



Eucharistic Prayer Companion for the Sacred Triduum

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.

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 a gift from God in prayer.
- ✚ Pray with the Scripture passage provided. Be open to this encounter with Jesus.
 - ◆ Read that week's passage, usually from the Old Testament, 3-4 times slowly. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.
 - ◆ Sit with a series of reflection questions for a while, being attentive to how the Lord is speaking in your heart.
 - ◆ Read the next passage, usually from the Gospels, 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 question. Allow him to speak to your heart in that 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, usually taken from the Collect for Mass.
- ✚ Reflect on the liturgical connection each week.

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



A Eucharistic Meditation for Bishops & Priests

Holy Thursday Chrism Mass: You Are a Priest Forever



NATIONAL
**Eucharistic
Revival**

This Eucharistic Meditation has been prepared as a gift to our bishops and priests in gratitude for their ministerial priesthood and gift of self to Jesus and his bride, the Church.

THE GRACE I SEEK: to believe that I share intimately and forever in the priesthood of Jesus Christ

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 believe in my unceasing participation in your Holy Priesthood.

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.*

"To him who loves us and has freed us from our sins by his Blood, who has made us into a Kingdom, priests for his God and Father, to him be glory and power forever and ever." (Revelation 1:5-6)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

How have you experienced the power of the Blood of the Lamb in your ministerial priesthood? Can you sense his loving mercy for you, and his intimate companionship? Allow Jesus to share with you a new depth of his own intimacy with God the Father, who gazes upon you as a beloved son.

SCRIPTURE 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.*

"The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord." (Luke 4:18)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus came not to be served, but to serve: to bring healing, comfort, provision, forgiveness, and freedom. Gazing upon the Eucharist, let Jesus remind you, through the gift of memory, of a specific moment when you participated deeply in his holy priesthood through your own ministerial priesthood. Savor that memory—how it felt, what it looked like, the sounds and other sensory experiences. Recall how your heart was moved. Allow this memory to strengthen you as you persevere along this road of intimacy and sacrifice with Jesus.

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 anointed your Only Begotten Son with the Holy Spirit and made him Christ and Lord, graciously grant that, being made sharers in his consecration, we may bear witness to your Redemption in the world. 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, Holy Thursday Chrism Mass)

MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. At the Chrism Mass, offer your desire for deeper intimacy with Christ, the Great High Priest, in your priestly life.



Holy Thursday: Self-Sacrificing Love



THE GRACE I SEEK: to believe that Jesus will draw me ever deeper into that intimate union with him through my reception of the Eucharist in Holy Communion

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 believe that you will draw me ever closer to you, who have loved me from all eternity, through my reception of the Eucharist in Holy Communion.

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.*

"This is how you are to eat it: with your loins girt, sandals on your feet and your staff in hand, you shall eat like those who are in flight. It is the Passover of the LORD...This day shall be a memorial feast for you, which all your generations shall celebrate with pilgrimage to the Lord, as a perpetual institution." (Exodus 12:11, 14)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

The Passover was a profound moment in salvation history: God set his people free from the bonds of slavery to Egypt, and the institution of the Eucharist at the Last Supper was foreshadowed. Ask Jesus to help you recall the celebration of your First Holy Communion. Try to remember how it felt and what that day was like. Whether your memories are beautiful or painful, vivid or distant, ask Jesus to show you how he saw you on that day. Let him reveal to you how he has been accompanying you all the days and years since then on your pilgrimage to heaven—especially in the Eucharist.

SCRIPTURE 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.*

"Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do." (John 13:12-15)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus makes a great demand of us this night: we are to be at the profound service of one another. Just as he has loved us, so we are to love one another—even unto death! Gazing upon Jesus in the Eucharist, ask him to give you the courage to participate deeply in his self-sacrificial love.

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 have called us to participate in this most sacred Supper, in which your Only Begotten Son, when about to hand himself over to death, entrusted to the Church a sacrifice new for all eternity, the banquet of his love, grant, we pray, that we may draw from so great a mystery, the fullness of charity and of life. 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, Holy Thursday Evening Mass of the Lord's Supper)

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 Holy Thursday, offer your desire to share in the sacrificial love of Jesus.



Good Friday: Final Sacrifice



These Eucharistic Meditations are designed to help you spend 30 minutes to an hour in meditation and silent prayer. Our tabernacles are empty as we stand in silence at the foot of the Cross, aware of Jesus' total gift of love in his passion and death.

THE GRACE I SEEK: to believe that Jesus' sacrifice makes all things new

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

Become aware of the silence and emptiness of this Good Friday. Let yourself imagine Jesus in his suffering and death. Know that he did it for you, for your salvation.

Thank Jesus for the gift of himself in his death on the Cross.

ASK FOR THE GRACE: Jesus, help me to believe that your sacrifice makes all things new.

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.

"Yet it was our infirmities that he bore, our sufferings that he endured, while we thought of him as stricken, as one smitten by God and afflicted. But he was pierced for our offenses, crushed for our sins; upon him was the chastisement that makes us whole, by his stripes we were healed." (Isaiah 53:4-5)

REFLECTION QUESTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

How has Jesus taken on your own personal sin and suffering in his Passion? How have you experienced the power of the Blood of the Lamb in your life? Thank Jesus for taking on the full weight of your sin through his Passion and Death.

SCRIPTURE 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 said, 'I thirst.' There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, 'It is finished.' And bowing his head, he handed over the spirit." (John 19:28-30)

REFLECTION QUESTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

In a moment of seeming defeat, Jesus conquered sin and death. By becoming as nothing—a poor man hanging on a tree—Jesus inaugurated for us new life. Imagine Jesus on the cross. Ask him to help you deepen in gratitude for his death on the cross, the Final Sacrifice that has conquered sin and death forever. Allow yourself to be moved with compassion for the profound sufferings of your Savior, Jesus.

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 — Remember your mercies, O Lord, and with your eternal protection sanctify your servants, for whom Christ your Son, by the shedding of his Blood, established the Paschal Mystery. Who lives and reigns for ever and ever. (Opening Prayer, Good Friday of the Lord's Passion)

LITURGICAL CONNECTION — Today, the Church waits in silence at the tomb of Christ. According to the rubrics of the Church, Mass is not celebrated today until the Vigil of the Lord's Resurrection. During this time of emptiness and waiting, offer to Christ the hope of eternal life with him. Unite your sufferings to his, so as to rise with him at Easter. During this time of emptiness and pain, offer to Jesus your desire to quench his thirst by offering him your whole self.



Holy Saturday: Waiting for the Lord

This Meditation is designed to help you spend 30 minutes to an hour in meditation and silent prayer. Our tabernacles are empty today as we ponder the death and burial of Jesus, aware of his total gift of love in his Passion and Death.

THE GRACE I SEEK: to believe that Jesus longs to bring me into his rest in the fullness of time

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

Become aware of the silence and emptiness of this Holy Saturday. Let yourself imagine Jesus in his suffering and death, now enclosed in a cold tomb. He did it for you.

Thank Jesus for the gift of himself in the Paschal Mystery.

ASK FOR THE GRACE: Jesus, help me to believe you will give me rest.

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.

“Therefore, a sabbath rest still remains for the people of God. And whoever enters into God’s rest, rests from his own works as God did from his. Therefore, let us strive to enter into that rest.” (Hebrews 4:9-11a)

REFLECTION QUESTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

In the busy-ness of life, is there an area of your heart where you have stopped waiting for the Lord? Where do you most long for rest? As you imagine yourself waiting outside of Jesus’ sealed tomb, share this with him. Ask Jesus to give you rest in his perfect timing.

SPIRITUAL MEDITATION — Read slowly, 3-4 times. Again, allow these words of to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.

“Something strange is happening—there is a great silence on earth today, a great silence and stillness...Rise, let us leave this place. The enemy led you out of the earthly paradise. I will not restore you to that paradise, but I will enthrone you in heaven...The kingdom of heaven has been prepared for you from all eternity.” (An ancient homily on Holy Saturday, Liturgy of the Hours)

REFLECTION QUESTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

Jesus Christ’s Death, burial, Resurrection, and Ascension have won salvation and eternal life for us. Uniting your heart to Jesus, ask for the grace to believe he has prepared a place for you for all eternity. Ask for the courage to wait in hope for the fulfillment of this promise.

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 — All-powerful and ever-living God, your only Son went down among the dead and rose again in glory. In your goodness raise up your faithful people, buried with him in baptism, to be one with him in the eternal life of heaven, where he lives and reigns with you and the Holy Spirit, God for ever and ever. (Liturgy of the Hours, Prayer from the Office of Readings for Holy Saturday)

LITURGICAL CONNECTION — Today, the Church waits in silence at the tomb of Christ. According to the rubrics of the Church, Mass is not celebrated today until the Vigil of the Lord’s Resurrection. During this time of emptiness and waiting, offer to Christ the hope of eternal life with him. Unite your sufferings to his so as to rise with him at Easter.