
Week 4: The Eucharist and History

Days 22-28 | True Presence, hunger, reverence, anticipation, and gratitude

FATHER'S OPENING RETREAT CONNECTION

Father connected the Eucharist to the Church's long memory and to a parish Eucharistic culture. Week 4 asks you to see Mass, adoration, reverence, and history as one living story.

Day 22: True Presence

Daily practice: Make a simple act of faith before the tabernacle or in prayer.

PERSONAL INSPECTION

Where do I need deeper belief that Jesus is truly present?

GROUP OR COUPLE QUESTION

Why can the True Presence be hard to accept even for Catholics?

Day 23: God Speaks Through Hunger

Daily practice: Turn one longing into an honest prayer.

PERSONAL INSPECTION

What hunger is God using to lead me toward Him?

GROUP OR COUPLE QUESTION

How can our hunger become prayer instead of restlessness?

Day 24: The Last Supper Gift

Daily practice: Thank Jesus for giving Himself completely.

PERSONAL INSPECTION

If this were my last night, would the Eucharist matter to me?

GROUP OR COUPLE QUESTION

What does Jesus choosing the Eucharist on His last night reveal?

Day 25: Seeking the Best Way

Daily practice: Improve one small part of your prayer, service, or attention.

PERSONAL INSPECTION

What good thing might be distracting me from the greater good God is asking of me?

GROUP OR COUPLE QUESTION

What would rigorous but humble faith look like today?

Day 26: Anticipation

Daily practice: Read the readings, dress intentionally, or prepare a prayer before Mass.

PERSONAL INSPECTION

How can I move from simply attending Mass to anticipating an encounter with Jesus?

GROUP OR COUPLE QUESTION

How can anticipation increase joy and reverence?

Day 27: Beauty and Reverence

Daily practice: Notice one sign of beauty and let it lift your prayer.

PERSONAL INSPECTION

What helps my heart become reverent?

GROUP OR COUPLE QUESTION

How do beauty, silence, music, and church spaces teach us?

Day 28: Gratitude for the Church

Daily practice: Thank God for one specific gift of the Church.

PERSONAL INSPECTION

What gift of the Catholic faith am I taking for granted?

GROUP OR COUPLE QUESTION

Where have we seen the Church carry the Eucharist through history?

Weekly Review

Use this space before beginning the next week.

Where did my belief in the True Presence deepen?

What helped me approach Mass or prayer with more reverence?

What gift of the Church am I most grateful for this week?