



33 DAYS TO EUCHARISTIC GLORY

A reflection guide by Father Ian J. Williams



JUNE 25, 2025
ONE CATHOLIC FAMILY
St. Helen Church

How to read this book.

Shared reflections on the meaning of the Eucharist.

Leader: This is a reflection guide to help an individual or group reflect and pray on 33 days of Eucharistic Glory. The commentary and questions are a means to an end. They are not the goal. Individually, make it your goal to read and reflect on each day leading up to your group meeting. There are blank spaces in the guide for you to write notes. When you meet as a group, don't worry if you don't cover each Day/each question. The questions are meant to be springboards to reflection and discussion. A good productive conversation around a couple questions is better than a forced march through each of them. In some sections, a discussion question is in bold suggesting it is particularly significant to discuss. Let the Holy Spirit be the ultimate guide and leader.

As we begin this session let us pray the Holy Spirit Prayer we learned last Fall at our Hospitality Retreat.

Leader: Come Holy Spirit (all repeat)

Come Now (all repeat)

Come as you wish (all repeat)

Do this three times.

Leader: What is this book? What makes it different from other books on the Eucharist? What is the goal of reflecting on this book?

Matthew Kelly tells us on the inside front cover: *(This book) is an invitation to dedicate yourselves to God and make yourselves 100 percent available to carry out His will on this earth.*

So... this is an INVITATION

It is different from other books in being a guide to make a Eucharistic Consecration – the first ever the Matthew Kelly says.

Discuss: What do you see as the goal of this book? What is your reason for reading and reflecting on it?

Leader: Let's start by turning to page 13. **HOW TO USE THIS BOOK.**

Leader: Introduce concept of this book as a pilgrimage. Perhaps talk about a pilgrimage you have taken and how it impacted your life.

Leader: A pilgrimage may take you across the world to places you have never been before or, it may be walking to the same place as usual with a different mindset. A mindset that is open in new ways to God's presence and actions.

Read: Ask a participant to read the first, second and third paragraphs on page 13.

Discuss: How does Matthew Kelly define a pilgrimage and what does that mean?

What does this tell us about this book and how we are to use it?

How can it be *the longest journey ...without moving an inch?*

Read: Have a participant read the final sections on page 13. from "This preparation...to...power of the Eucharist."

Leader: Discuss good ways to read and reflect on the book and guide.

- a. What is your quiet place and time? How can you create or carve that out of the day?
- b. Read the reflection – This is not like reading the newspaper or even more a social media post. It is something to reflect on. Take your time. Read and reread. If something confuses you or is meaningful to you, spend time with that thought and bring it to the group at your next meeting. Maybe journal.
- c. “Chew the cud” - read, reflect, pray, bring it back up again to reread and reflect and pray.
- d. Put it into practice! Reflect on real, concrete ways you can live what you have read, reflected and prayed over each day.
- e. Write your thoughts and questions down in the guide.

Leader: Please note: The book is designed to be read one chapter or reflection each day. The Reading Plan we are following divides the book into six topic groupings. Note that the divisions we are using are not identical to the ones Matthew Kelly gives on page 14. The reading plan is at the end of this guide. You will see a Date ie. June 16th. This is our meeting date. Next to it are the chapters you will need to have read BEFORE coming to that gathering. Please be sure to have read and reflected on each of these chapters before our gathering. Write notes. Some weeks you will be reading six chapters while one week you will need to read eight. Just follow the guide.

Each of you will be given a copy of the guide. Use it day by day to help you focus on the book selection. Reflect on the discussion questions being asked and write your answers in the guide.

The Introduction – from the beginning. Dreams.....

Read: Ask a participant to read aloud Paragraphs One and two on page 1

Leader: Matthew Kelly has a dream he wants to share with us. He invites us to become fellow dreamers. To dream with him. Our dreams and his can become intertwined into something beautiful.

Discuss: What are your dreams? Literal and figurative. What plays out like a movie on the back of your eyelids when you lay down to sleep and what are the “daydreams” that sometimes inspire, and other times beguile you.

Can you get lost in your dreams? Can your dreams help you find yourself?

What is God’s dream for you? How do you or can you intertwine your dreams with the ones God has for you?

Leader: Matthew Kelly has a dream that the whole world be consecrated to the Eucharist. It is an ambitious dream. He believes it should be a universal Catholic dream. But what does it mean to be consecrated to the Eucharist?

Discuss What is consecration to the Eucharist? Use material on pages 2 and 3 to help.

Leader: Matthew Kelly states that the Catholic Church in America has been in crisis for decades. “Materialism and secularism have been eroding the faith of Catholics”

Discuss: What are your thoughts? How do the statistics Matthew Kelly give strike you? Have you experienced this crisis? In what ways?

Leader: Matthew Kelly believes that faith in the Eucharist is the answer to our situation. (Leader take a moment to speak about your own faith in the Eucharist. Has it grow/changed/ how has it supported you, what does it mean to you...”)

Discuss: Ask participants to share their own answers to these kinds of questions. Do they believe that faith in the Eucharist can be or is the answer to our crisis? Why or why not? What might change their belief?

Remind: Announce that our next meeting is June 16th Between now and then reflect on chapters 1 – 7. Our them for this section is “PILGRIMS”

Pray together the Spiritual Communion prayer

Session Two: June 16th Days 1 – 7

Day One PILGRIMS

Leader: In the introduction, Matthew Kelly introduces this book as a pilgrimage. In these chapters, he expands on that theme. Paul in his writings speaks of the body as a tent. (2 Corinthians 5:1) **(perhaps have someone find this passage in the bible and read it)**. Paul, in addition to his own many journeys, was a tentmaker. He knew all about them. Think of a time when you went camping or if you have not imagine it. Tents make for wonderful shelters. But they are the shelter for someone who is on a journey. In naming our earthly body a tent, Paul is saying that we are travelers. Elsewhere he speaks of our real citizenship being in heaven. We have a choice between being pilgrims or tourists on this journey.

Prayer: Begin this session by praying together Thomas Merton's Pilgrim's Prayer found on page 23

Leader: Matthew Kelly identifies five questions which he believes every heart longs to answer. These are found on page 17 of our book. Let's take a moment to read what he has to say and reflect on the five questions.

Read: Ask a participant to read from page 17. They should start with the second paragraph "These are the five questions..." and finish with the end of page 17.

Discuss: Do these questions resonate with you and is there a particular one that is more significant for you or that you struggle with answering?

How or what do you see the role of our faith in Jesus helping or guiding our answers to these questions?

Day 2 Pilgrim or Tourist?

Leader: We read about Matthew Kelly's son making the statement. "...this life is not forever. We are just passing through this world. The only forever is in Heaven..." (p. 18) This is similar to Paul's reflection on our body being like a tent, the home for a journey. Our real home, our forever home is meant to be with Christ in Heaven. Right now, we are on a journey best described as a pilgrimage. Matthew Kelly, however, goes a step further and asks if we are pilgrims or tourists. Perhaps you have been at a location such as Mount Rushmore when a tourist bus pulled up. A mob of people spills out of the bus, a good portion interested in the bathrooms more than anything else while others go right to the concession area for food and drink or to buy a trinket. Sadly, many only take a cursory moment for the reason they are there snapping a picture or selfie and rushing on to the next thing. This reflects the state of many souls as they go through this life. Their spiritual life is the equivalent of a tourist.

Discuss: How are tourists and pilgrims different from each other?

What differences do you see between living your spiritual life as a tourist or as a pilgrim?

Who are your companions on the journey? What do you look for in a spiritual companion?

Day 3 The four last things

Leader: Matthew Kelly makes what seems like a sudden switch in direction by bringing up the Four Last Things. Namely: Death, Judgment, Heaven or Hell. You are guaranteed to experience three out of the four! Death reminds us, that this life is finite. After the measure of days granted, you will experience death. With death, our earthly pilgrimage will come to a close. Our true citizenship is meant to be in perfect union with God or in one word Heaven. God's goal or destiny for us is lasting happiness.

Read: Ask a participant read p 25 from "For Hundreds of years....to momentary pleasures of this world"

Discuss: Have you thought about the four last things? What are your thoughts?

How do the four last things impact the way you live now?

God's goal for us is perfect, lasting happiness. How can we taste that here and now and how can we strive with God's Grace to make heavenly joy a part of the fabric of life on earth?

Does our society turn to the four last things or focus excessively on the day at hand and how does this shape us?

Day 4 The purposeful pilgrim

Leader: In his backpacking days, Fr. Ian and his companion Fr. Bill (not related but both with the last name of Williams) would both carry maps stuffed in their backpacks. Most often the trail was marked decently, and they could discern the correct route. But not always. Sometimes signs were missing, or the path was unclear, or there was an unmarked fork in the path. They would discuss, maybe even disagree a bit and finally pull out the maps. In the pilgrimage of our life the Eucharist is like our roadmap. Confused? Lost? Unsure? Spend time with Jesus in the Eucharist.

Read: Ask a participant to read from page 32 starting with, “Eucharistic clarity...to...Catholics are not called to wander aimlessly through life.”

Discuss: Jesus resolutely turned towards Jerusalem. There He would suffer and die. How can we better turn and resolutely follow Jesus?

Think of a time when spending time with our Lord in the Mass or in contemplation of the Eucharist at Adoration has brought clarity to your heart and mind. Share this experience.

Day 5 Fear of Missing Out

Leader: Some people dash from one “next big thing” to the next, “next big thing”. Perhaps a day at the amusement park spent rushing from one thing to another is ok but it is not the way a pilgrim lives. Matthew Kelly describes this as FOMO. Fear of Missing Out. Such people have no real center. Ironically, part of what drives people to keep looking for something...something that will provide some satisfaction or at least temporarily satisfy the craving, hunger or thirst for something MORE is that God has given us hearts that are restless until they rest in God. (paraphrase of St. Augustine) But they follow a superficial path that does not lead to real fulfillment or joy. Matthew Kelly suggests that for real lasting joy what we need is not FOMO but JOMO – the Joy of Missing Out!

Discuss: Have you yourself participated in FOMO or know others who do? What is that like? How does it leave you feeling?

How can people break out of FOMO?

Who or what provides for the true needs of our restless hearts?

How can we move from distraction to being centered on Christ?

Day 6 Six Defining Spiritual Moments

Leader: The shifts or defining moments that Matthew Kelly speaks of are:

1. Just begin the conversation.
2. Ask God what He wants.
3. Give yourself to prayer.
4. Transform everything into prayer.
5. Make yourself available.
6. Just keep showing up.

Discuss: Take a moment to reflect on these shifts or moments. Look back in the book if needed. Choose one that represents where you are at or that is your goal. Share why you selected the one you did and what it means to your life and pilgrimage to heaven.

Day 7 The Pilgrim's Virtue

Leader: Before this session take a moment to reflect on a particular time in your life when perseverance was essential. Maybe you struggled with it at first or even gave in a few times. But finally, you persevered. Share this experience/lesson in perseverance with the participants.

Read: Ask a participant to read from page 45 from, “No matter what...to...if we had just kept showing up and letting God work.”

Discuss: What was a time in your life when perseverance though challenging paid off?

How has persevering in faith impacted your life?

What are your thoughts on Matthew Kelly's statement about how things would be different in the Church and world if we just kept showing up?

Remind: Announce that our next meeting is June 30th Between now and then reflect on chapters 8 – 14. Our theme for this section is “Saints at your side”

Pray together the Spiritual Communion prayer

Session Three: June 30th Days 8 – 14 Saints at your side

Pray: Together pray the Tantum Ergo composed by St. Thomas Aquinas.

**Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rites of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.
To the everlasting Father,
And the Son who made us free,
And the Spirit, God proceeding
From them Each Eternally,
Be salvation, honor, blessing
Might and endless majesty. Amen**

Leader: The unifying factor in these chapters is a focus on our companions, the Saints. Each chapter or day reflects on a particular Saint with an emphasis on the Eucharist. The community of the Church is not just those of us on earth, going to Mass, striving to live a holy life, tripping and falling on this pilgrimage only to get up again and go back at it. Rather there is the Church Militant (us), the Church Suffering (purgatory), and the Church Triumphant (Heaven/the Saints). Paul speaks of the Saints as being like the cheering crowd in a stadium supporting and encouraging the athletes. The Saints know the perfect joy of Heaven and they want/long for you to be with them. That is a comforting and reassuring fact of our lives. Their lives on earth provide inspiration and guidance while in heaven they pray for us.

Discuss: Who is a personal favorite saint (and why) and what is the role of Saints in YOUR spiritual life.

Leader: Today we will take the time to discuss the seven Saints highlighted by Matthew Kelly. We may spend quite a bit of time with some Saints and not as much with others. And that is ok.

Day 8 Mother Teresa

Leader: Mother Teresa was once told by a businessman that he wouldn't do her job (ministry) for a million dollars. To his surprise, Mother responded, "Neither would I." What then would compel a woman to spend her life not just with the poorest of the poor but living very much as one of them? The answer, of course, is Jesus Christ and in particular Jesus' present in the Eucharist. In the sick and dying to whom she ministered, Mother found Jesus. Her life and mission were nourished by Eucharistic Adoration.

Discuss: Do you have any memories of Mother Teresa? What are they and why have they stayed with you?

From what you already knew or what we read, what jumps out at or impresses you about her?

What can we learn from Mother Teresa about the spirituality of a pilgrim?

Day 9 John Paul II

Leader: From a young man in Nazi controlled Poland which then came to be dominated by the Soviet Union to the great leader, statesman and Pope that we knew, John Paul II was an incredible person. His life story truly is the stuff out of which Heroes and Saints are made. What was at the core of such a person? What made him tick? He was a true disciple which meant a deep carefully cultivated love of and relationship with Christ.

Discuss: Do you have any memories of Pope John Paul II? What are they and why have they stayed with you?

Read: Ask a participant to read the first full chapter on page 54 from “Pope John Paul II wrote...to... today, tomorrow, forever.”

Discuss: From what you already knew or what we read, what jumps out at or impresses you about him?

What can we learn from John Paul II about the spirituality of a pilgrim in particular from what Matthew Kelly refers to as having/finding the deep place within you?

What does John Paul II teach us about Eucharistic devotion on our pilgrimage journey?

Day 10 Therese of Lisieux

Leader: There was a phrase used in Youth Ministry a few years back, “Living your faith OUTLOUD”. The idea was that your faith was not some secret, hidden thing but lived publicly in words, attitude, and deeds. St. Therese dreamed of living her faith OUTLOUD in a dramatic manner. Instead, she found a vocation as a cloistered Carmelite nun. Theresa struggled with her longing to DO great acts of faith and her quiet life as a Carmelite. Her resolution came in the form of her, “Little Way.” She realized that her vocation was to be the loving heart of the Body of Christ. Doing the smallest, most insignificant thing with love was her mantra. She said, picking up a needle from the floor with love can be a salvific act. How many, “needles” have you picked up from the floor? Or perhaps at a family home with kids, how many small Lego pieces have you picked up with love so others wouldn’t step on them with bare feet? St. Therese’s spirituality of love in the smallest things is one most readily lived by many of us. She influenced Mother Teresa. Mother may be known for doing great and influential things, but these were built on a foundation of small acts of love. Cleaning a wound. Holding the hand of a sick person. Offering a simple broth meal. Sitting up with a dying person waiting for the moment of death to arrive.

Discuss: What do you know about St. Theresa?

From what you already knew or what we read, what jumps out at or impresses you about her?

What can we learn from St. Teresa about the spirituality of a pilgrim?

Day 11 Maximilian Kolbe

Leader: Most of us know of St. Kolbe's end of life story. Namely, his dramatic offering of his life for a fellow inmate at Auschwitz. He prayed and ministered to and with the others condemned with him. Finally, he died from a lethal injection. The man whose life St. Kolbe spared became one of the greatest advocates for the saint. But this sacrificial offering of his life was the capstone of a life lived for Christ. He had a great devotion to Mary and worked to spread devotion to Mary the Immaculate. This Saint founded monasteries in Poland and Japan. In the face of Nazi brutality, he reached out to care for thousands of refugees fleeing the Nazi's including more than 2000 Jewish men, women and children whom he and his order hid and sheltered. Amid all this, he proclaimed God's Mercy. He showed by his life that love, and sacrifice go hand in hand.

Read: Ask a participant to read from page 60 the fourth and fifth paragraphs. "Our Willingness...to... Somebody else?"

Discuss: What about St. Kolbe most impresses or sticks out to you?

How is sacrifice a part of his spirituality and how can it be a part of your pilgrimage?

What does it mean to say the Eucharistic Sacrifice? How can this be lived?

Day 12 St. Thomas Aquinas

Leader: In our modern world, faith and reason or faith and science are all too often seen as contradictory or even exclusive to each other. There are Christian groups whose beliefs would confirm this bias. But this is not the perspective of the Catholic Church. The Catholic Church laid the foundation for the university system, supported scientist, faithful Catholics (including priests and monks) have been among the great scientific minds of our world. Today the Church seeks to bring the best scientific minds together for collaboration. St. Thomas Aquinas had one of the greatest minds in human history. St. Thomas strove to bring Faith and Reason together. Yet, he also wrote, **“Love takes up where knowledge leaves off.”**

Read: Ask a participant to read page 64 the top two paragraphs from “Love takes up...to...whole spiritual life”

Discuss: Had you heard of St. Thomas previously and what did you know about him?

What really strikes you about St. Thomas after reading about him in our book?

What does Thomas teach us about love and the Eucharist and how can this be a part of your pilgrimage?

Day 13 Sister Faustina

Leader: Three of our Saints are from Poland and had lives that overlapped each other. Namely, Sister Faustina, St. Kolbe and Pope John Paul II. They lived through the horrors of war, Nazism, and in the case of John Paul II communism. They lived in a harsh and unforgiving time yet all three are united in living a message of God's Mercy. Sister Faustina lived an obscure life as a religious sister but was called to be a great messenger of mercy whose image of Jesus, Divine Mercy with the message, "Jesus I trust in You" hangs in Churches and homes around the world. Her message of God's Mercy flowed from and was grounded in the Eucharist.

Read: Ask a participant to read Page 66 starting with, "During one of her visions...to the top of page 67 ending with,... "never-ending -mercy."

Discuss: Had you heard of Sister Faustina previously and what did you know about her?

Reflect on the image of Jesus, Divine Mercy. What do you find in this image? How does it move your heart?

The Eucharist was central to Sister's pilgrimage. Discuss the section we just read aloud.

How can you be a Eucharistic agent of God's Mercy?

Day 14 St. Mary

Leader: We are instructed by Jesus, in the Lord's Prayer, to pray, "Thy Will Be Done." Praying this, in other words, is our daily, "YES" to God. In this prayer we echo the words of Mary, "Be it done unto me according to your word." Her life is a beautiful Icon of saying YES to God. When we come to receive communion at Mass, the Priest/Deacon or Extraordinary Minister of the Eucharist proclaims, "The Body of Christ", or "The Blood of Christ." Our response is to proclaim, Amen. Our Amen is saying YES. Yes, I believe this truly is the presence of Christ body, blood, soul and divinity. Yes, I am prepared to receive Him. Yes, I will make my will subservient to His will such that I want what God wants. Mary said YES to God's will and conceived Jesus in her womb making her the first Eucharistic Tabernacle ever.

Discuss: How has Mary had an influence on your life?

Reflect on times you have said yes to God. Was it easy, a challenge, what aided you in saying Yes?

Mary received Jesus with joy and rushed out to share joy with her cousin Elizabeth. How can you share Eucharistic Joy?

**We are called to seek to know and do God's will in all things.
How does this play out in your pilgrimage of life?**

Remind: Announce that our next meeting is July 14th. Between now and then reflect on chapters 15 – 20. Our theme for this section is "Rest in Me"

Pray together the Spiritual Communion prayer

Session Four: July 14th Days 15 – 20 Rest in Me

Day 15 – Rest

Leader: A religious sister who taught spirituality courses including retreat planning would always say to keep activities on the first morning of a multiple day retreat to a minimum. She would teach, “People are far more worn down than they realize. Let them get some rest and even allow them to sleep in late the first day.” The psalmist sang out, “Shout for Joy (in the Lord) and take your rest.” Jesus invites those who are weary and heavy burdened to come to Him and he will give them ...REST.

Pray: Ask a participant to slowly and prayerfully read Matthew 11: 28 - 30

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.
For my yoke is easy, and my burden light.”*

Leader: (Give a moment of silence to let the word sink in) Matthew Kelly states, “This is one of the most beautiful and compassionate moments in the Scriptures” (page 73.) Most of us are caught up in the busyness of life. Parents rush children from one activity to another to keep them busy. Some maybe even many children have no time to simply be. They expect to be constantly entertained or involved in an activity. It is suggested that this may have a negative impact on their cognitive development AND personal/emotional growth.

Discuss: What comes to your heart reading and reflecting on this passage?
How does it speak to your own need for rest?

Read: Have a participant read from page 73 starting with “Rest is a divine activity...to...necessary to thrive”

Discuss: Outside of attending Mass, how do you honor the Sabbath?

How do you enter into God’s Rest?

The Sabbath is not just a matter of getting needed rest here and now but preparing ourselves for the eternal Sabbath, heaven. How can we honor this

Day 16. Healer

Read: Ask a participant read starting on page 76 with “The mistake we make... to... (page 77) man, woman, or child”

Discuss: In what ways have you needed or need healing? Yes, the physical but how else?

In what ways has Jesus touched those areas and healed you body mind, or spirit?

Leader: Take a moment of quiet to reflect on what area(s) of life you need Jesus to touch with healing grace.

After a moment of silence give participants the opportunity to name the healing they need. Don't force, just Discuss.

Day 17. Sacrifice

Leader: Looking back to the book of Genesis, we see that from the earliest of days Sacrifice was a part of our relationship with God. In Genesis, Adam and Eve were asked to sacrifice eating of the fruit of a particular tree. The covenants were made and sealed with the blood of Sacrifice. God, in Jesus, makes the ultimate sacrifice in the incarnation. The new and eternal covenant of Christ is sealed in His sacrifice on the cross and with the Body and Blood of the Eucharist. At the center of our Mass is Sacrifice. Not a new and repeated one but a union with the one sacrifice of Jesus on the cross. Our relationship with God and our fellow humans is one of sacrifice. Some, such as Fr. Ian, would go so far as to say our relationship with the earth, nature itself is one of sacrifice.

Read: Ask a participant to read page 83 from, “Separated from Jesus... to... unmitigated love of daily sacrifice”

Discuss: What role does sacrifice play in your love of God and others?

Reflect on a sacrifice that brought you closer to God and or another person? Tell us about it.

Day 18: Fruits of the Eucharist

Leader: “The spirit is willing, but the flesh is weak” (Matthew 26:41) Picture yourself in the grocery store checkout line. What do you see around you? Probably a refrigerated unit with Pepsi or Coke products, a rack with magazines - the type with headlines like, “Elvis lives in my basement.” Chances are that as you move forward there is a stand with candy bars, chewing gum and various candies. Do you need any of that? The answer is almost certainly, NO. Have you grabbed one or more of those things and added them to the items you are buying? Just about certainly, yes. Those who plan the layout of stores know the truth of the above scripture quote and frankly they use it against us. Not just at the check out lane but most obviously there.

Discuss: When have you experienced this and not just in the store checkout lane?

Matthew Kelly quotes Paul in Romans saying, “For I do not do the good I want, but the evil I do not want...” Reflect on this experience in your own life. How do you fight it?

Read: Ask a participant read from the top of page 87 the list of gifts of the Eucharist.

Discuss: How has the Eucharist made you a better person, the person YOU want to be? Or as Matthew Kelly puts it, “a better version of yourself each day.”

Day 19: First, Last and Only

Leader: Page 90 of our book refers to a chapel in the hometown of St. Theresa of Avila. In the sacristy, there is a cross surrounded by the words, “Priest of Jesus Christ, celebrate this Holy Mass as if it were your first Mass, your last Mass, your only Mass.” Our sacristy at St. Helen has the same quote beautifully written out, framed, and on the counter. Praying these words is part of Father Ian’s preparation for every Mass. They bring to mind for him the Christmas Midnight Mass shortly after his diagnosis with Stage Four Liver Cancer. The doctors had told him not to expect to live a year. This really came home to him that night. He thought, “This is probably my last Christmas Mass!” He prayed that Mass like never before. Tears were coming down his face throughout the Eucharistic Prayer. Not so much tears of sorrow but tears from the privilege and joy of celebrating Mass and the hope and expectation of soon being united to the eternal Mass in Heaven.

Read: Ask a participant read page 90 from “Imagine you...to...again in this lifetime?”

Discuss: What are your answers to the questions Matthew Kelly asked in this passage?

Day 20 priorities

Leader: We believe that at the center, the heart of our life is the Eucharist. We are going to listen to a passage from today's section. Listen to it and reflect on it. After a pause for reflection, we will take a moment to share and discuss our responses.

Read: Ask a participant to read starting on page 92 with "How are your priorities shifting...to...agenda for your life" on the top of page 93.

Discuss: What are your thoughts on reflecting to this passage?

As Matthew Kelly brings up, "How are your priorities shifting..."

Remind: Announce that our next meeting is July 28th. Between now and then reflect on chapters 21-26 Our them for this section is "Rest in Me"

Pray together the Spiritual Communion prayer

Session Five: Days 21 – 26 Daily Bread

Prayer: Let us pray together a prayer for spiritual communion

My Jesus, I believe that you are present in the Most Holy Sacrament. I love You above all things and I desire to receive You in my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to you. Never permit me to be separated from You. Amen

Day 21- Daily Bread

Leader: What is an event or experience that changed everything for you? It may have been falling in love with the person who became your spouse. Perhaps that moment when for the first time you held your infant child in your hands. Fr. Ian has spoken at various times about his youngest sister, Juli. A life-changing event for him was holding her for the first time. A close second was when his first niece was born. Our baptism was a life-changing event whether we remember it or not.

Discuss: What has been a life-changing event for you?

Read: Ask a participant to read the second to last paragraph in page 95. It starts with, “As you consider...” Finish with the final statement on the page, “This will forever change...”

Discuss: (Remind everyone of the three questions in what you just read)
Discuss your responses to the questions.

Day 22-A difficult teaching

Leader: Many if not most of us find one or another of Jesus's teachings to be difficult. This is nothing new but has been the case since the days he walked the earth in the flesh. Remember how he lost a great number of followers when He said to them that they must eat His Flesh and Drink His Blood. Peter, when asked if he and the Apostles were leaving too, answered where else would we go? The reality of the Real Presence (Body, Blood, Soul and Divinity) in the Eucharist continues to be controversial. It is outrightly rejected by most non-Catholics or understood in a different way than we do. For example, some denominations believe the bread and wine is Jesus' presence but only during the service. Others would say it is a sign or symbol. It points to or reminds us of Jesus, but he is not really present. For us, a Cross is a sign of Jesus Passion and Death by pointing to and directing our mind and heart to it but it is NOT His death. Sadly, surveys of Catholics show that there are many Catholics who understand the Eucharist in this manner.

Read: Ask a participant to read from page 98 from "How did the people respond? (to Jesus saying eat my flesh drink my blood) to "...Never mind believe it."

Discuss: How do you react to this verse?

How has your understanding of the Real Presence developed or changed over time? What difference does belief in the Eucharist impact your worship and your life?

How can we encourage or increase our hunger for the Eucharist?

Day 23 The Last Supper

Leader: Matthew Kelly makes an analogy between writing your Last Will to the actions of Jesus at the Last Supper. He had one last chance of making His truth clear to the Apostles and did it with a Passover dinner. Passover recalled the events of the Exodus and the Lambs that were sacrificed so that the people could be free of slavery. Jesus is, as John the Baptist proclaims, the Lamb of God. He is our Passover Sacrifice. The Eucharist does not reenact the events of the Last Supper. It is NOT as some non-Catholics claim a sacrificing of Jesus again and again. No, it UNITES us with His ONE Sacrifice on the Cross. It feeds us His Body and Blood as He commanded in John's Gospel. It changes everything. Matthew Kelly asks if our Last Will would be done in metaphorical language or would we be clear?

Read: Ask a participant to read page 105 from, "Jesus was clear...to...Will you give our entire self to Him?"

Discuss: Will (and how will) you give your entire self to Him?

Day 24: The Early Christians

Leader: We read in Matthew Kelly's book on page 108, "The Modern world tries to separate faith from reason, the professional from the personal, the means from the ends. This separationist approach destroys unity of life..." When have you felt torn in two? I can go to Mass or stay with visiting family and friends,...My job demands I set aside my Christian values,...Science and faith are (seem) in conflict,...My prayer life goes out the window when I am on vacation,...The list goes on.

Read: Ask a participant to read the first paragraph starting with, "It is Jesus...", found on page 109.

Discuss: When has faith and life been or seemed to be in conflict for you?

How did you resolve the conflict, or did you find resolution?

What role does humility play in this kind of situation?

Matthew Kelly suggests that for the Church (and world) to be renewed in Christ we must, "abandon the illusion of control and surrender our hearts to Jesus". Reflect on this and share your thoughts. How does this illusion control you or others and how can you surrender it?

Day 25: Eucharistic Miracles

Leader: There are many impressive Eucharistic Miracles. Scientific investigation has shown in some cases such as we read in this chapter that miraculous Host are heart muscle and Type AB blood. This has been a common thread in genuine miracles. These miracles, as incredible as they are, point to the, “common”, miracle that takes place on thousands of Catholic Altars every day. At every Mass, the ordinary bread and wine, by the power of the Holy Spirit, become the very presence of Jesus Body, Blood, Soul and Divinity. This is something incredible that has become commonplace for too many.

Discuss: What are your thoughts on Eucharistic Miracles? How do they impact your faith?

Reflect on and discuss the everyday miracle of the Eucharist.

Day 26 Your First Communion

Leader: Imagine you have been invited to a very special dinner. The food promises to be incredible, and you will be surrounded by the best of friends. This dinner is Friday evening and today is Monday. Yet, you can almost taste the food and enjoy the fellowship. Each day your anticipation grows. Matthew Kelly wrote on page 115, “One of the greatest temptations around the Eucharist is to treat it like a regular part of our routine instead of the most significant moment of our week.” He suggests that the antidote to that is anticipation. Preparing for Mass and building your anticipation of participation in this most incredible event.

Discuss: What are your memories of First Communion?

How do you prepare yourself for Mass over the week?

What are some thoughts on how you can better build your anticipation for the Eucharist?

Remind: Announce that our next meeting is August 11th. Between now and then reflect on chapters 27 - 32 Our them for this section is “Rest in Me”

Pray together the Spiritual Communion prayer

Session Six: This is the Day

Prayer: We will open this session with the same prayer as last time. A prayer for Spiritual Communion. Please turn back page 29 for this prayer.

Day 27 Our Lady of Fatima

Leader: St. Maximilian Kolbe said, “Never be afraid of loving Mary too much. You can never love her more than Jesus did.” Mary is like the moon reflecting the rays of the Sun. The light she sheds on us is actually the light from her Son, Jesus. When we come to Mary, she guides us to Jesus.

Discuss: Is there a particular title honoring Mary such as Our Lady of Fatima, Our Lady of Guadalupe, or Mary Mother of God, that particularly draws you to her and is part of your devotion? Talk about it.

How has Mary led you or someone you know to Jesus?

Read: Have a participant read from page 118 to 119 starting with “The one question... to...How do you receive Communion?”

Discuss: What does it mean to receive communion well for you?

How can you strive to love Jesus in the Eucharist more fully?

Day 28 Until the end of the World

Leader: Matthew Kelly reflects on the beauty of Notre-Dame in Parish, the effort that was put into building it over 182 years, and the heart break of the devastating fire that struck in 2019. But he does not stop there. Rather he speaks on the labor, sacrifices, and generosity of many that has enabled it to be rebuilt. The question is Why? Why the effort in the first place? Why the effort to rebuild it? By extension, why have Catholics built beautiful Churches around the world? Could we not worship in a storefront building, a pole barn type structure or a cave? There is a rich history reaching back to Moses in the desert building the Meeting Tent (known as the Tabernacle!) that was the first structure set up when they stopped in a place to the incredible Temples built first by Solomon in Jerusalem. Christians started worshiping in homes, caves, hidden places and even Catacombs. But when the opportunity came, they started building beautiful Churches.

Read: Have a participant read from page 125 starting with, “What do these...to...tabernacle of your local Church.”

Discuss: From the meeting tent of Moses in the desert to the Temple of Solomon to Notre Dame and beyond, our Churches are a meeting place of heaven and earth. Jesus is present in each tabernacle. We are not just making a place to gather but a home on earth for God! How do you see the Church as a meeting place with God?

How does it impact your Worship of God?

How does it form or impact your faith?

Day 29 Called to Holiness

Leader: After one Mother's Day Masses, Fr. Ian was heading to his parent's house to spend time with Mom and Dad and take them out for a late lunch at one of their favorite local restaurants. The parish had given out roses to women at Mass that morning and Fr. Ian had a bouquet of the remaining flowers for Mom. On the way, he stopped at a gas station. Amid all the men filling their trucks and such was an older worn-down looking women filling the tank of her car. Her shoulders were slumped, the expression on her face was tired and sorrowful. She looked to be carrying a great load on her shoulders. Father took a rose from the bouquet of flowers for mom and walked over to the women. He said, "Hello, Happy Mother's Day.", and gave her the flower. The women's posture and face changed. She stood up straight and her face was transformed by a bright smile. This was a Holy Moment.

Read: Have a participant read from page 129 starting with, "As we begin these last...to...a God who is careful and full of care."

Discuss: Talk about a Holy Moment you have experienced?

Do you believe you are called to holiness?

How can you grow in holiness?

Day 30 Holy Moments

Leader: A major theme of the New Testament but especially the Gospel of John is that the moment of decision has arrived. When you encounter Jesus, a choice must be made. Will you follow Him or not? This is the first of many choices that lead you on the path to eternal life. As we come to know and love Jesus on a deeper level, new choices must be made. It can be like peeling back the layers of an onion. Matthew Kelly presents to us the idea that good choices lead to Holy Moments. These decisions shape and form our life.

Read: Ask a participant to read from page 132 starting with, “Now, let us....to...flood every corner of your being.

Discuss: What are some choices you made that led to Holy Moments?

What Holy Moments do you believe you may have missed because of your decisions?

How can you cultivate making choices that lead to Holy Moments in the future?

Day 31 The way of Virtue

Leader: Jesus, as Matthew Kelly states, is virtue personified. And Saint Peter Eymard says the Eucharist is, “a divine storehouse filled with every virtue...” It is stated that virtue is essential to a follower of Jesus. Some may think virtues are old fashioned or even outdated. In reality, they are needed as much now as any time in history.

Read: Ask a participant to read from page 138 starting with, “The connection between...to...accordance with faith and reason.”

Discuss: In a world not just filled with but promoting vices, what virtues have helped sustain you?

What virtue do you know you need but struggle with?

Day 32 The presentation of Jesus

Leader: Matthew Kelly refers to poverty, chastity and obedience. A monk Father Ian once met half-jokingly said what it means is No Money, No Honey but you have a Boss. These are not just vows or promises made by members of religious orders and priests. They really do apply to the Christian life across the board. For most of us poverty means living with a certain simplicity of life AND acknowledging good thing is from God. For a priests chastity means no wife or sexual relationships but for us all it means faithfulness with our spouses and chaste behavior in thought and deed. Do not objectify others. Obedience, as Matthew Kelly says, is the hardest. Mary and Joseph were obedient to the Old Testament Laws. Jesus is perfectly obedient to the Father's will.

Read: Ask a participant to read from page 142, "Poverty, chastity, and obedience...to the wisdom of God's way."

Discuss: What struggles have you had with proper obedience?

We pray, "Thy Will be done..." in the Lord's prayer. How can we cultivate really doing that in our day to day life?

How could starting each day be praying for the grace to follow God's will and ending the day by thanking the Lord for the ways you did and repenting of the ways you didn't impact your daily life?

Remind: Announce that our next meeting is August 25th. This will be our final session. Please reflect and pray over the below questions to help prepare yourself for our Eucharistic Consecration.

Pray: Close with the Spiritual Communion prayer found at the end of each chapter

June 2nd	Introduction	How to read this book
----------	--------------	-----------------------

June 16th	1,2,3,4,5,6,7	pilgrims
-----------	---------------	----------

June 30th	8,9,10,11,12,13,14	Saints at your side
-----------	--------------------	---------------------

July 14th	15,16,17,18,19,20	Rest in me
-----------	-------------------	------------

July 28th	21,22,23,24,25,26	Daily Bread
-----------	-------------------	-------------

August 11 th	27,28,29,30,31,32	This is the Day
-------------------------	-------------------	-----------------

August 25th	Day 33	Consecration in Church	Discuss growth/action plan
-------------	--------	------------------------	----------------------------