

Encountering Jesus During Difficult Times

Leader: In the name of the Father, and of the Son and of the Holy Spirit.

All: **Amen.**

Leader: Come Holy Spirit, fill the hearts of your faithful

All: **And kindle in them the fire of your love.**

Leader: Send forth your Spirit, and they shall be created

All. **And You shall renew the face of the earth.**

Leader: Let us pray.

All: **O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations. Through Christ Our Lord. Amen.**

Insights from the Catechism

1073. In the liturgy, all Christian prayer finds its source and goal. Through the liturgy the inner man is rooted and grounded in “the great love with which [the Father] loved us” in his beloved Son. It is the same “marvelous work of God” that is lived and internalized by all prayer, “at all times in the Spirit.”

1323 “At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet ‘in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us’”.

1359 The Eucharist, the sacrament of our salvation accomplished by Christ on the cross, is also a praise in thanksgiving for the work of creation. In the Eucharistic sacrifice the whole of creation loved by God is presented to the Father through the death and the Resurrection of Christ. Through Christ the Church can offer the sacrifice of praise in thanksgiving for all that God has made good, beautiful and just in creation and in humanity.

Questions to reflect on in small groups: (There are no wrong answers)

- What is something that has happened to you since we last met?
- Has there ever been a time in your life that you felt like a cracked pot? How or what did you do to keep moving? Who helped you keep moving? What roles does Jesus play during challenging times for you?
- What in your life do you hunger for? What kind of things do you hope for? Do you think these are the same things Jesus desires for your life too? Have you asked?
- What “food” has Jesus given you for the journey of your life?



The Anima Christi

The Anima Christi is a prayer from around the 14th century. It is still widely used after receiving the body and blood of Our Lord, Jesus Christ in Holy Communion.

Soul of Christ, **sanctify me**
Body of Christ, **save me**
Blood of Christ, **inebriate me**
Water from Christ's side, **wash me**
Passion of Christ, **strengthen me**
O good Jesus, **hear me**
Within Thy wounds **hide me**
Suffer me not **to be separated from**
Thee
From the malicious enemy **defend me**
In the hour of my death **call me**
And bid me **come unto Thee**
That I may praise Thee **with Thy saints**
and with Thy angels
Forever and ever
Amen

