior in alignment with our faith and values; allows*
17 *micro-alignment between words, beliefs, and actions*18 **PRAYER:** *Spiritual Communion; Litany of Humility*19 **TRUST-SURRENDER-BELIEVE-RECEIVE**20 **Day 9: JOHN PAUL II: PRAYER AFTER COMMUNION** (pgs.77-79)21 *"Set your minds on the things that are above, not on earthly things."*22 *Colossians 3:2*23 **What did Pope John Paul II do immediately after Communion?** He would close his eyes and go to a deep
24 place within himself and commune with GOD; did not allow anything to distract him from the Divine
25 Visitor26 **How do you find the deep place?** Befriend SILENCE; visit the *classroom of silence* every day27 **What advice did Pope John Paul II gives us?** "The Eucharist is the secret of my day...(see more: pg 78)28 **What is the secret to your day?** Answers will vary
2930 **LESSON:** *Befriend SILENCE; find your "deep place" and find your truest self and GOD*31 **VIRTUE:** *Attentiveness: Attentive people notice things, inside themselves, in situations, and*
32 *circumstances of daily life, and in other people*33 **PRAYER:** *Spiritual Communion*34 **TRUST-SURRENDER-BELIEVE-RECEIVE**35 **Day 10: THERESE OF LISIEUX: JESUS IN EVERY TABERNACLE** (pgs. 81-84)36 **What is St Therese of Lisieux best known for?** Wrote and lived a simple life called (Re: "The Little Way").37 **St Therese entered convent at 15 and died at 24, what was her impact on history?** She believed that
38 *...holiness is deeply personal; not something we do for ourselves, it is something GOD does in us when*
39 *we cooperate...*40 **What famous nun was an avid student of St Therese?** Mother Theresa of Calcutta41 **Where do we find the genius of GOD?** Simplicity of ordinary things such as in the Eucharist bread
42 and wine43 **What is the simplest way to adopt The Little Way of St Therese in everyday life?** Be mindful of GOD's
44 presence in each moment of each day and know where the nearest tabernacle is at all times;
45 understand GOD's love of *simplicity*46 **What leads us to great love?** It is the little things done with great love47 **List the tabernacles near your daily routines.**

48

49 **LESSON:** *Be mindful of GOD's presence in the world by always knowing where the nearest Tabernacle is*
50 *located*

51 **VIRTURE:** *Spiritual Awareness: Being aware of how presence of GOD in different places, people, things*
52 *and experiences either draw us closer to GOD or away from Him*

53 **PRAYER:** *Spiritual Communion; The Little Way*

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TRUST-SURRENDER-BELIEVE-RECEIVE

55 **Day 11: MAXIMILIAN KOLBE: NO LOVE WITHOUT SACRIFICE** (pgs.85-88)

56 **What brings out the best-version of ourselves?** Our love of comfort eliminates love; personal sacrifices,
57 spiritual disciplines and acts of loving service brings out the best-version of ourselves

58 **What was Fr Maximilian Kolbe's ministry?** Provided shelter and care in a monastery for over 2000
59 people fleeing from Nazi Germany's regime

60 **What was at the center of daily life in the monastery?** Perpetual Adoration of Blessed Sacrament

61 **How did Kolbe spiritually combat the rise of evil?** He daily placed Jesus at the heart of his community

62 **What happened in July 1941?** The monastery had been shut down and Kolbe was sent to Auschwitz
63 concentration camp. When one man escaped in July, commandant, as a deterrent, selected 10 men who

64 would be starved to death in underground bunkers; Kolbe volunteered to take the place of one of the

65 men...all died except Kolbe. Nazi's needed bunker so on Aug 14, they killed Kolbe with lethal injection

66 What does the history of Christianity show us? Sacrifices great and small, self-denial, and great love for
67 others to the point of death...following Jesus' spirit of sacrifice for others

68 **Where does courage, strength and grace to make life-giving sacrifices come from?** From Jesus in the
69 Eucharist; look for daily Holy Moments

70 **What small sacrifices are you willing to make today for somebody else?** Answers will vary

71

72 **LESSON:** *There is no love without sacrifice; small sacrifices everyday demonstrates your love for*
73 *GOD and neighbor*

74 **VIRTURE:** *Sacrifice: This ENHANCES the meaning of our existence*

75 **PRAYER:** *Spiritual Communion; Holy Moments*

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TRUST-SURRENDER-BELIEVE-RECEIVE

77 **Day 12: THOMAS AQUINAS: THERE IS A DIFERENCE** (pgs. 89-92)

78 *"Set your minds on the things that are above, not on earthly things."*

79 *Colossians 3:2*

80 **Why is St Thomas Aquinas so deeply revered in the Church?**

81 Born in 1273 on feast of St Nicolas; had *mystical* experiences when saying Mass; was brilliant writer and
82 his works continue to be studied by people all over the world in every walk of life; was man of deep
83 prayer and Mass and the Eucharist is what he lived for.

84 **What was at the center and source of his wisdom and joy?** The Eucharist

85 **What two major truths did St Thomas give us?** "The longest journey we make is from the head to the
86 heart." AND "There is a vast difference between knowing about GOD and knowing GOD."

87 **What animates our faith?** Our relationship with Jesus-True GOD, true MAN

88 **How did St Thomas describe the Eucharist, the Sacrament of Love?** "...It signifies LOVE. It produces
89 LOVE. The Eucharist is the consummation of the whole spiritual life."

90 **REFLECTION:** Are you living from your mind or your heart? Answers will vary

91 **LESSON:** *Strive to know Jesus more every day.*

92 **VIRTURE:** *WISDOM: Wisdom is truth lived; ...world is drowning in information and knowledge but*
93 *starving for wisdom.*

94 **PRAYER:** *Spiritual Communion*

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TRUST-SURRENDER-BELIEVE-RECEIVE

96 **Day 13: SISTER FAUSTINA: DON'T DELAY** (pgs. 93-95)

97 **What made Sr Faustina realize her dream to become a nun was meant to be?** While dancing, she
 98 encountered Jesus face-to-face and He asked her, "How long will you keep putting me off?"

99 **What was to be Sr Faustina's ministry?** She was to share Jesus's message of *MERCY* to the world

100 **Who was Jesus' message to a sinner?** To set ajar the door of his heart...to let in a ray of GOD's merciful
 101 grace...He will do the rest

102 **What did Jesus explain about the Eucharist?** The reception of His Body and Blood is **NOT** a symbolic
 103 ritual...He is alive

104

105 **LESSON:** Stop putting GOD off...

106 **VIRTUE:** *MERCY: Form of Temporal and Spiritual generosity*

107 **PRAYER:** *Spiritual Communion, Chaplet of Divine Mercy*

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TRUST-SURRENDER-BELIEVE-RECEIVE

109 **Day 14: MARY: THE POWER OF YES** (pgs. 97-101)

110 **What is the definition of FREE WILL?** It is the essence of LOVE

111 **What is the result when we say YES to GOD?** Your life changes forever

112 **Who else has said YES to GOD in the Bible?** Noah (Gen 7:5), Mary at Cana (John 2:5), Mary at Abraham,
 113 others...

114 **When did Mary give her YES and what was the result?** Mary gave her **YES** at the Annunciation and as a
 115 result, she became the living TABERNACLE holding Jesus, the Son of GOD

116 **What has been the path of saints of over 2,000 yrs.?** Saying YES and seeking and doing the will of GOD

117 **What was the first thing Mary did after the annunciation?** When Mary said YES, it was

118 her first instinct to serve her cousin Elizabeth as she

119 **What two lessons do we learn Mary's YES?** She "...arose in HASTE..." (Luke 1:39) to be of service to her
 120 cousin Elizabeth and John the Baptist ...leapt for joy... in Elizabeths womb

121 **How does this relate to David dancing for joy in the presence of the Lord?** Both recognized the
 122 presence a, joy and truth in the Lord

123 **How have we lost our spiritual sense?** In the chaos of life, we do not recognize the *presence of GOD*

124 among us (wjf: If we look carefully and deeply around us, we see the *glory of GOD* everywhere; if we

125 spend quiet time at Communion and especially adoration, we see GOD's face and hear His voice-spiritual
 126 awareness)

127 **What verse should we use to remind to say YES to GOD?** "I can do all things through Christ who
 128 strengthens me." (Philippians 4:13)

129 **LESSON:** Say YES to GOD in all things

130 **VIRTUE:** *HUMILITY: This is the starting point of the spiritual life; small things done in with humility are*
 131 *more pleasing to GOD than great deeds done out of Pride*

132 **PRAYER:** *Spiritual Communion; Face-of-GOD; Litany of Humility*

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TRUST-SURRENDER-BELIEVE-RECEIVE

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