

## “The Institution of the Eucharist”...

### FROM THE GOSPEL ACCORDING TO - *MATTHEW* -:

*“While they were eating, 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)<sup>1</sup>*

### 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 trying to be in communion not only sacramentally but also with our lives, according to the Gospel, St. Gregory the Great says: *“To limit ourselves to receiving the Sacraments of our Redeemer is too little, if we do not also add our good works. What use is it to receive His Body and Blood with our mouth, if we then offend Him with our bad habits?”* (GREGORY THE GREAT, *Homilies on the Gospels*, XXII, n.8)

<sup>1</sup> NABRE (USCCB)

### FREE AND PERSONAL MEDITATION

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

- .....
- .....

*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 ...*