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# Week 2: The Eucharist and the Saints

Days 8-14 | Surrender, ordinary holiness, habits, sacrifice, mercy, and humility

## FATHER'S OPENING RETREAT CONNECTION

Father pointed to the saints and Church Fathers as witnesses who help us know Jesus personally. Week 2 asks how their witness can become one concrete habit, sacrifice, mercy, or act of humility.

## Day 8: Surrender the Route

*Daily practice: Release one outcome to Jesus in writing.*

### PERSONAL INSPECTION

What outcome do I need to hold with more freedom so God can lead me?

### GROUP OR COUPLE QUESTION

What makes holy indifference feel scary, and what makes it freeing?

## Day 9: Ordinary Holiness

*Daily practice: Choose one ordinary duty and do it with love.*

### PERSONAL INSPECTION

Where is Jesus inviting me to respond with ordinary holiness today?

### GROUP OR COUPLE QUESTION

Which saint or faithful person makes holiness feel possible?

## Day 10: Spiritual Habits

*Daily practice: Pick one repeatable faith habit for the week.*

### PERSONAL INSPECTION

What habit is shaping me toward or away from Jesus?

### GROUP OR COUPLE QUESTION

What habit has helped your faith become more real?

## Day 11: Knowing Jesus Personally

*Daily practice: Tell Jesus one thing you would tell a close friend.*

### PERSONAL INSPECTION

Where am I settling for information about Jesus instead of relationship with Him?

### GROUP OR COUPLE QUESTION

What helps a relationship with Jesus become personal?

## Day 12: Love Requires Sacrifice

*Daily practice: Make one hidden sacrifice for someone today.*

### PERSONAL INSPECTION

Which relationship is asking me for more generous love?

### GROUP OR COUPLE QUESTION

How has sacrifice deepened love in our lives?

## Day 13: Mercy and Humility

*Daily practice: Ask forgiveness, offer forgiveness, or pray for the grace to begin.*

### PERSONAL INSPECTION

Where do I need to receive mercy or show mercy?

### GROUP OR COUPLE QUESTION

Why are mercy and humility so connected to the Eucharist?

## Day 14: Living Tabernacle

*Daily practice: After prayer or Mass, choose one action that carries Jesus outward.*

### PERSONAL INSPECTION

How should receiving Jesus change the way I enter a room?

### GROUP OR COUPLE QUESTION

What does it mean to carry Jesus after Communion?

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## Weekly Review

*Use this space before beginning the next week.*

Which saint, witness, or virtue stayed with me most this week?

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What habit is Jesus asking me to strengthen or change?

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How did I carry Jesus into ordinary life?

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