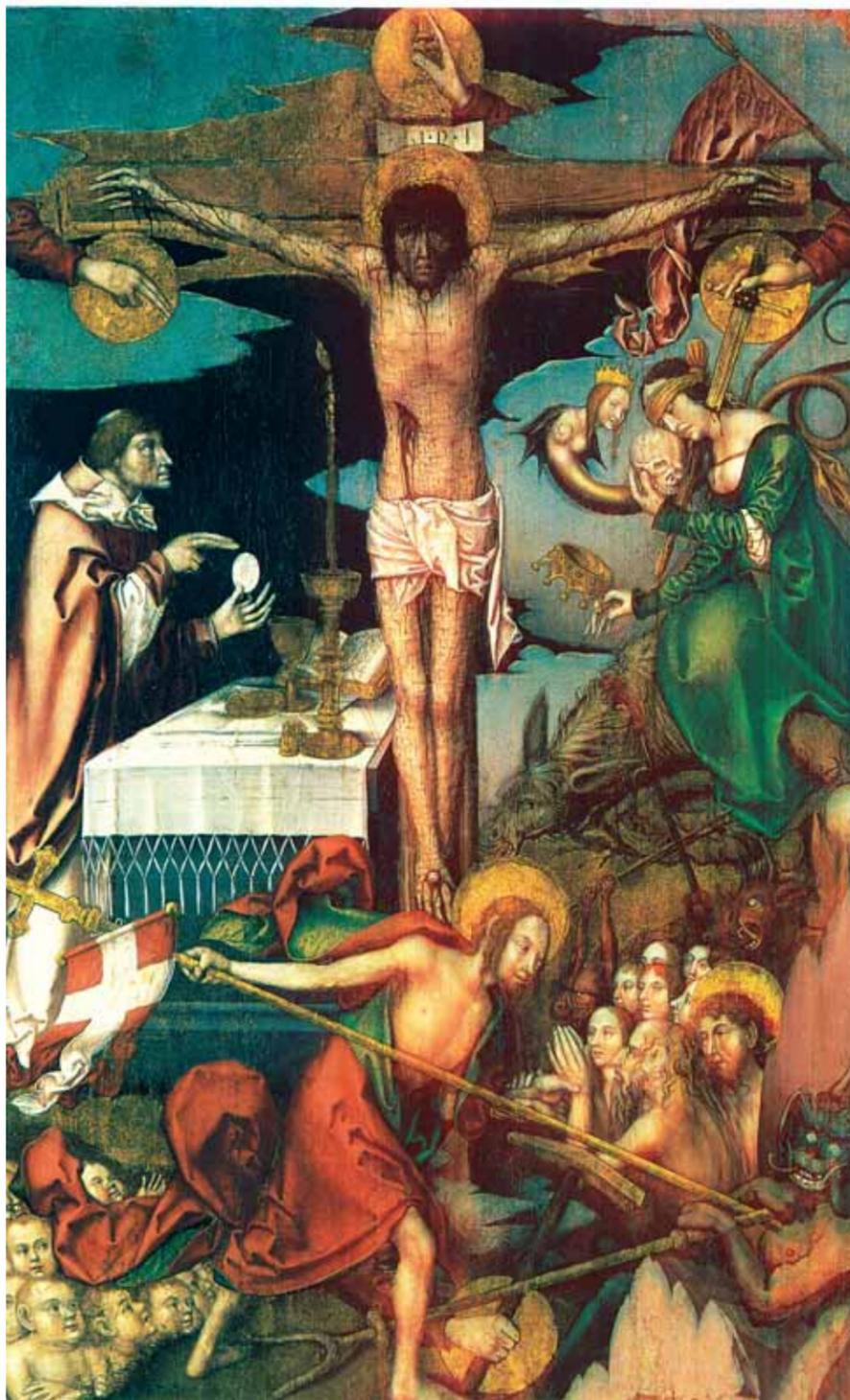


ANDRÉ FROSSARD

20TH CENTURY

The conversion of the atheist writer Andre Frossard, in the presence of the Holy Eucharist, has had great repercussions in the world. He himself recounted how his conversion came about in his book, *God Exists. I Have Met Him* (1969). Up to his final years, up to his final days, he would only say: “Since the time when I encountered God, I have never succeeded in growing tired of the mystery of God. Every day is something new for me. And if God exists, I should speak of it; if Christ is the Son of God, I should proclaim it loudly; if there is Life Eternal, I should preach it.”



Hans Friers, *The living cross, Fribourg*



Andre Frossard

Frossard's testimonial: “Having entered a chapel in the Latin Quarter of Paris at 5:10 in the morning to look for a friend, I left at a quarter after 5 in the company of a friendship that was not of this earth. Having entered as a skeptic and an atheist...and ever more skeptical and atheistic, indifferent and preoccupied with so many things other than a God to Whom I never even gave a thought even to deny... I was standing by the door, looking around with my eyes for my friend, but did not succeed in finding him...”

“My gaze passed from the shadows to the light...from the faithful gathered there, to the nuns, to the altar...and came to rest above the second candle burning to the left of the Cross (unaware that I was standing in the presence of the Blessed Sacrament). And at that point,

suddenly a series of miracles unfolded whose indescribable force shattered in an instant the absurd being that I was, to bring to birth the amazed child that I had never been... At first the hint of these words, ‘*Spiritual Life*’ came to me... as if they had been pronounced in a whisper next to me... then came a great light... a world, another world of a radiance and a destiny that in one stroke cast our world among the fragile shadows of unfulfilled dreams... of which I felt all the sweetness... a sweetness that was active and upsetting beyond every form of violence, capable of breaking the hardest stone and that which is even harder than stone - the human heart. Its overflowing eruption, so complete, was accompanied by a joy which is the exultation of the saved, the joy of the shipwrecked who is picked up just in time. These sensations,

which I find difficult to translate into a language which cannot capture these ideas and images, were all simultaneous... Everything is dominated by the Presence... of Him of Whom I would never be able to write His name without fear of harming its tenderness, of Him before Whom I have had the good fortune to be a forgiven child who wakes up to discover that everything is a gift... God existed and was present... one thing only surprised me: The Eucharist! Not that it seemed incredible, but it amazed me that Divine Charity would have come upon this silent way to communicate Himself, and above all that He would choose to become bread, which is the staple of the poor, and the food preferred by children... O Divine Love, eternity will be too short to speak of You.”

Exposition

O Salutaris/O Saving Victim

1. O saving Victim, op'ning wide
The gate of heav'n to all below,
Our foes press on from ev'ry side;
Thine aid supply, thy strength bestow.

2. All praise and thanks to thee ascend
Forevermore, blest One in Three;
O grant us life that shall not end
In our true native land with thee. Amen.

1. O salutaris Hostia
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

2. Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

Adoration

Benediction

Tantum Ergo/Humbly Let Us Voice Our Homage

1. Humbly let us voice our homage
For so great a sacrament;
Let all former rites surrender
To the Lord's New Testament;
What the senses fail to fathom,
Let us grasp through faith's consent!

2. Glory, honor, adoration
Let us sing with one accord!
Praised be God, almighty Father;
Praised be Christ, his Son, our Lord;
Praised be God the Holy Spirit;
Triune Godhead, be adored! Amen.

1. Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui
Praestet fides supplementum
Sensaum defectui.

2. Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

Priest/Deacon: You have given them Bread from heaven.

ALL: Having all sweetness within it.

Priest/Deacon: Let us pray:

Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God forever and ever. **Amen.**

Reposition

The Divine Praises

Blest be God.

Blest be his holy name.

Blest be Jesus Christ, true God and true man.

Blest be the name of Jesus.

Blest be his most sacred heart.

Blest be his most precious blood.

Blest be Jesus in the most holy sacrament of the altar.

Blest be the Holy Spirit, the Consoler.

Blest be the great Mother of God, Mary most holy.

Blest be her holy and immaculate conception.

Blest be her glorious assumption.

Blest be the name of Mary, virgin and mother.

Blest be St. Joseph, her most chaste spouse.

Blest be God in his angels and in his saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

Closing Hymn

Holy God We Praise Thy Name

Holy God, we praise thy name;
Lord of all, we bow before thee;
All on earth they scepter claim;
All in heaven above adore thee.
Infinite they vast domain,
Everlasting is thy reign!

Hark, the loud celestial hymn;
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord:
Holy, holy, holy, Lord!

Proof of Love

At Johnny's first Communion, I asked him whom he loved most in all the world. "My dog!" he replied.

"How much do you love your dog? Could you show me?"

Johnny stretched out his arms in the shape of a cross. "That much."

I asked him to look at Jesus on the large crucifix behind the altar. Jesus had his arms outstretched too.

"Do you love your dog *that* much, Johnny?" I pointed to the crucifix.

Johnny looked up at Jesus above his head and nodded, his arms still outstretched.

"If you really do love your dog that much, I can tell you how to prove it. Why don't you give up that party after Mass, the hamburgers and the hot dogs and the ice cream. Give up your nice clean bed, your friends, your football. Give up being a little boy. I'll wave a magic wand and you can become a dog! You can live in a kennel and eat bones and dog biscuits."

Johnny shook his head, "No! I don't love him that much!" Johnny lowered his arms.

"But Jesus loves you that much. He loves you enough to become a boy, to talk like a boy, to eat like a boy, to play like a boy—and to die like a man. 'Greater love has no man than to lay down his life for his friend.' That cross is the greatest sign of Jesus' love for you as a man. But Jesus is also God, and he can show even greater love than that. If a boy doesn't love his dog enough to become a dog, he certainly doesn't love him enough to become a dog biscuit. The greatest sign of God's love for us as God is Jesus, *who becomes our food.*"

Jesus said" I AM THE BREAD.O FLIFE..ANYONE EATING THIS BREAD WILL LIVE FOREVER.. I AM BREAD..THE LIVING BREAD..THE BREAD THAT I PRESENT TO THE WORLD SO THAT IT CAN EAT AND LIVE IS MYSELF, THIS FLESH AND BLOOD SELF"
(THE GOSPEL OF JOHN)

LORD JESUS I WANT TO BELIEVE WITH ALL MY HEART AND MIND AND SOUL YOU ARE PRESENT HERE WITH US IN INCREDIBLE HUMILITY ON THE ALTAR..I WISH TO BE QUIET IN YOUR PRESENCE. I WISH TO GROW IN MY LOVE FOR YOU. I WISH TO KNOW YOU BETTER. I KNOW THE MASS IS THE MOST PERFECT PRAYER BECAUSE IT IS YOUR PRAYER ON THE CROSS...C

First Eucharist Speech!

In Kindergarten I first learned about the Sacraments, and, to be honest, none of them really surprised me. I mean Baptism was when you had water poured over your head, and you were accepted into the Church; Reconciliation was when you told your sins to a priest, and God forgave you; and Matrimony was when a man and a woman put rings on each others fingers and kissed, YUCK! So I wasn't really surprised by any Sacraments until we learned about Communion. Now, keep in mind, that this was my little Kindergarten brain working out these Sacraments and trying to explain them, okay. So when my teacher told our class about First Communion, all my little Kindergarten brain heard was that during Communion you were going to put Jesus in your mouth and eat him. So when I came home that day from school, I immediately ran up to my mother and said, "Mommy, Mommy, in second grade were going to learn how to eat Jesus!". Yeah, my viewpoint has changed a lot. Today we are gathered here to celebrate our second grade class becoming one with God in the most holy and beautiful Sacrament of Communion. The Sacrament of Communion is the pinnacle of our Catholic faith; it is what sets us apart from all other religions, Christian and otherwise. It is where we, as people of faith, get a little bit of God inside each of us. Truly, receiving the Eucharist for the first time is the greatest experience a Catholic can have. When I first received my First Communion, I was instantly changed as a person; it shaped me into the person I am today. It has given me a love of god that I know will last forever. As the people who know me know, every day I wear a red cross necklace, but what they probably do not know is that I received that necklace after my first Communion from my grandmother. From the moment onward, I have kept it on it has been a part of me that I only take off when I shower. I wear this necklace every day to show people that I have a little bit of God inside of me, which I received during my First Communion. This cross shows them that I am God's servant who loves Him more than words can express. Second Grade, what you have just experienced is a truly miraculous event that I hope will shape you like how it shaped me. Now, go out into the world and show everyone that you have a little bit of God inside of you, thank you!

THE TALK ABOVE IS BY A CHILD WHO RECENTLY RECEIVED THEIR FIRST COMMUNION.

THE TALK BELOW WAS BY A HIGH SCHOOL STUDENT WHO CAME TO UNDERSTAND WHAT THE HOLY EUCHARIST MEANS!!

There is one thing that I am thankful for that transcends everything else. This one thing gives purpose to everything in life. It is the greatest miracle in the universe and the greatest gift that God has given us.

About several weeks ago I had one of the best experiences of my life, it was our senior retreat. I felt like I was "reconfirmed", but there was more to it than that. Everything I had learned as a Catholic, everything was sort of sitting in the back of my head. Then it sort of just sprung up and knocked me back into reality. I had been struck dumb, but in a good sense! I was thinking and thinking about my faith. (Jesus was running laps in my head!*) My thoughts eventually came to be centered on what it means to be a Catholic, on Jesus, on the Holy Eucharist. The Eucharist is the core of the Catholic Faith. Jesus becomes truly present in the consecrated bread and wine. I was thinking to myself, where the heck have I been?* What is my life all about anyway? * What is the status of my relationship with Jesus? * Do I even have a relationship with Jesus?**

The more I thought about it, the more my thoughts centered on the Holy Eucharist, because that is where Christ is! That is where everything is! Do we realize that when we go to Mass that we are seeing the greatest miracle in the universe. The greatest miracle in the universe, taking place before our very eyes. In the Eucharist Christ's sacrifice is made present to us, He actually becomes present in our midst! That should just blow our minds away! Jesus sacrificed Himself for us on the cross and the Mass makes us present at that event! He sacrifices Himself at every Mass in a mystical way. When we take Jesus in our hands or our tongues in Holy Communion, He is totally at our mercy!* We can either throw Him away or take Him in! More importantly we should want to take Him in with all our hearts, into our bodies, minds and souls!*

Andy is the youngest of 7 children, the last three attended Saint Pius. Andy is married and recently got his PhD in philosophy and Patristics at Catholic University in Washington DC

FROM: FROM FIRE BY WATER BY SOHRAB AHMARI

It was the first time that I had visited a place of worship on my own accord, as an adult. The Sunday evening Mass was about to begin.

At that point, I had a faint idea that Catholicism was the "original form" of Christianity, which to my mind heightened its prestige. I also had some familiarity, via my mother, with the Church's sacred-art tradition. I had watched *The Godfather*, with its famous Baptism scene intercut with flashes of mob murder. These superficial cultural associations represented the sum total of my knowledge of the faith. What mattered was that I was hungry for God, and in his infinite mercy our Lord pointed me to his Eucharistic presence.

The first thing I noticed on entering the vestibule was the serenity of the place, which struck me as almost impossible, miraculous even, amid the pandemonium of Midtown. As Catholic churches go, the inside wasn't exactly impressive. Or anyway, I don't remember being dazzled by the icons and altars. I parked myself somewhere in the back, and I would remain seated the whole time. When the parishioners stood up, I didn't move. When they knelt, I stayed put. When they prayed, I kept silent. I was only peripherally aware of what the friar was up to at the altar.

Even at that moment, with my deep spiritual longing, there was a part of me that scoffed at the sacred mysteries. While a young guy with an acoustic guitar and a manbun led the parishioners in singing various hymns, the thought that crossed my mind was: You're too smart for this. What if someone I knew spotted me? Then I would forever be counted among the ranks of these gullible saps. But all of a sudden, the singing and strumming dissolved into that all-encompassing serenity, and something extraordinary happened.

"On the night he was betrayed," said the friar, "he took bread and gave thanks and praise. He broke the bread, and gave it to his disciples, saying, 'Take this, all of you, and eat it, for this is my body which will be given up for you.'"

Then he held up with both hands a little white disk (I didn't know it was bread), a bell rang out thrice, and I felt waves of peace wash over me. I was as still as a statue. Tears streamed from my eyes and down my face. These were tears neither of sadness nor even of happiness. They were tears of peace.

The friar continued: "When supper was ended, he took the cup. Again he gave you thanks and praise, gave the cup to his disciples, and said: 'Take this, all of you, and drink from it: This is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me.'"

Now the friar held up a golden cup. The bell rang thrice more. My silent tears gave way to choked sobs. I was in the proximity of an awesome and mysterious force—a force bound up with sacrifice, with self-giving unto death, the idea that had made my heart tremble ever since I was a boy. I was aware, too, of my own abjection and smallness, which made me think that I didn't belong in the presence of this holy thing. Not sixteen hours earlier, I had drunk myself into a stupor. I had willingly degraded myself. Now I dared to show up here? And yet, peace continued to radiate from the altar and from the friar's words and hands. I covered my face and bent over in my pew. I did not kneel.

I wept still more as the parishioners took Communion, and the Mass came to an end.

OUR LOCAL CATHOLIC WRITER STANDS UP FOR THE FAITH!!

Many years ago, Flannery O'Connor attended a supper in the home of Mary McCarthy, a fallen away Catholic who, in the course of the table talk, described the Holy Eucharist as a "pretty good symbol". To which the pious Flannery replied: "Well, if it is a symbol, to hell with it!" This less than elegant riposte reflected her annoyance with McCarthy's effort to reinterpret the Church's chief sacrament differently from its defined reality. O'Connor went beyond annoyance. She exploded: "it is the center of existence for me; all the rest of life is expendable!"



Adoring Christ in the Blessed Sacrament

COMMENTARY

Teaching, and Living, the Real Presence in the Eucharist

COMMENTARY: Church teachings make little sense when there is not a corresponding lived reality.

By Pia de Solenni – Posted 9/11/19 at 8:19 AM

Editor's Note: The Register will include this commentary in a special section dedicated to the real presence of Jesus in the Eucharist in its Sept. 29 print edition.

In the book [In Sinu Jesu: When Heart Speaks to Heart](#), an anonymous Benedictine monk relates his conversations with Our Lord and Our Lady beginning in 2007. They are private revelations that echo the thoughts of many recognized holy women and men.

He writes that Our Lord told him:

“I want you to speak to the faithful of the Holy Mass as a true sacrifice. They have forgotten this ... that I am present upon the altar as upon the cross, as both priest and victim. It is the whole of my sacrifice of love that unfolds before their eyes. You must tell them this.”

The [recent survey](#) “What Americans Know About Religion,” published July 23 from the Pew Research Center, seems to provide resounding confirmation of this sad reality: 69% of adult Catholics in the U.S. believe that the Eucharist is a symbol, not truly the body and blood of Christ. That means less than one-third of us believe in the Real Presence.

The study also found that 50% know the teaching. In other words, the study indicates that half of the Church in the U.S. may not know a fundamental teaching, and, of those that know it, a full 40% (20% of the population surveyed) reject the teaching.

Teachings make little sense when there is not a corresponding lived reality. Based on my own familial and parochial experience, I probably would not believe in the Real Presence.

Born and raised in a Catholic family, I attended Catholic grade school and participated in parish religious education, made my first Communion and even argued successfully to be confirmed at a younger age

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My instruction to receive the Eucharist was even worse.

Several years ago, I happened across the textbook that was used when I was prepared for my first Communion as a child. It really was as banal as I remembered. And there was no mention of the Catholic belief that the Eucharist is really the body and blood of Jesus Christ.

Then college happened. I was almost overwhelmed, not only with the intellectual life but with the first comprehensive presentation of the Catholic faith that I had ever experienced. I remember calling each of my parents and yelling at them because I didn't know about things like transubstantiation and the Real Presence. I felt like I had been cheated, like I deserved to know these things long before.

Despite the frustration, a profound consolation came as I learned things that I could never have conceived of on my own. As children, most of us go through some basic philosophical phases, even if it's just watered-down Descartes, where we wonder if nothing exists outside of our own minds. But the Real Presence? That's revealed truth. We can reason to it because of the knowledge we have from revelation, but it's not a truth that we can know from nature or on our own. It has to be shown to us.

College also exposed me to beautiful liturgy. The chapel was not particularly attractive, but it wasn't ugly. The priests offered Mass intentionally and reverently. They communicated with every gesture and word that this was where they wanted to be and that *this* was the most important part of their day. The music was also beautiful.

Overwhelmingly, my senses communicated to me that there was something amazing happening in that space, whether during Mass or in prayer before the tabernacle. It was a place where students and faculty alike stopped by throughout the day, making a visit to see Someone. Seeing the faith lived uniquely and intentionally, in the liturgy and subsequently in the community, changed me. But all of this happened outside of my familial and parochial experience. My father later explained that he and my mother had made a mistake thinking that schools and parish programs would teach us. Instead, he said, they should have taken us on their laps and taught us themselves. My generation, he hoped, would have learned from his and would assume primary responsibility for teaching our children.

Based on anecdotal observations, many more of my generation who have become parents understand this than our parents' generation. But it's only a beginning.

If we, as a Church, want people to believe in the Real Presence, we not only have to teach it, but we have to live it. Our churches, and what happens inside them, need to communicate that Jesus Christ is truly present in the sacrifice of the altar.

Last week I arrived especially early for Mass at a nearby chapel. That in and of itself made me take notice. But what really startled me was my thinking process. I was actually inclined to stay in my car to pray because the environment was more conducive.

It took me a few minutes, but I realized that I wouldn't be missing anything since the chapel didn't have a tabernacle. There truly was very little difference between my car and the chapel, except that my car was quieter, more comfortable, and — honestly — more aesthetically pleasing.

The Pew study confirms what we already know: The status quo has failed. Study after study confirms

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Those that are building churches are only doing so because of overall population increases, not a real increase in the proportion of believers.

In 2016, the Public Religion Research Institute, in partnership with Religion News Service, conducted an [extensive survey](#) investigating why Americans are leaving religion and why they're unlikely to come back. They found that 90% of former Catholics who no longer identify with any religion ("nones") left the practice of their faith before age 29.

If we want more of the same, we can continue in the same vein. Or we can take this as an opportunity to make some substantial changes. My professional and personal experience tells me that we need to begin a widespread catechesis of what is the Mass, one that is not overly programmatic.

In order to do this well, the clergy would first need to be prepared to be able to do the principle teaching. Further, people need to be taught how to pray, especially before the Blessed Sacrament. Then we need to get out of the way so that Jesus can speak to each individual soul himself.

Every element of our worship should point to God, starting with our own dispositions and including architecture, art, music and liturgy.

A pastor I knew required every youth group gathering and every confirmation class to begin with 15 minutes of adoration. As a result, some of the teens began discerning religious vocations, without any outside prompting. These were students at public high schools and mediocre Catholic schools. But when heart speaks to heart ... well, lives are changed.

[Pia de Solenni](#), SThD, is a moral theologian. She most recently served as the chancellor of the Diocese of Orange and theological adviser to the bishop.

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24 Reasons for Spending a Holy Hour before the Blessed Sacrament :: Catholic News Agency

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Twelve Reasons From The Teachings Of The Church For Wanting To Spend One Hour With Jesus In The Blessed Sacrament

1. You are greatly needed!

"The Church and the world have a great need of eucharistic adoration." (Pope John Paul II, *Dominicae Cenaе*)

2. This is a personal invitation to you from Jesus.

"Jesus waits for us in this sacrament of love." (Pope John Paul II, *Dominicae Canae*)

3. Jesus is counting on you because the Eucharist is the center of life.

"Every member of the Church must be vigilant in seeing that the sacrament of love shall be at the center of the life of the people of God so that through all the manifestations of worship due him shall be given back 'love for love' and truly become the life of our souls." (Pope John Paul II, *Redeemer of Man*)

4. Your hour with Jesus in the Blessed Sacrament will repair for evils of the world and bring about peace on earth.

"Let us be generous with our time in going to meet Jesus and ready to make reparation for the great evils of the world. Let your adoration never cease." (Pope John Paul II, *Dominicae Cenaе*)

5. Day and night Jesus dwells in the Blessed Sacrament because you are the most important person in the world to him!

"Christ is reserved in our churches as the spiritual center of the heart of the community, the universal Church and all humanity, since within the veil of the species, Christ is contained, the invisible heart of the Church, the Redeemer of the world, the center of all hearts, by him all things are and of whom we exist." (Pope Paul IV, *Mysterium Fidei*)

6. Jesus wants you to do more than to go to mass on Sunday.

"Our communal worship at mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete." (Pope John Paul II, *Redeemer of Man*)

7. You grow spiritually with each moment you spend with Jesus!

"Our essential commitment in life is to preserve and advance constantly in Eucharistic life and Eucharistic piety and to grow spiritually in the climate of the Holy Eucharist." (Pope John Paul II, *Redeemer of Man*)

8. The best time you spend on earth is with Jesus, your Best Friend, in the Blessed Sacrament!

"How great is the value of conversation with Christ in the Blessed Sacrament, for there is nothing more consoling on earth, nothing more efficacious for advancing along the road of holiness!" (Pope Paul VI, *Mysterium Fidei*)

9. Just as you can't be exposed to the sun without receiving its rays, neither can you come to Jesus exposed in the Blessed Sacrament without receiving the divine rays of his grace, his love, his peace.

"Christ is truly the Emmanuel, that is, God with us, day and night, he is in our midst. He dwells with us full of grace and truth. He restores morality, nourishes virtue, consoles the afflicted, strengthens the weak." (Pope Paul VI, *Mysterium Fidei*)

10. If Jesus were actually visible in church, everyone would run to welcome him, but he remains hidden in the Sacred Host under the appearance of bread, because he is calling us to faith, that we many come to him in humility.

"The Blessed Sacrament is the 'Living Heart' of each of our churches and it is our very sweet duty to honor and adore the Blessed Host, which our eyes see, the Incarnate Word, whom they cannot see." (Pope Paul VI, *Credo of the People of God*)

11. With transforming mercy, Jesus makes our heart one with his.

"He proposes his own example to those who come to him, that all may learn to be like himself, gentle and humble of heart, and to seek not their own interest but those of God." (Pope Paul VI, *Mysterium Fidei*)

12. If the Pope himself would give you a special invitation to visit him in the Vatican, this honor would be nothing in comparison to the honor and dignity that Jesus himself bestows upon you with the invitation of spending one hour with him in the Blessed Sacrament.

"The divine Eucharist bestows upon the Christian people the incomparable dignity." (Pope Paul VI, *Mysterium Fidei*)

Twelve Biblical Reasons For Wanting To Spend One Hour With Jesus In The Blessed Sacrament

1. He is really there!

"I myself am the living bread come down from heaven." (Jn 6:35)

2. Day and night Jesus dwells in the Blessed Sacrament because of his Infinite love for you!

"Behold I will be with you always even to the end of the world," because "I have loved you with an everlasting love, and constant is my affection for you." (Mt 28:20; Jer 31:3)

3. The specific way that Jesus asks you to love him in return is to spend one quiet hour with him in the Blessed Sacrament.

"Where your treasure is, there is your heart...." "Could you not watch one hour with me?"

(Mt 6:21; 26:40)

4. When you look upon the Sacred Host, you look upon Jesus, the Son of God.

"Indeed, this is the will of my Father, that everyone who looks upon the Son and believes in him shall have eternal life. Him I will raise up on the last day." (Jn 6:40)

5. Each moment that you spend in His Eucharistic Presence will increase his divine life within you and deepen your personal relationship and friendship with him.

"I have come that you may have life, and have it more abundantly." "I am the vine and you are the branches. Whoever remains in me and I in him shall bear much fruit because without me, you can do nothing." (Jn 15:5)

6. Each hour you spend with Jesus will deepen his divine peace in your heart.

"Come to me all of you who are weary and find life burdensome and I will refresh you..."
"Cast all of you anxieties upon the one who cares for you..." "My Peace is My Gift to you."
(Mt 11:28; Pt 5:7; Jn 14:17)

7. Jesus will give you all the graces you need to be happy!

"The Lamb on the throne will shepherd them. He will lead them to the springs of life-giving water." (Rev 7:17)

8. Jesus is infinitely deserving of our unceasing thanksgiving and adoration for all he has done for our salvation.

"Worthy is the Lamb that was slain to receive honor, glory and praise." (Rev. 5:12)

9. For peace in our country!

"When my people humble themselves and seek my presence... I will revive their land." (2Chr 7:14)

10. Each hour you spend with Jesus on earth will leave your soul everlastingly more beautiful and glorious in heaven!

"They who humble themselves shall be exalted..." "All of us, gazing on the Lord's glory with unveiled faces, are being transformed from glory to glory into his very image." (Lk 18:14; 2Cor 3:18)

11. Jesus will bless you, your family and the whole world for this hour of faith you spend with Him in the Blessed Sacrament.

"Blessed are they who do not see and yet believe..." "Faith can move mountains..." "What is needed is trust..." "Behold I come to make all things new." (Jn 20:29; Mk 11:23; Mk 5:36; Rev 21:5)

12. Each moment you spend with Jesus in the Blessed Sacrament brings joy, pleasure, and delight to his Sacred Heart!

"My joy, my pleasure, my delight is to be with you." (Prov 8:31)