

Thánh Kinh Vào Đời - A Knight of Eucharist Leader's Devotional Life – Living an Eucharistic Day

THE POINT

By embracing the few, simple, and easy practices of the Eucharistic Day, we are following the footsteps of saints.

THE POINT, UNWRAPPED

Very simply, it means offering yourself and every day of your life to God. That's all.

WHERE IN THE WORD

(Romans 12:1)

–I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy, and pleasing to God, your spiritual worship.||

DISCUSSION

1. Who Is There in the Tabernacle?
2. Why Is Jesus There?
3. What Does Jesus Do In The Host?
4. What Does Jesus In The Host Wish?
5. What Does Jesus In The Host Wish Us To Remember?
6. What Does Jesus In The Host Teach Us?
7. What Does Jesus In The Host Ask Of Us?

TEAM BUILDING

Often, the common obstacle that stops us from living the Eucharistic Day is —ourselves, and the daily –busines of our lives. Consider the following situations and brainstorm ideas for how to deal with them. How can team members help each other during the week with these difficulties? Each team will have 3 minutes to present your ideas.

- You overslept and you're going to be late for school, but you also need to say your Morning Prayers. What should you do?
- You have a busy day at school, followed by after-school activities. It is difficult to find any time for you to silently reflect and have Spiritual Communion. What should you do?
- You had a long and tiring day. It is late at night (1-2 AM). You try to say your night prayers but repeatedly fall asleep or nod off. What should you do?

TEAM STUDY

Note: This section will be assigned the week before as homework. Knight of Eucharist should read these rules before coming to class.

Below are the rules that St. Peter Julian Eymard (1811-1839) used for living a Eucharistic Life. Answer the following the questions with your team.

- What is a common theme in all of the rules?
- Which rules are applicable today? Which ones may be practical?
- Reconsider the rules that are impractical today. How would you modify them to so they can fit with the modern day demands?

Twelve Rules for A Eucharistic Life

First Rule

- In the morning, when you wake, go in spirit to the foot of the Tabernacle where during the night, Jesus remained out of love for each one of us.
- Make an offering of your day to this gentle Savior, ask him to bless you, to preserve you from all sin and to give you his love.

Second Rule

- When beginning your morning prayer, place yourself in spirit before the Tabernacle.
- Ask Jesus who is there praying for you, to present your petitions to God the Father, and under his gaze tell, him of your plans for the day, asking him to bless them.

Third Rule

- If at all possible, attend Mass every morning. The days when this is impossible choose a moment — preferably after morning prayers — to be present in spirit at the Holy Sacrifice. Go in spirit before the Tabernacle and place yourself in the Heart of Jesus.
- Unite yourself to the Masses which are being offered up at that moment — since there is not a minute of the day or night that the Holy Sacrifice is not being offered in some part of the world — and offer Jesus to the Heavenly Father, as a Victim, begging him to pardon in his name, all sinners, particularly yourself, and ask him to enkindle his love in all hearts to increase the number of Saints.

Fourth Rule

- Never begin any work or occupation of any kind, never perform any action, nor go out mornings, afternoons or evenings, without having first gone in thought to the Tabernacle, to ask Jesus for his blessings.

Fifth Rule

- Before and after your midday and evening meals, withdraw for a moment and kneel down. At least never omit to go at these times in thought, to greet Jesus, whose presence is so much forgotten by so many of our Catholic people.
- Recall to your mind the thoughts, which have come to you at his feet.

Sixth Rule

- Send a loving thought towards the Tabernacle several times a day — for example, when the clock strikes. Tell him how much you wish to love him, ask him to help you, and say the "O Sacrament," etc. or "Blessed be Jesus in the Most Holy Sacrament of the Altar."

Seventh Rule

- Form the habit of a daily visit to the Most Blessed Sacrament even if it should have to be when you are on your way to work, so that at the hour of death, Jesus will in his turn visit you. If time permits, profit by this visit to put in practice the directions of Rule Nine.
- If it should happen that you cannot make your usual visit to the Blessed Sacrament, make a spiritual visit before retiring and remain a few minutes in Adoration thinking of him who is in the Tabernacle only because of his great love for you.

Eighth Rule

- When you begin your night prayers, place yourself (as in the morning) in spirit before the Tabernacle.
- Ask Jesus to help you pray; and then under his gaze, humbly examine your conscience.
- Think that it is Jesus himself who recalls to your memory what you have done during the day.

Ninth Rule

□ The Most Important Of All

1. Go and place yourself at least in spirit, before the Tabernacle under the gaze of Jesus.
2. Read over one of the questions, which you will find following this Rule.
3. Pause and reflect for a moment, and think of what your answer will be.
4. Then looking with the eyes of your soul at Jesus who knows your thoughts, say to him: "Lord, make me understand, make me see, speak to my soul. Speak Lord and thy servant shall hear."

- Ask the God of the Eucharist to speak to your mind and heart, even as he did to those who came to him when he was on earth, and be careful to keep in your mind the question that formed the subject of your meditation, asking Jesus to fill and penetrate your soul with it.

Tenth Rule

- If during the day, some trial or trouble should come to you, go at once in spirit to the Tabernacle and confide it to Jesus. In contradictions speak to him at once, asking him to make you patient.
- If you should happen to be alone, go in spirit to keep him company. He is so often, abandoned by us, in his Tabernacle.
- Your own isolation will then seem to you less painful. If you are suffering go and rest your tired head on his Heart, and tell him your trials.

Eleventh Rule

- In your thoughts, accustom yourself to stay as constantly as possible under the gaze of Jesus — under this grace, this all-powerful virtue, which comes from the Tabernacle.
- Show him your soul, and with you the souls of all dear to you. As the Jews of old brought their sick to him to be healed, so will you go to him, being content to offer him from time to time the following fervent supplication:
- "Lord, you know my desires, Lord, heal my soul! Lord, make me see! Lord, make me love you"

Twelfth Rule

- Work without ceasing to realize in your thoughts the Real Presence of Jesus in the Most Blessed Sacrament.
- Give him your first thought, your first glance when you enter the church. Let him be the center of all that takes place there, prayers or ceremonies, sermons or instructions.
- Let all your prayers pass through his lips for he is present in the Sacred Host. Place in his Heart all your good thoughts and wishes. Learn to adore him in his Eucharist that you may know how to adore him in Heaven. Perform all your pious exercises under his gaze, for he is watching you from the Tabernacle. Under his gaze receive the Sacrament of Penance.
- Have but one desire, to approach the Holy Table daily and strive with all your might to realize your desire.
- May the Eucharistic God become daily more and more your best Confidant and your most intimate Friend. Pray, work and live in him, by him, with him, in order to live with him for all eternity.

SUMMARY

Here is a step-by-step method to live the Eucharist throughout the day:

- 1. Begin by being aware of your baptism.** On the day you were baptized God adopted you into his family and called you his —beloved child.||
- 2. Accept the friendship Jesus offers you.** You are dear to him and he loves you very much. He opens his heart to you and wishes to be always in your heart
- 3. Offer yourself and your day every morning.** Respond to his love with your simple everyday life. Ask that you may do so with the mind and heart of Jesus (Philippians 2:5). Offer all your prayers, works, joys, and sufferings; offer every thought, word, and deed; offer every breath you take and every beat of your heart to God in union with Jesus' heart.
- 4. Renew your offering throughout the day and receive the Eucharist spiritually.** Keep telling Jesus during the day that you want your works and actions to be his, that you desire to live with him and in him. As you go about your day, place everything and everyone into Jesus' heart. He takes in our joys and our sufferings. Remind yourself that your life and the lives of your brothers and sisters are meaningful, and because you have offered yourself and them, you are all united to Jesus' own life. This is the way to be an apostle, sharing Christ's mission of making his Father's love visible to all humankind.
- 5. Experience the Eucharist as intrinsic to your daily offering.** Participate in Sunday Mass and, as much as possible, in weekday Mass. Join your own life-offering together with the priest who is celebrating and with the whole Church. Put your life on that altar and give it to the Father together with Jesus' life-offering.

6. Unite your personal mission with the whole Church's mission. By baptism you are a priest. By intercession you bring your brothers and sisters before the Lord. By your daily offering you give your life to God, willing to collaborate in his mission.

7. Make an examination or evening review. Do not just ask yourself "What did I do wrong today?" but rather "What has God done with the gift that I gave him at the beginning of the day?" You will also see what you have done wrong, but it is more important to see what God has done right. Ask for his forgiveness and his help to correct what is wrong.

8. Go regularly to the Sacrament of Reconciliation. Confession helps you be aware of your own self-deceits and strengthens your desire to give the Lord all your life.

9. Be close to Mary, loving her tenderly. Carry Mary in your heart, and seek her as the best companion for your journey with Jesus. She knows better than anyone what it means to give all one's life to the Lord.

Lạy Chúa Giêsu Thánh Thể, con yêu mến Chúa
Xin Chúa ngự vào tâm hồn con
Và ở lại với con luôn mãi

SPIRITUAL CHALLENGE

Visit the Eucharist at least twice this week. Find a Catholic church or chapel near your house that has the Blessed Sacrament available for visitation. Ask a friend to come with you and spend 10-15 minutes with the Eucharist.

MORNING OFFERING

A. Sign of the Cross

B. Morning Offering Prayer

C. Prayer for Indulgences

Lạy Chúa, xin cho con được hưởng nhờ các ân xá, bởi những việc lành con sẽ làm trong ngày hôm nay, hoặc những ân xá nào có thể chỉ cho các linh hồn nơi luyện ngục, thì xin Chúa cũng ban cho các linh hồn ấy.

(For indulgence requirements)

- **The Our Father**
- **The Hail Mary**
- **The Apostles' Creed**

D. 3 Hail Mary for virtues of Faith, Hope, and Love and also asking Mary for the virtue of Chastity.

E. The Glory Be

F. Act of Contrition

G. Spiritual Communion Prayer

Lạy Chúa Thánh Thể, con yêu mến Chúa, xin Chúa ngự vào tâm hồn con và ở lại với con luôn mãi. Amen.

H. Sign of the Cross

NOON PRAYER

I. Sign of the Cross

J. The Angelus

*Đức Chúa Trời sai thánh thiên thần truyền tin cho rất thánh Đức Bà Maria
Và rất thánh Đức Bà chịu thai bởi phép Đức Chúa Thánh Thần.*

Kính Mừng Maria Thánh Maria...

*Này tôi là tôi tá Đức Chúa Trời
Tôi xin vâng như lời thánh thiên thần truyền.*

Kính Mừng Maria Thánh Maria...

*Chóc ấy Ngôi thứ Hai xuống thế làm người
Và ở cùng chúng tôi.*

Kính Mừng Maria..... Thánh Maria...

*Lạy rất thánh Đức Mẹ Chúa Trời, xin cầu cho chúng tôi
Đáng chịu lấy những sự Chúa Kitô đã hứa.*

*Lạy Chúa, chúng con xin Chúa ban ơn xuống trong linh hồn chúng con là kẻ đã nhờ lời
thánh thiên thần truyền, mà biết thật Chúa Kitô là Con Chúa, đã xuống thế làm người, thì xin
vì công ơn Chúa chịu nạn, chịu chết trên cây Thánh Giá, cho chúng con ngày sau, khi sống
lại được đến nơi vinh hiển, cũng vì công nghiệp Chúa Kitô là Chúa chúng ta. Amen.*

K. Examination of Conscience

L. Act of Contrition

M. Spiritual Communion

N. Sign of the Cross

Examination – khám xét, khảo sát
Conscience – lương tâm
Sacrament – bí tích
Reconciliation – sự làm hòa, giao hòa



