
Week 3: The Eucharist and You

Days 15-21 | Being seen by Jesus, rest, healing, priorities, and devotion

FATHER'S OPENING RETREAT CONNECTION

Father described the inner emptiness that only the infinite God can fill. Week 3 asks where Jesus in the Eucharist wants to heal, satisfy, and reorder your own heart.

Day 15: Jesus Sees Me

Daily practice: Pray slowly: Jesus, help me see as You see.

PERSONAL INSPECTION

What part of myself do I need to let Jesus look at with love?

GROUP OR COUPLE QUESTION

Where do we struggle to see ourselves as Jesus sees us?

Day 16: Holy Rest

Daily practice: Protect one small pocket of real rest.

PERSONAL INSPECTION

Is my rest restoring my soul or just distracting me?

GROUP OR COUPLE QUESTION

What would a more faithful Sabbath rhythm look like?

Day 17: Healing

Daily practice: Name one wound in prayer without explaining it away.

PERSONAL INSPECTION

What wound or fear do I need to bring to Jesus in the Eucharist?

GROUP OR COUPLE QUESTION

What makes surrendering pain to Jesus difficult?

Day 18: Fruits of Communion

Daily practice: Ask for one specific grace before receiving or making a Spiritual Communion.

PERSONAL INSPECTION

Which fruit of the Eucharist do I most need: friendship, virtue, grace, listening, or love?

GROUP OR COUPLE QUESTION

Which Eucharistic fruit would most change our families or parish?

Day 19: Priorities Rearranged

Daily practice: Move one God-centered priority higher today.

PERSONAL INSPECTION

What is becoming more important, and what needs to become less important?

GROUP OR COUPLE QUESTION

How does love reorder a life?

Day 20: Preparedness

Daily practice: Arrive, sit, or pray a little earlier than usual.

PERSONAL INSPECTION

How do I prepare my heart before Mass or prayer?

GROUP OR COUPLE QUESTION

What helps us approach the Eucharist with more attention?

Day 21: Devotion

Daily practice: Make one familiar prayer slower and more intentional.

PERSONAL INSPECTION

Where is Jesus asking for more than routine?

GROUP OR COUPLE QUESTION

What is the difference between routine and devotion?

Weekly Review

Use this space before beginning the next week.

Where did I let Jesus see me more honestly?

What priority shifted this week?

What grace do I want to keep asking for?
