

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



St. John Paul II and the Holy Eucharist

by Constance Hull

Reflective Questions

"For me, the Mass constitutes the center of my life and my every day. Nothing means more to me or gives me greater joy than to celebrate Mass each day and to serve God's people in the Church."

-- Saint John Paul II

- The Eucharist is a great gift from God to his people so that we can be nourished by Jesus' body, blood, soul and divinity. Challenge yourself to take some time this Advent to reflect on God's presence in the Eucharist and develop a deeper love of this beautiful sacrament.
- When we go to mass we are entering into the fulfillment of Christ to his Apostles that He is with us. When you go to mass are you aware of Christ's presence in the Eucharist? Are you easily distracted from this fact? During Advent try to make a concerted effort to recognize Christ's presence in the Eucharist and see how life-giving it can be.
- Do you struggle to recognize and understand the real, true Presence of God in the Eucharist? If so, make time to go to Eucharistic Adoration to spend time with God present in the Eucharist.
- During Advent, when Mary would have been pregnant with Jesus and preparing for his birth it is a fitting time to reflect on the Eucharist. Just as Mary was united with Jesus during pregnancy so too are we united with Jesus through the Eucharist. We invite you to pray over the unborn Jesus and pregnant Mary during Advent and to ask Mary to guide you to her son

though the Holy Eucharist.

- When preparing your heart for receiving the Eucharist during mass, what helps you most come into the presence of God? Can you get more of that in your life?
- How we can enter into a better understanding of the Eucharist.
- Is it difficult or easy for you to see Jesus as a nurturer through the reception of the Eucharist? Take some time to imagine him patiently responding to your most important needs.