



# Beautiful Light: A Paschal Mystagogy Eucharistic Prayer Companion for the Easter Season

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.

During the Easter Season, we are offering reflections rooted in the tradition of mystagogy. This is an ancient form of liturgical catechesis that invites us to go deeper into the sacred mysteries we experience at Mass and in the sacraments. Each week you'll be invited to reflect on a rite, or part, of the Mass and an excerpt from the Sunday Gospel.

## 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 specific gifts from God in prayer.
- ✝ Pray with the text that describes a moment of the Mass. Be open to this encounter with Jesus.
  - ◆ Read that week's text slowly. Allow your imagination and senses to engage with the part of the Mass being described. Let the Holy Spirit speak to you through this text.
  - ◆ Sit with the series of reflection prompts for a while, being attentive to how the Lord is speaking in your heart.
  - ◆ Read the next passage from the Sunday Gospel, 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 prompts. Allow Jesus to speak to your heart in the 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 taken from the proper prayers for select Masses.
- ✝ Reflect on the liturgical connection each week.

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



## Divine Mercy Sunday: Life-Giving Sacrifice

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**THE GRACE I SEEK:** to believe that I can unite my own sacrifices to the perfect sacrifice of Jesus.

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and allow yourself to rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to unite my sacrifices with your one, perfect sacrifice.

**MEDITATING ON THE MYSTERIES: OFFERTORY** — *Read slowly, allowing your senses to help you enter into this moment of the Mass. Let the Holy Spirit fill your heart with his divine grace, that the hidden mystery from this moment in our memorial of Christ's sacrifice may be revealed more abundantly to you.*

**A sweet silence has come upon your inner being ... as if a gentle dew has fallen upon the thirsty ground of your soul. You sit alert in the wooden pew with your eyes fixed upon the actions of the priest, who stands erect behind the altar. First, his hands lift the paten containing the host. Still holding the paten, he speaks the ancient words: "Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you ..." ... Gently, he lays the paten upon the snow-white corporal linen lying in the middle of the altar. Next, the chalice is raised high, containing wine into which a few drops of water were just mingled. The eyes of the priest are elevated as he speaks more ancient words, in union with Jesus, to our Heavenly Father: "Blessed are you, Lord God of all creation, for through your goodness we have this wine to offer you ..." After each invocation, your voice unites with those of the whole assembly in response: "Blessed be God forever." You are intimately uniting your own heart to this offering. You are drawn in ... within you awakens a deeper desire to become a living sacrifice with Jesus, the Great High Priest.**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

What moment of this rite are you most drawn to? What aspect of the mystery of God's merciful love draws you most deeply to him during the offertory at Mass? How can you become a living sacrifice with Jesus?

**GOSPEL MEDITATION** — *Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" (John 20:26–28)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

Thomas doubted. Jesus did not turn from—but rather rushed toward—Thomas in his crisis of faith. Without faith, we cannot unite our sacrifices to the sacrifice of Jesus. Ask Jesus to help you encounter his presence in the Blessed Sacrament, right now. Proclaim your faith in the words of Thomas, "My Lord and my God!"

*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** — God of everlasting mercy, who in the very recurrence of the paschal feast kindle the faith of the people you have made your own, increase, we pray, the grace you have bestowed, that all may grasp and rightly understand in what font they have been washed, by whose Spirit they have been reborn, by whose Blood they have been redeemed. 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, Divine Mercy 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 own self-sacrifice in union with the perfect sacrifice of Jesus.



## Third Sunday of Easter: Praise and Thanksgiving

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This Eucharistic Prayer Companion is 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 Jesus in the Eucharist as you spend this time in prayer.

**THE GRACE I SEEK:** to believe that my own life can be deeply rooted in thanksgiving and praise of God.

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and allow yourself to rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to live a life full of gratitude and praise for the greater glory of God.

**MEDITATING ON THE MYSTERIES: PREFACE** — *Read slowly, allowing your senses to help you enter into this moment of the Mass. Let the Holy Spirit fill your heart with his divine grace, that the hidden mystery from this moment in our memorial of Christ's sacrifice may be revealed more abundantly to you.*

**"It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord ..." You are standing attentive, united to the priest and the whole assembly gathered in this privileged moment of thanks and praise. Ah! You are at the threshold of Heaven, anxiously entering into a representation of the greatest deed of all history—the Passion and glory of Jesus, your Savior. As these familiar words wash over your heart, you close your eyes for a moment and become aware of your own heart beating, desiring more, desiring heaven. The gathered congregation in union with the priest couldn't possibly be sufficient—the entire mystical body of Christ is present: angels and saints. You unite yourself to this Heavenly worship as aloud you joyfully acclaim, "Holy, Holy, Holy, Lord God of hosts, Heaven and earth are full of your glory. Hosanna in the highest! Blessed is he who comes in the name of the Lord. Hosanna in the highest!"**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

What is it like to consciously allow yourself to be united to the communion of saints at Mass? How does your own gratitude and praise of God make 'more sense' when you experience this heavenly worship? How is this a foretaste of heaven for you?

**GOSPEL 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 it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" (Luke 24:30–32)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

On the Road to Emmaus, the two disciples are in a crisis of faith—all they had hoped about Jesus of Nazareth seemed to be dashed to pieces by the events of Good Friday. Yet when the mysterious traveler breaks bread at table with them, their eyes are opened, and their faith is restored. We need faith—without it, we cannot praise and thank God. How is every encounter with the Eucharist an opportunity for your faith to deepen and even be restored when it is tried by the anxieties and struggles of life?

*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** — May your people exult forever, O God, in renewed youthfulness of spirit, so that, rejoicing now in the restored glory of our adoption, we may look forward in confident hope to the rejoicing of the day of resurrection. 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 Easter*)

**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 have a heart full of gratitude and praise for God.



## Fourth Sunday of Easter: Called to Holiness

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This Eucharistic Prayer Companion is 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 Jesus in the Eucharist as you spend this time in prayer.

**THE GRACE I SEEK:** to believe that Jesus is calling me to be a living saint.

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and allow yourself to rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe that you are calling me to holiness—to be a living saint.

**MEDITATING ON THE MYSTERIES: EPICLESIS** — *Read slowly, allowing your senses to help you enter into this moment of the Mass. Let the Holy Spirit fill your heart with his divine grace, that the hidden mystery from this moment in our memorial of Christ's sacrifice may be revealed more abundantly to you.*

**"Therefore, O Lord, we humbly implore you: by the same Spirit, graciously make holy these gifts we have brought to you for consecration, that they may become the Body and Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries." Jesus is coming—and the Spirit is at work. The simple elements that lay visible upon the altar—tiny wafers of bread and a few simple drops of wine—will soon be substantially changed. Your heart is drawn up into this mysterious petitionary prayer as the priest lovingly suspends his open hands, palms down over the simple elements. In the inner stillness of your spirit, you sense the hidden presence of God, soon to be made manifest truly, sacramentally, in the Holy Eucharist. You recall that Christ promised to remain with us forever and offers to make us part of his Mystical Body, the Church, drawing us to heights of supreme holiness. Indeed, the Spirit of the Lord, dwelling in you, makes you holy ...**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

How can your interior, active participation at Mass deepen your own communion with the Holy Trinity? How does the Spirit of the Lord seek to help you take the next step in holiness today? How does your participation at Mass help you grow in holiness?

**GOSPEL 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.*

**Amen, amen, I say to you, I am the gate for the sheep ... Whoever enters through me will be saved, and will come in and go out and find pasture ... I came so that they might have life and have it more abundantly." (John 10:7, 9–10)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

Jesus desires abundant life for us. We look forward to this fullness of life in heaven, but it starts right here, right now. At Baptism, we become temples of the Holy Spirit. Holiness is not only possible, but it is also the deep desire of Jesus for every single one of us. Ask Jesus to stoke the fire of your own desire to be a living saint, thriving in the abundant life he offers.

*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, lead us to share in the joys of heaven, so that the humble flock may reach where the brave Shepherd has gone before. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (*Collect, Fourth Sunday of Easter*)

**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 be a living saint.





## Fifth Sunday of Easter: Jesus, Lord and Lover of my Soul

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This Eucharistic Prayer Companion is 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 Jesus in the Eucharist as you spend this time in prayer.

**THE GRACE I SEEK:** to believe that Jesus fulfills my deepest longing for love.

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and allow yourself to rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe that you long to satisfy my deepest desire for love.

**MEDITATING ON THE MYSTERIES: INSTITUTION NARRATIVE** — *Read slowly, allowing your senses to help you enter into this moment of the Mass. Let the Holy Spirit fill your heart with his divine grace, that the hidden mystery from this moment in our memorial of Christ's sacrifice may be revealed more abundantly to you.*

**The priest's attention is upon the fragments of bread and drops of wine contained in the sacred vessels. Your eyes move, tracking his actions as he carefully lifts the tiny host with his hands. "Take this, all of you, and eat of it, for this is my Body, which will be given up for you." You silently adore Jesus as the Host is lifted high by the priest. A silent pause ... a gentle laying down of the sacred Victim ... your head bows. Moments later, these words echo in your ears: "Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many, for the forgiveness of sins. Do this in memory of me." The candles upon the altar reflect off the golden chalice as it is lifted toward Heaven, and you silently speak from your heart, "Jesus, I love you." Soon, you who are nourished by the Body and Blood of the Son, and filled with his Holy Spirit, will be made one body, one spirit in Christ.**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

How is Jesus revealing the fullness of his love for you at the moment of consecration? What is it like to hear the words, "This is my Body, which will be given up for you"? What stirs in your heart when you reflect on the words, "This is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you"?

**GOSPEL 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.*

**"In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be." (John 14:2–3)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

Jesus assures you that, like a true lover, he has prepared a dwelling for you to share with him. How is this a game changer in your relationship with Jesus? How does his passion for you, revealed in the Sacred Scriptures and re-presented in the Blessed Sacrament, enliven your heart? Right now, make an offering of your whole life with confidence to Jesus, sharing in the heartfelt words of St. Paul, "Jesus is Lord!"

*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, constantly accomplish the Paschal Mystery within us, that those you were pleased to make new in Holy Baptism may, under your protective care, bear much fruit and come to the joys of life eternal. 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 Easter*)

**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 be completely united to Jesus, Lord and Lover of your soul.



## Sixth Sunday of Easter: The Paschal Mystery

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This Eucharistic Prayer Companion is 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 Jesus in the Eucharist as you spend this time in prayer.

**THE GRACE I SEEK:** to believe that the graces of the Paschal Mystery are always available to me.

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and allow yourself to rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe that what you accomplished through your Passion, Death, Resurrection and Ascension is a gift of grace for me.

**MEDITATING ON THE MYSTERIES: ANAMNESIS** — *Read slowly, allowing your senses to help you enter into this moment of the Mass. Let the Holy Spirit fill your heart with his divine grace, that the hidden mystery from this moment in our memorial of Christ's sacrifice may be revealed more abundantly to you.*

**As the Sacred Victim lies peacefully upon the altar, you remain kneeling, as moments of silence mingle with the prayers that evoke the drama of redemption. The priest stands in the "orans" position, hands at either side of his body, prayerfully erect. "Therefore, O Lord, as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven ... Look, we pray, upon the oblation of your Church, and recognizing the sacrificial Victim by whose Death you willed to reconcile us to yourself ... grant that we may become one body, one spirit in Christ." You know this is real. You know this is true. Not only is the sacrifice of Jesus made present to you so that you may participate in it, but so too is his triumph! Sacred, living memory draws you up and into this mystery, as Heaven truly kisses Earth. That desire deep within you for eternity is awakened, and you are sure in these moments that Jesus makes all things new.**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

How can you be more fully, actively, and consciously present at Mass—body, heart, and mind? How can the truth of the Paschal Mystery move your heart and soul to be more engaged with praying the Mass? How can your whole being truly be one in worship of your loving Jesus?

**GOSPEL 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.*

**I will not leave you orphans; I will come to you. In a little while the world will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you. (John 14:18–20)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

Jesus wants us to be one with him. It is through the Paschal Mystery—his Passion, Death, Resurrection and Ascension—that he makes this communion possible. What is the next step Jesus is inviting you to take toward a deeper encounter with him through the Paschal Mystery?

*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, that we may celebrate with heartfelt devotion these days of joy, which we keep in honor of the risen Lord, and that what we relive in remembrance we may always hold to in what we do. 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, Sixth Sunday of Easter*)

**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 be faithful to the graces of the Paschal Mystery.



## The Ascension: The Church, the Body of Christ

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This Eucharistic Prayer Companion is 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 Jesus in the Eucharist as you spend this time in prayer

**THE GRACE I SEEK:** to believe that Jesus wants me to be part of his living Body, the Church.

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and allow yourself to rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe that you have a place for me in your living body, the Church.

**MEDITATING ON THE MYSTERIES: EUCHARISTIC PRAYER INTERCESSIONS** — *Read slowly, allowing your senses to help you enter into this moment of the Mass. Let the Holy Spirit fill your heart with his divine grace, that the hidden mystery from this moment in our memorial of Christ's sacrifice may be revealed more abundantly to you.*

**Words cannot express the deep experience of your spirit as you participate in Christ's sacrifice. You become aware of your participation, in time, in the worship of eternity. You see the priest, you are aware of the assembly gathered, and of the angels and saints. Yet, even this is not enough. Now you join yourself earnestly in intercession—for the Pope, for your bishop, for the clergy, and for the whole Church around the world. You pray for a reunion of all the Father's scattered children and for the dead. In this Mass, the love of the Heart of Jesus is fully revealed—his sacrifice once and for all. You sense your own heart being drawn up into the very same desire of Jesus, and realize you, too, thirst for the complete and total communion Jesus promised, "that when I am lifted up from the earth, I will draw everyone to myself" (Jn 12:32)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

How can your own silence and interior composure (settled-ness) help you enter deeply into the mystery of the Body of Christ? How can your union with the assembly at Mass not be a distraction from Jesus but an opportunity for deeper communion through, with and in Jesus? How can your own *ars celebrandi* (art of celebrating/participating) in Mass help reveal the mystery of the worship of the body (us) for the head (Jesus)?

**GOSPEL 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.*

**All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age. (Matthew 28:18–20)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

Jesus' parting words to his disciples are words of missionary sending. He wants everyone to be part of his body, the Church. As you sit in silence with Jesus, ask him to help you embrace more deeply your place in his Mystical Body and be filled with zeal for inviting others to be part of his body, the Church.

*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** — Gladden us with holy joys, almighty God, and make us rejoice with devout thanksgiving, for the Ascension of Christ your Son is our exaltation, and, where the Head has gone before in glory, the Body is called to follow in hope. 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, Ascension)

**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 participate fully, actively and consciously in the Church, the Body of Christ.



## Pentecost: The Joy of Trinitarian Adoration

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This Eucharistic Prayer Companion is 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 Jesus in the Eucharist as you spend this time in prayer.

**THE GRACE I SEEK:** to believe that I find my fulfillment in joyful communion with the Holy Trinity.

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and allow yourself to rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe that you fill me with lasting joy when I am in communion with you and, through you, with the Father and the Holy Spirit.

**MEDITATING ON THE MYSTERIES: DOXOLOGY** — *Read slowly, allowing your senses to help you enter into this moment of the Mass. Let the Holy Spirit fill your heart with his divine grace, that the hidden mystery from this moment in our memorial of Christ's sacrifice may be revealed more abundantly to you.*

**Yes, you sense the truth present before you: Jesus makes all things new. You cannot contain the joy as you realize an eternal answer to your deepest longing. The priest takes the chalice and the paten which hold the Holy Eucharist and lifts both high, for you, for all, to join in giving glory and praise to the Father. "Through him, with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever." For ever and ever, yes—this is what your heart so deeply desires. A love that never ends. A peace that cannot be disrupted. A joy that can only be amplified. You respond from the depths of your heart and with a loud voice, "Amen"—the ancient response of Israel, the only response that can capture your assent. Yes, this is what you want: the greater honor and glory of God.**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

What is it like to be in the mysterious presence of the Holy Trinity at Mass? How is your heart moved as you become aware that the work of salvation is the *opus Trinitatis*—the work of the Trinity? How are you summoned to adore the living God, who reveals himself in hidden glory at this profound moment of the Mass?

**GOSPEL 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.*

**Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained." (John 20:19–23)**

**FOR REFLECTION** — *Allow yourself to reflect for a while, being attentive to how the Lord is speaking in your heart.*

Until Jesus appeared in the upper room, his disciples were full of fear. Yet, in the presence of the Risen Lord, they literally rejoiced. His very words and the mission of mercy entrusted to them the night of the Resurrection all lead to communion: to intimate, deep, abiding union with the Blessed Trinity. Ponder this mystery of never-ending love, lasting peace and infinite joy.

*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 by the mystery of today's great feast sanctify your whole Church in every people and nation, pour out, we pray, the gifts of the Holy Spirit across the face of the earth and, with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers. 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, Pentecost)

**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 be caught up joyfully in the life of the Blessed Trinity.