

## Suggested Scriptures for the Week of March 31 - April 5

### 1. TUESDAY: Scripture...John 15:1-5

Grace: To find my center, my identity, and my home in you, Jesus, and so to bear fruit.

### 2. WEDNESDAY: Scripture...Matthew 16:13-17

Grace: To receive in a personal way the gift of faith from the Father in Heaven, so that I may see in you, Jesus, the One who comes to save me.

### 3. THURSDAY: Scripture...Philippians 4:4-9

Grace: To be free from anxiety and to experience anew the joy of your nearness, Lord.

### 4. FRIDAY: Scripture...Proverbs 3:1-8

Grace: To receive the ability to trust in you, Lord, with all my heart.

### 5. SATURDAY: Scripture...Luke 18:35-43

Grace: To allow you, Jesus, to meet me in my blindness, poverty, and waywardness.

### 6. SUNDAY: Scripture... Psalm 16

Grace: To recognize the privilege that is mine in possessing you, dear Lord.

## Time For God—Week Five

*“Mass is in itself more important than mental prayer...  
but without a life of prayer even the  
sacraments will have only a limited effect.  
Yes, they will give us grace, but that grace will remain  
unfruitful in part because the ‘good soil’ it needs is missing.  
Why, for instance, are so many people who receive  
Communion frequently not more holy?  
The reason often is that they do not have a life of prayer.”*

- Jacques Philippe



*“The Eucharist is ‘the source and summit  
of the Christian life’...  
For in the blessed Eucharist is contained the whole  
spiritual good of the Church, namely Christ himself.”*  
(Catechism of the Catholic Church, 1324)

**“The Mass is the most perfect form of prayer.”**

- Pope Paul VI

"All the good works in the world are not equal to the Holy Sacrifice of the Mass because they are the works of men; but the Mass is the work of God.

Martyrdom is nothing in comparison for it is but the sacrifice of man to God; but the Mass is the sacrifice of God for man."

- Saint John Vianney

**“When you look at the crucifix,  
you understand how much Jesus loved you then.  
When you look at the Sacred Host,  
you understand how much Jesus loves you now.”**

- Blessed Mother Teresa of Calcutta

In Christ, Head of his Body, the Church, all Christians are "a chosen race, a royal priesthood, a holy nation, a people he claims for his own, to declare his wonderful deeds" (*1 Peter 2:9*).

The Eucharist, as a mystery to be "lived", meets each of us as we are, and makes our concrete existence the place where we experience daily the radical newness of the Christian life.

The eucharistic sacrifice nourishes and increases within us all that we have already received at Baptism, with its call to holiness, (218) and this must be clearly evident from the way individual Christians live their lives.

Day by day we become "a worship pleasing to God" by living our lives as a vocation. Beginning with the liturgical assembly, the sacrament of the Eucharist itself commits us, in our daily lives, to doing everything for God's glory.

*(Sacramentum Caritatis: The Sacrament of Charity  
Part III: The Eucharist, A Mystery to be Lived,  
¶179, The Eucharist and the lay faithful)*

## Questions for Reflection/Discussion

- Again, what point of this evening's presentation struck you, caused you to reflect?
- What makes full, conscious and active participation in the Mass each Sunday difficult for you? What is one spiritual practice that you could take on to get more out of the Mass?
- Have you experienced the way in which fidelity to mental prayer opens oneself to a deeper participation in the Eucharist? Please explain.
- Am I "in tune" with the sacrifice of Jesus that is at the heart of what the Mass is all about? Do I feel comfortable in offering/uniting my own sacrifices to His?
- Looking back upon the five week study, what is the one thing that you hope to take away and to make a regular part of your spiritual life?

## Format for 15 - 30 minute prayer period.

- STOP!
- "I will consider how God, our Lord, looks upon me with love."
- I offer all my will and actions to God.
- I ask God what I wish and desire in this prayer (grace – see reverse side).
- Slowly read and re-read Scripture passage reflectively and/or imaginatively.
  - **Acknowledge**
  - **Relate**
  - **Receive**
  - **Respond**
- I speak to God in my own words as my heart is moved.
- I conclude with an *Our Father*.