

“The Institution of the Eucharist”...

FROM THE GOSPEL ACCORDING TO - *MATTHEW* -:

“Jesus took bread, said the blessing, broke it, and giving it to his disciples said, ‘Take and eat; this is my body.’” (Matt 26:26)¹

MEDITATION ON THE MYSTERY:

Lord, give us the ability to incarnate Your Divine Verb to the point of becoming a little or great living Eucharist, just as it is written in the Liturgy: *“Let our life be Eucharist for the others, loving our neighbors as ourselves.”* (cf. *SLC*, p. 123)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the Eucharist, St. Ambrose says: *“Who is a more authoritative and believable witness than the man who ‘recognizes that Jesus Christ came in the flesh’ (1John 4:2) precisely by observing the norms of the Gospel?...[The] witness is he who attests to the precepts of the Lord Jesus, above all with the proof of his actions.”* (AMBROGIO, in *Uff. d. Lett.*, 9 Ottobre [unpublished translation by pfgsm])

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...

- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...