

“The Institution of the Eucharist”...

FROM THE GOSPEL ACCORDING TO - LUKE -:

“Then he took the bread, said the blessing, broke it, and gave it to them, saying, ‘This is my body, which will be given for you; do this in memory of me.’” (Luke 22:19)¹

MEDITATION ON THE MYSTERY:

In order to eat this holy bread which has come down from Heaven, we must go to Mass – and, above all, we must make an effort to *live* the Mass in our own lives. (cf. SP, p. 98)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to making an effort to live the Eucharist in order to have eternal happiness, Pope Francis says, *“Life’s happiness and eternity depend on our ability to render fruitful the evangelical love we receive in the Eucharist.”* (FRANCIS, *Angelus*, 19 August 2018)

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...

- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...