



Eucharistic Prayer Companion for the Lenten Season & Sacred Triduum

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 and *Love in Action* prompt each week.

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



Ash Wednesday: Joyful Sacrifice



WORK OF MERCY: Pray for the Living and the Dead

THE GRACE I SEEK: to make sacrifices with love and gratitude

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 to embrace all the challenges you allow in my life with a grateful 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.*

“So we are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him.” (2 Corinthians 5:20–21)

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

How is Jesus inspiring me to grow as an authentic ambassador for him, a person who invites others to greater reconciliation and communion with God? What concrete choices of holiness can I make in my daily life to be that ambassador as the Church begins the 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 in a personal way through this passage.*

“When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to others to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.” (Matthew 6:16–18)

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

How can I trust that God will always provide for me when I make sacrifices for the good of others? Ask Jesus to foster a grateful heart within you, even when you experience suffering.

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. Amen. (Collect, Ash Wednesday)

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 be an ambassador for Christ, willing to make joyful sacrifices. Ask Jesus to deepen your gratitude for the opportunity to unite your sacrifices to his own sacrifice at Mass.

LOVE IN ACTION — God invites us each day to make big and small sacrifices out of love for others. Prayer is a very profound way to show our love for others. Choose a person in your life that you can intercede for in their need today, or pray for the repose of the soul of a loved one or acquaintance who has passed away.



First Sunday of Lent: Turning Towards Jesus

WORK OF MERCY: Admonish the Sinner

THE GRACE I SEEK: to turn away from sin towards Jesus

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 to turn away from any sin in my 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.*

“Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit.” (1 Peter 3:18)

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

During this time of Lent, Jesus is inviting us to root out sin in our lives as the first step in cultivating a culture that does not accept sin. What is one area of sin you are struggling with right now? Be concrete and specific. Give this struggle to Christ on the Cross so that he can put it to 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.*

“After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: ‘This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.’” (Mark 1:14–15)

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

Repenting of sin—turning away from what distracts us from Jesus—is only half the battle. We must also make an effort to build a culture that does not accept sin. We must cast aside sinful alliance and learn to walk together with Christ. How is the Lord calling you to support others in humility as they learn to walk more closely with him? Ask him who in your life he is calling you to assist in seeking out his merciful 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 — 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. Amen. (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 desire to turn away from a specific sin and focus your attention more fully on Jesus. Joining your sacrifice to his, consider praying for all those in the world who struggle with your same area of sin and are not repentant.

LOVE IN ACTION — In the Gospel reading above, Jesus asks us to “repent, and believe in the gospel.” To believe in the Gospel message more deeply, we must immerse ourselves in the actual reading of the Gospels. Consider giving yourself a Lenten challenge to read from the Gospels for a set amount of time each day, even if it is only five minutes. Allow that prayerful reading of the Gospels to help you turn away from sin, and encourage others to do the same.



Second Sunday of Lent: Listening for the Voice of God

WORK OF MERCY: Bear Wrongs Patiently

THE GRACE I SEEK: to recognize the voice of Jesus in my life

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 to trust you are speaking to me and to recognize your voice.

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.*

“I swear by myself, declares the LORD, that because you acted as you did in not withholding from me your beloved son, I will bless you abundantly and make your descendants as countless as the stars of the sky and the sands of the seashore.” (Genesis 22:16–17)

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 often asks difficult things of us, especially if our hearts have wandered away from him. However, he always blesses us more than we could have ever imagined when we follow his promptings. What is one concrete blessing in your life Jesus has given you after you chose to listen to and follow him?

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.*

“Then a cloud came, casting a shadow over them; from the cloud came a voice, ‘This is my beloved Son. Listen to him.’ Suddenly, looking around, they no longer saw anyone but Jesus alone with them.” (Mark 9:7–8)

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

Gazing upon the Eucharist, recognize that Jesus is with you. The Father tells us in this Gospel reading that Jesus is his beloved Son. Is there an area of your heart that still struggles to believe that this is really God's beloved Son, present in a most special way in the Eucharist? Ask Jesus to help you see his face and hear his voice in the Blessed Sacrament.

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. Amen. (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 desire to recognize Jesus and to hear his voice more clearly in the Eucharist, trusting that he will bless you abundantly as you follow him more closely.

LOVE IN ACTION — Most of us have family, friends, or coworkers that do not understand our belief that Jesus is truly present and communicates himself to us in the Blessed Sacrament. This can be a deep source of suffering, but bearing this patiently and praying for their conversion can be an occasion of grace and peace for both them and you! This week, consider choosing one person in your life who does not believe in the True Presence of Jesus in the Eucharist, and pray daily for them to encounter Jesus in the Blessed Sacrament.



Third Sunday of Lent: Undivided Hearts



WORK OF MERCY: Instruct the Ignorant

THE GRACE I SEEK: to wholeheartedly worship God alone

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 to seek you with a sincere, repentant heart that trusts totally in your redeeming love.

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.*

“You shall not have other gods beside me. You shall not make for yourself an idol or a likeness of anything in the heavens above or on the earth below or in the waters beneath the earth; you shall not bow down before them or serve them.” (Exodus 20:3–5a)

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

What other “gods” might be occupying the place in my heart that truly belongs to the Lord, distracting me from growing in my relationship with God and understanding my faith? These could be things such as entertainment, possessions, relationships, or honors. What concrete choices can I make to set aside time to attend Mass more frequently and/or spend time with our Lord in the Blessed Sacrament during this Lenten Season in order to deepen my relationship with him?

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.*

“Since the Passover of the Jews was near, Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area...‘Take these out of here, and stop making my Father’s house a marketplace.’” (John 2:13–16)

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

How may God be calling me to cleanse the temple of my heart during this Lenten Season? What worries or preoccupations might I be able to entrust to God today?

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. Amen. (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 something in your heart that is keeping you from growing closer to God. Ask for the grace of surrender so that you can grow in true freedom and joy!

LOVE IN ACTION — Many people struggle to understand our Catholic faith. This week, ask the Holy Spirit to help you identify a person in your life who is struggling in his or her faith. Reach out with a word of encouragement and an offer to chat with him or her so that they can learn and grow more confident in the faith.



Fourth Sunday of Lent: Walking in Light

WORK OF MERCY: Counsel the Doubtful

THE GRACE I SEEK: to walk in humility and trust before God in all circumstances

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 to see that your grace is what sustains my life as your adopted child and helps me to become my true self, walking always in your light.

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.

“For by grace you have been saved through faith, and this is not from you; it is the gift of God; it is not from works, so no one may boast. For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.” (Ephesians 2:8–10)

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

Jesus wants to give us everything we need. He has destroyed sin and death so that we can enjoy the freedom of the children of God. What is one concrete choice I can make to root out traces of pride in my life so that I can live in relationship with Jesus and others more fully?

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.

“And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.” (John 3:19–21)

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 some areas of my life that need to be illumined by the light of Jesus? Ask Jesus to help you allow his light to reveal to you the areas you need to bring to the Sacrament of Reconciliation. Ask him to help you grow in true repentance for your sins and in gratitude for his forgiveness and merciful 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 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. Amen. (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 repentant heart. Allow Jesus to draw you into deeper participation with his own perfect sacrifice made present upon the altar of the Cross!

LOVE IN ACTION — Do you know someone who doubts whether they are loveable? Share the light of Jesus you have received by listening to them in their struggle. Tell them a story from your own life that has helped you believe in God's love for you. Encourage them to turn to the Lord, who loves them deeply at all times, even when they can't feel it.



Fifth Sunday of Lent: Following Where God Leads



WORK OF MERCY: Comfort the Sorrowful

THE GRACE I SEEK: to follow the Lord wherever he leads me

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 to follow you wherever you go.

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 this is the covenant that I will make with the house of Israel after those days, says the LORD. I will place my law within them, and write it upon their hearts; I will be their God, and they shall be my people.” (Jeremiah 31:33)

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

Today we hear the Lord promise us that he establishes a covenant with us. He promises to form our hearts and to be our God. In what areas of your life do you doubt his promise to be your God and to be present in your heart? Be specific and ask the Lord how he wants to be present in those places of your life.

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.*

“Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me.” (John 12:26)

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

Today we are given quite the challenge: if we serve Jesus, we MUST follow him wherever he leads! However, he also promises that the Father honors all who do this. Do you sense a place in your life where Jesus is trying to lead you, but you are afraid to follow because you don't have all the answers yet? Give this fear to the Lord, asking for his loving presence to comfort you and encourage you.

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. Amen. (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 to whole-heartedly follow Jesus wherever he leads you.

LOVE IN ACTION — In the busyness of daily life, it can often be a challenge to look beyond our own struggles and difficulties to follow the Lord's command to care for others, especially when they are suffering. Is there someone in your life who is really struggling right now, perhaps with disappointment or grief? Ask the Lord how he wants you to comfort them, trusting that this will be part of following him more closely.



Palm Sunday: Trusting the Lord



WORK OF MERCY: Forgive Injuries

THE GRACE I SEEK: to trust that Jesus is with me and is transforming my life even in my suffering

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 to trust you even when I am suffering.

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; therefore 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.*

Identify an area of your life where you feel shame or humiliation. Give this to the Lord, and ask how he wants to take away your disgrace. How does he want to be your “help” in the midst of this suffering, just as Isaiah says?

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 the great crowd that had come to the feast heard that Jesus was coming to Jerusalem, they took palm branches and went out to meet him, and cried out: ‘Hosanna! Blessed is he who comes in the name of the Lord, the king of Israel.’” (John 12:12–13)

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

Coming into Jerusalem, Jesus was met with enthusiasm by those who would soon petition for his death. However, he wholeheartedly forgave them all on the Cross. Identify one person in your life whom Jesus is inviting you to forgive. Offer this person to the Lord in a concrete way, asking for the grace to unite your pain with his own pain on the Cross.

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. Amen. (Collect, Palm Sunday)

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 to unite your humiliations and pain with the Lord's in his sacrifice on the Cross.

LOVE IN ACTION — Many saints and spiritual writers have encouraged an examination of your day, each day, as a central part of the spiritual life. It is not only a way to see how the Holy Spirit is moving in your life and how well (or not so well!) you are responding, but it is also a beautiful opportunity to forgive those who may have hurt you in some way. Try working an [examen](#) into your daily routine, and make it a way to forgive any hurts or injuries others may have inflicted on you throughout the day so you can live in greater freedom and peace.



A Eucharistic Meditation for Bishops & Priests

Holy Thursday Chrism Mass: Chosen and Sent



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 more deeply understand the anointing I have received

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 to deepen my priestly identity and more freely bring you to every person I encounter.

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 Spirit of the LORD God is upon me, because the LORD has anointed me; He has sent me...” (Isaiah 61:1a)

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

On the day of your ordination, you were anointed by the Lord; you were sent to all his people. However, in the midst of toil, busyness, and the distractions of daily life, it is easy to lose sight of that commission. To whom is the Lord sending you this Triduum? Be specific. Ask for the grace to show them the face of Jesus in a very particular way.

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.

“Rolling up the scroll, he handed it back to the attendant and sat down, and the eyes of all in the synagogue looked intently at him. He said to them, ‘Today this scripture passage is fulfilled in your hearing.’” (Luke 4:20–21)

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

Every day, at every moment, the Father is longing to fulfill the prophecy of Isaiah in your life. You have been chosen, and he longs to meet his people through you. You act *in persona Christi Capitis*. What is one way that the Lord has strengthened you in your priestly identity this Lent? Thank him for this incredible gift!

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. Amen. (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. This Sunday, offer your desire to be strengthened in your identity as a priest of Jesus Christ: one who is chosen, anointed, and sent.

FAITH IN ACTION — The Triduum is one of the busiest times of year for a priest. However, in a very real way it is the most profound expression of your identity, acting *in persona Christi Capitis*. Spend some time in the next few days recalling and imagining that moment when you were anointed on your ordination day. Ask the Lord to help you live your life from the graces of that moment so you can enter more deeply into the Paschal Mystery this year than you ever have before.



Holy Thursday: Living in Love



THE GRACE I SEEK: to know and live in the love Jesus has for me

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 to know and believe in the love you have for me.

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.*

“Brothers and sisters: I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’” (1 Corinthians 11:23–24)

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

We are told in today's readings that, in the Eucharist we receive at Mass, Christ offers himself fully—Body, Blood, Soul, and Divinity—to us, not only collectively but individually as well. Where in your life right now do you need Jesus' grace the most? Ask him to come into that place specifically as you receive 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.*

“Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end.” (John 13:1)

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

Jesus offers us himself fully—Body, Blood, Soul, and Divinity—in the Eucharist out of pure love. Identify one or two areas of your life that you think are in most need of his love. Ask the Lord how he wants to love you there, trusting in his promise that he loves us to the end.

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. Amen. (Collect, Thursday 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. Next time you are at Mass, offer your desire to receive the Lord's love and presence into the places of your heart that need him the most.

LOVE IN ACTION — The Lord has come to us in the Eucharist, and he, in his Body, Blood, Soul, and Divinity, dwells in every tabernacle and monstrance throughout the world. Make it a goal throughout the Easter season to add a few extra minutes of either Eucharistic adoration or prayer in front of a tabernacle each week, trusting that the Lord is longing to pour his loving presence more fully into your heart.



Good Friday: Cruciform Love



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 allow my heart to be pierced, like Jesus, to bear fruit for the salvation of souls

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 allow all the moments when I am united with you in suffering for the sake of others to bear much fruit for the salvation of souls.

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 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. We had all gone astray like sheep, each following his own way; but the LORD laid upon him the guilt of us all.”
(Isaiah 53:5–6)

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

How can you become more grateful for the redeeming love of Jesus, who spared nothing out of love for you? Ask Jesus how he desires you to walk with him in love always, so that you can share in the pain of the lance that pierced Jesus' heart and be a consolation to him.

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.*

“But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out.” (John 19:33–34)

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

How can you allow your heart to be expanded, even when you think you have nothing left to give, so that you can give life to your brothers and sisters who are most in need of healing and peace? Ask Jesus to help you embrace moments of suffering as a salvific gift, united to 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 — 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. Amen. (Opening Prayer, Good Friday of the Lord's Passion)

LITURGICAL 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 participate in Jesus' work of salvation by uniting your sufferings to his.

LOVE IN ACTION — During this sacred Triduum, we are called to unite ourselves to our brothers and sisters who are suffering, especially those who are being persecuted for the sake of Christ around the world. Offer your Lenten disciplines of prayer, fasting, and charity in solidarity with those suffering throughout the universal Church and beyond.



Holy Saturday: Enduring Love



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 allow the Word of God to illumine and purify my heart so that I can fully cooperate with the graces of his Resurrection

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, in this silence of Holy Saturday, help me to allow you to transform my mind and 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.*

“Indeed, God’s word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart.” (Hebrews 4:12)

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

How can you allow Jesus to form and guide you as you walk alongside him on the road to heaven? Ask Jesus to help you open your heart so his Word can pierce through your false expectations and other distractions, helping you love and serve him with an undivided heart.

PRAYERFUL 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.*

“I slept on the cross and a sword pierced my side for you who slept in paradise and brought forth Eve from your side. My side has healed the pain in yours. My sleep will rouse you from your sleep in hell. The sword that pierced me has sheathed the sword that was turned against you. Rise, let us leave this place.” (from 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.*

How can you await the joy of Easter with a greater sense of urgency so you can go in haste to proclaim the Good News, even if it means leaving your comfort zone to do so? How can you allow Christ’s Precious Blood to heal any wounds in your heart so you can rise and leave the past with greater freedom?

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. Amen. (Liturgy of the Hours; prayer from the Office of Readings for Holy Saturday)

LITURGICAL 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 radiate the light of the Gospel. Ask for a deepening of the gift of an undivided heart.

LOVE IN ACTION — As we wait with grateful, expectant hearts for the joy of Easter, we can pray and offer sacrifices for our brothers and sisters who are unable to celebrate the Triduum due to persecution, violence, or other difficult circumstances they face in their families, communities, nations, and continents. May we be instruments to them of the new life Christ brings us both now and in the future.



Easter Sunday: Seeing and Believing

THE GRACE I SEEK: to recognize the power of Christ's Resurrection in my life

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 to see that you can bring life out of death and that you seek to make all things new by your Resurrection from the dead.

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.*

"They put him to death by hanging him on a tree. This man God raised on the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead." (Acts 10:39b–41)

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

How can you allow Jesus to put to death anything in your heart that prevents you from trusting God and his plan of love for your life? Ask Jesus to help you deepen your communion with God and become an even more effective witness to the transforming power of his Resurrection!

SCRIPTURE 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.*

"When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed." (John 20:6–8)

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

How can you exercise the gift of faith in every area of your life, trusting completely in God's plan for you? How is Jesus inviting you to leave the "tombs" of your past so that you can walk in greater freedom during this Easter Season?

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 on this day, through your Only Begotten Son, have conquered death and unlocked for us the path to eternity, grant, we pray, that we who keep the solemnity of the Lord's Resurrection may, through the renewal brought by your Spirit, rise up in the light 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. Amen. (Collect, Easter Sunday, Mass During the Day)

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 to radiate the light of the Resurrection. Ask for a deepening of Christ's grace so you can be his light for others.

LOVE IN ACTION — During Easter, we are called to be instruments of new life for all our brothers and sisters, especially through choices of love and solidarity. May each of us leave the tombs of our doubts and fears so that we can help meet the spiritual and material needs of others, especially through our prayers, offerings, and acts of charity and accompaniment, which are powerful channels of grace for all hearts.