

Christmas Season Eucharistic Meditation 2: Gift of Self



This Eucharistic Meditation is designed to help you spend 30 minutes to an hour in meditation and silent prayer with Jesus during Eucharistic Adoration.

The grace I seek: to become a gift for others with 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 make a gift of myself to those around 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.

"Then you shall see and be radiant, your heart shall throb and overflow. For the riches of the sea shall be poured out before you, the wealth of nations shall come to you." Isaiah 60:5

Reflection Question: What gifts has Jesus filled me with lately? How is Jesus inviting me to share those gifts—to allow them to overflow from my heart? (Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.)

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.

"[The Magi] were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh." Matthew 2:10-11

Reflection Question: Gazing upon the Eucharist, ask Jesus to help me realize my own goodness and capacity to make a gift of myself to others. Like the Magi, I ask Jesus to give me the courage to share my greatest treasure—the love in my heart—with those who need it most 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 is communicating to you during this time of prayer.

Closing Prayer: O God, who on this day revealed your Only Begotten Son to the nations by the guidance of star, grant in your mercy that we, who know you already by faith, may be brought to behold the beauty of your sublime 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. (Collect, Solemnity of the Epiphany of the Lord)

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 make a sincere gift of yourself to others. Ask for a deepening of the grace to be a gift to others with Jesus.