
Week 1: The Eucharist and the Pilgrim

Days 1-7 | Desire, holy hunger, intention, and the pilgrim mindset

FATHER'S OPENING RETREAT CONNECTION

Father's opening retreat begins with naming a guiding desire: the grace or experience you are asking God for. Week 1 applies that directly by bringing desire, restlessness, and holy hunger to Jesus in the Eucharist.

Day 1: Begin With Desire

Daily practice: Name your guiding desire in one sentence.

PERSONAL INSPECTION

What grace or experience am I asking God to give me during these 33 days?

GROUP OR COUPLE QUESTION

What hope or desire brought each of us to this journey?

Day 2: The Pilgrim Mindset

Daily practice: Choose one small act of intention before Mass or prayer.

PERSONAL INSPECTION

Where is Jesus inviting me to move from comfort-seeking or drifting into intentional pilgrimage?

GROUP OR COUPLE QUESTION

What helps a person transition from tourist habits into pilgrim habits?

Day 3: Holy Hunger

Daily practice: Pause before a craving and pray, Jesus, feed my soul.

PERSONAL INSPECTION

What hunger in me might actually be a hunger for God?

GROUP OR COUPLE QUESTION

How do we usually try to satisfy our deepest hunger?

Day 4: Life Is Short

Daily practice: Do one postponed good thing today.

PERSONAL INSPECTION

If I remembered my life is temporary, what would I stop delaying?

GROUP OR COUPLE QUESTION

What priorities become clearer when we remember our final destination?

Day 5: Begin the Conversation

Daily practice: Speak to Jesus plainly for five minutes.

PERSONAL INSPECTION

Where have I avoided speaking honestly with God?

GROUP OR COUPLE QUESTION

What helps us pray with honesty instead of performance?

Day 6: Ask God What He Wants

Daily practice: Ask, Lord, what do You want here?

PERSONAL INSPECTION

What desire or decision do I need to hold with freedom and bring to God for peace?

GROUP OR COUPLE QUESTION

How can we tell the difference between our preference and God's invitation?

Day 7: Keep Showing Up

Daily practice: Show up for one prayer, Mass, or act of service even if it feels small.

PERSONAL INSPECTION

Where do I need perseverance more than a dramatic feeling?

GROUP OR COUPLE QUESTION

Why does faithfulness matter when prayer feels ordinary?

Weekly Review

Use this space before beginning the next week.

Where did I begin to notice Jesus more clearly?

Where did I begin moving from comfort-seeking into pilgrimage?

What one practice do I want to carry into Week 2?