

1 **WEEK 3 The Eucharist and You**

2 **Day 15: ALL YOU WHO NEED REST** (pgs.105-108)

3 **What is the definition of BOUNDARIES?** Sets realistic limits for participation in a relationship or activity.

4 **Why are boundaries necessary?** To protect the integrity of the individual or relationship

5 **Why did GOD give us the Sabbath as a boundary?** Give us clarity to set other boundaries

6 **What are the four aspects in the life of a human person that determine the quality of our lives?**

7 Physical, emotional, intellectual and spiritual

8 **Evaluate each of these areas and determine if you are thriving or surviving.**

9 **What might prevent us from thriving?** Busyness of life, noise and complexity of modern life, stress of
10 urgency

11 **What is Jesus’ invitation to us?** “Come to me, all you who are weary and burdened...”, Read Matthew
12 11:28-30)

13 **What example did GOD set for us regarding boundaries?** He rested on the 7th day to demonstrate the
14 need to separate the rhythm of work and the human need to take time to rest

15 **What are some of the benefits to taking time to rest?** Reduces stress, boost creativity, improves
16 productivity, enhances ability to make better decisions

17 **How does observing the boundary of the Sabbath affect our deeply personal relationship with GOD in
18 the Eucharist?** It gives us the opportunity for carefree timelessness with GOD and each other

19 **Read quote from Padre Pio’s reflection on pg. 107. How does this affect your perception of the Holy
20 Sacrifice of the Mass?** Answers will vary.

21 *“The Eucharist is the ultimate form or restoration and
22 is best experienced in the context of the Sabbath rest.”*

23 **LESSON:** Set appropriate boundaries for your life by establishing and authentic Sabbath experience

24 **VIRTUE:** REST: Gives GOD a chance to fill us up and build us up

25 **PRAYER:** Spiritual Communion

26 **TRUST-SURRENDER-BELIEVE-RECEIVE**

27 **Day 16: HEALER OF MY SOUL** (pgs. 109-113)

28 **Jesus is always healing people. What is the mistake we make when we hear stories of Jesus’ healing
29 people?** We don’t think we need healing in any of those ways in Bible

30 **What are some ways we need healing?** Read pg. 110 – our need for healing manifests in different ways
31 and to different degrees

32 **What does the healing of the woman with the hemorrhage and the Eucharist have in common?** Her
33 ego was in check, she was filled with humility and faith, like so many others Jesus healed. In the
34 Eucharist, we are offered the same opportunity to believe that He can heal us body and soul (pg. 111)

35 **How did the Muslim man respond when asked what he would do to receive the Eucharist?** “I would
36 crawl naked over red-hot broken glass.”

37 We can hear, see, touch, taste, feel and be a part of GOD in the Eucharist but we are blind.

38 **LESSON:** We are blind, paralyzed, deaf, possessed – Let Jesus in the Eucharist heal you

39 **VIRTUE:** TRUST: GOD is in control; He is trustworthy and so we must trust Him

40 **PRAYER:** Spiritual Communion

41 **TRUST-SURRENDER-BELIEVE-RECEIVE**

42 **Day 17: IS SACRIFICE THE ANSWER?** (pgs. 115-119)

43 **What lesson can we learn about suffering and sacrifice from Siroki-Brijeg in Bosnia and why?** There is
44 no divorce, and the belief is because they have suffered greatly over many generations; they have
45 learned that sacrifice and salvation are inseparably connected

46 **Describe their unique wedding ritual with the cross?** "...The priest wraps the couples' hands to the
 47 cross and they kiss the cross, then kiss each other. The cross is prominently displayed in their home and
 48 becomes centerpiece of their spiritual life where they bring their hopes, dreams, struggles, worries,
 49 gratitude and sorrows; when they have children, they are introduced to the Cross and kiss the cross
 50 every night before bedtime..." (pg. 116)

51 **How is a truly loving relationship described?** It is stitched together by an endless stream of sacrifices."

52 **What does it mean to live with integrity?** To align what we do with that we say and what we believe.

53 **What is the masterclass of the Cross?** When we receive the Eucharist, we are given the grace, courage,
 54 wisdom, and fortitude to offer up our own sufferings for those we love and all in need

55 **How is Christianity transformative?** When we add our pain and suffering with Jesus, we bring meaning
 56 to our lives in a culture of meaninglessness. (pg. 118)

57 **What does the Mass model?** The self-sacrifice of Jesus and the direct connection to marriage,
 58 friendships, and every meaningful relationship in our lives.

59 **How do words matter?** The Mass is both sacrifice and celebration, but we have forgotten the sacrifice
 60 part and focused on the celebration. Without sacrifice there is no celebration.

61 **LESSON:** *There is no love without sacrifice*

62 **VIRTUE:** *KINDNESS: The future of humanity is dependent on the self-less caring we call "kindness".*

63 **PRAYER:** *Spiritual Communion*

64 **TRUST-SURRENDER-BELIEVE-RECEIVE**

65 **Day 18: THE FRUITS OF THE EUCHARIST** (pgs. 121 - 124)

66 *"I can do all things through Christ who strengthens me."* (Philippians 4:13)

67 **What is meant by the term disordered desires?** Doing something that you know is bad for you but doing
 68 it anyway (See Romans 7:15, 19)

69 **What are examples of disordered desires?** 1). Choose to watch TV when should be praying, 2). Should
 70 eat a salad instead of a cheeseburger, 3). Choose to check our phone instead of listening to spouse/child,
 71 4), Other answers will vary

72 **What are the fruits and gifts from the grace of the Eucharist?** Provides grace and assistance in
 73 controlling disordered desires. RESULTS: Friendship with Jesus, desire to know and do the will of GOD,
 74 cleansing of venial sin, hunger for virtue, grace to avoid sin in the future, a heart that listens to the Holy
 75 Spirit, desire to know and love GOD

76 **Reflect on the above list and your life; how can you benefit from them?** Answers will vary

77 **How do the fruits of the Eucharist enrich your life?** Will help you become a-better-version-of-yourself;
 78 all that GOD created you to be.

79 **LESSON:** *The grace and gifts of the Eucharist allow us to navigate the struggle between what we want to
 80 do and what we are called to do*

81 **VIRTUE:** *RECEPTIVITY: That is the opening of our hearts, minds, bodies, and souls completely to GOD
 82 and allowing Him to work unimpeded on our souls and in our lives.*

83 **PRAYER:** *Spiritual Communion*

84 **TRUST-SURRENDER-BELIEVE-RECEIVE**

85 **Day 19: FIRST, LAST AND ONLY** (pgs.125 -127)

86 **Who was St Theresa of Avila?** One of greatest Catholic mystics and writers of all time

87 **How did she view the grace and benefits of the Eucharist?** The Eucharist provides food and medicine
 88 for body and soul

89 **What challenge is given to us when receiving Communion?** If the next Mass you attend will be your last,
 90 how would you prepare? What would you wear? What intentions would you bring to that Mass? Who
 91 would you pray for knowing you would not see them again in this lifetime?

92 **LESSON:** *Every time you go to Mass, participate as if it were your first Communion, your last*
 93 *Communion, your only Communion*

94 **VIRTUE:** *PREPAREDNESS: A state of readiness especially for death, judgment and Heaven*

95 **PRAYER:** *Spiritual Communion*

96

TRUST-SURRENDER-BELIEVE-RECEIVE

97 **Day 20: LOVE REARRANGES OUR PRIORITIES** (pgs. 129 - 131)

98 **How does Love rearrange our priorities?** Reveals who and what we love

99 **What two parts of the Mass challenge us to rearrange our priorities?** The Gospel and Consecration

100 **What may happen as you begin to rearrange your spiritual priorities?** May lose some friends, may have
 101 others who want to know more, some will be resistance and not supportive

102 **How do we experience the Holy Spirit in our spiritual growth?** Holy Spirit stirs within us, wanting our
 103 attention, to lead and guide to the next level

104 **Have you rearranged any of your priorities during this 33-day consecration?** Answers will vary.

105 **LESSON:** *Love rearranges our priorities*

106 **VIRTUE:** *LOVE: Allows us to care for another even more than ourselves; overflow of GOD's love to us*

107 **PRAYER:** *Spiritual Communion*

108

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109 **Day 21: OUR DAILY BREAD** (pgs. 133 - 136)

110 **What changed everything for Matthew Kelly's spirituality?** Spent 10 mins each morning before
 111 Eucharist, began reading the Gospels for 15 mins a day, attend daily Mass, began really **listening** to the
 112 prayers of the Mass

113 **Would your life be better if you attended Mass every day?** Answers will vary

114 **If you cannot attend Mass every day, what are some other options?** Receive *Spiritual Communion*, try
 115 to go at least one day during the week, choose to attend Mass every day for at least one week during the
 116 year

117 **What one thing can you do that change everything for you?** A daily encounter with the Eucharist

118 **LESSON:** *Decide today to have a personal, daily encounter with the Eucharist for the rest of your life*

119 **VIRTUE:** *DEVOTION: Loyal, loving, consistent, and enthusiastic desire to please GOD in all things; chosen
 120 deliberately and freely*

121 **PRAYER:** *Spiritual Communion*

122

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