

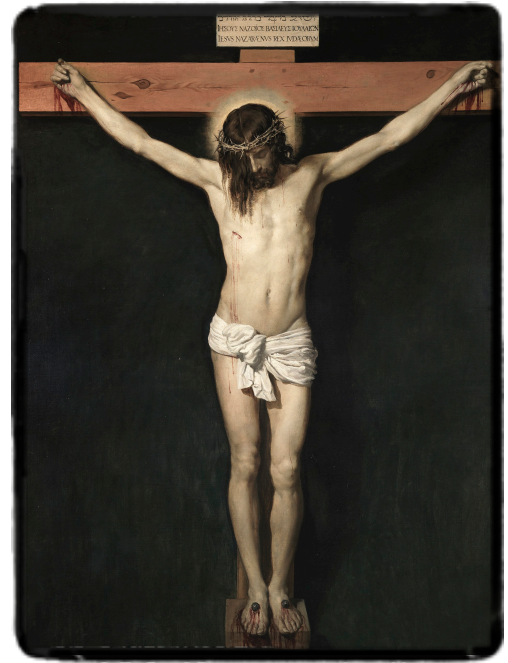
## Week 3 - The Eucharist: Mystery of Faith

**Sunday:** Watch Father Armando's video. Write down three reflections from the video that will help you in your prayer time this week.

**Monday:** The three theological virtues are Faith, Hope, and Charity. They are infused in us by God at our Baptism. They flourish in us, as do all virtues, as we grow in humility. The Eucharist, the Church teaches, is the mystery of faith. Moving our hearts in prayer, as we do by receiving the Blessed Sacrament in faith, opens us more to God's grace. **Today, reflect on how faith is more than just "believing without seeing", but how it is rooted in God's Word and ministry of Christ. How does this affect your faith?**

**Tuesday:** Faith grows as you open yourself more to God. You open yourself and move your heart more in prayer by contemplating on the love of God. The Eucharist is the supreme gift of Charity. Charity is the love of God and love of neighbor. Reflect on Christ's words at the Last Supper when He instituted the Eucharist: "This is my body, given up for you". What humility and self-giving He shows you! **In prayer, respond to Christ's words with your own offering of self.**

**Wednesday:** Reflect on this image of Christ crucified. This is the body that you receive in the Eucharist. This is the sacrifice that gained your salvation. Faith is not blind, it is rooted in this sacrifice. Faith comes from this person's loving sacrifice for you. Dialogue with Christ hanging on the cross. Put yourself at the foot of the cross and speak with Christ as He suffers. Ask for the grace to open yourself more to this love of God.



**Thursday:** **Today in prayer, reflect on Mark 11:22-24.** Having faith in God means believing in the power of God who raised Jesus from the dead. Reflect on any obstacles in faith you may have. Perhaps it is shame of past sins. Or maybe you are overwhelmed by the amount of evil in the world. Move your heart to open to the power of God. By faith, God will move mountains in you.

**Friday:** The goal of prayer is union with God in this life so we can gain union with God for eternity. Christ nourishes us with His body and blood. Reflect on the mystery of the Eucharist as food for your soul. **Express to God your hunger for Him and where you need to be satisfied.**

**Saturday:** **Reflect in your prayer time on the words of the Angel Gabriel to Mary in Luke 1:37: "for nothing is impossible for God."** Reflect on the miracle that God performed by Mary's "yes". In the Eucharist you receive the life of God as Mary did by conceiving Christ. Listen in silence to what God wants to do with your "Amen" to the Eucharist.

*\*See reverse side for activities for parents to help their children in prayer.*

## *Week 3 – The Eucharist: Mystery of Faith (For Parents and young Children)*

**Sunday** – Fun craft for today's Gospel reading on knowing that Jesus is always with us and we choose to walk with him and follow him. Children, trace your bare feet onto a piece of paper and then color them in. You can write, or have a parent write, "I choose to follow Jesus" on your paper. Post it somewhere in your home (maybe in your room!) so you can see it for this whole week!

**Monday** – Time to put a prayer heart into your shoebox! This week when writing prayers, think about reasons why you love Jesus!

**Tuesday** – Watch "The Eucharist for Little Children" (about a 20-minute video) on **FORMED.ORG** (Under the 'Kids' section)

**Wednesday** – Do a prayer heart! Kids, ask your parents to find a 'Jesus on the Cross' or just a cross coloring sheet for you to do today.

**Thursday** – Watch The Bread of Life: Celebrating the Eucharist! A Brother Francis video from **FORMED.ORG** (Under the 'Kids' section)

**Friday** -Write or draw a message to Jesus. Tell him how you have been feeling. Are you sad? Worried? The Good News is that Jesus loves you very much! Fold this message up and put it in your Prayer Box!

**Saturday** – Kids: Watch "Five Finger Prayer" on Youtube: [https://youtu.be/IihBCI\\_A4x4](https://youtu.be/IihBCI_A4x4) Parents: Help your children decide who to pray for on each finger.

**\*\*JUST FOR FUN\*\*** Kids –Ask your parents to let you watch "Jonah and the Whale" an 11- minute bedtime video on Youtube: <https://youtu.be/lfBn-Nvidto>