



# TOWARDS EUCCHARISTIC REVIVAL

The Themes, Signs, and Pillars  
of the Revival

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# What do we proclaim about the Eucharist?

## 8 Themes of the U.S. Bishops' document

### "The Mystery of the Eucharist in the Life of the Church"

#### The Gift

1. ***The Sacrifice of Christ*** — "As a memorial the Eucharist is not another sacrifice, but the re-presentation of the sacrifice of Christ by which we are reconciled to the Father. It is the way by which we are drawn into Jesus' perfect offering of love, so that his sacrifice becomes the sacrifice of the Church." §14
2. ***The Real Presence of Christ*** — "The real, true, and substantial presence of Christ in the Eucharist is the most profound reality of the sacrament. ... In the sacramental re-presentation of his sacrifice, Christ holds back nothing, offering himself, whole and entire. The use of the word "substantial" to mark the unique presence of Christ in the Eucharist is intended to convey the totality of the gift he offers to us." §21
3. ***Communion with Christ and the Church*** — "the Church, the Bride of the Lamb, is born from the sacrificial love of Christ in his self-offering on the cross. The Eucharist re-presents this one sacrifice so that we are placed in communion with it and with the divine love from which it flows forth. We are placed in communion with each other through this love which is given to us. That is why we can say, 'the Eucharist makes the Church.'" §25, quotation from CCC §1396

#### Our Response

4. ***Thanksgiving and Worship*** — "Having been sanctified by the gift of the Eucharist and filled with faith, hope, and charity, the faithful are called to respond to this gift. Indeed, it is only natural that we give thanks to the Lord for all that he has given to us." §30  
"We become conscious of this gift when we actively engage our minds, hearts, and bodies to every part of the liturgy, allowing God through the words, actions, gestures, and even the moments of silence to speak to us." §31
5. ***Transformation in Christ*** — "The person who shares worthily in the Eucharist is enabled more and more to live the new law of love given by Christ precisely because Christ communicates himself in the sacrament of the altar. The foundation of our personal and moral transformation is the communion with himself that Christ establishes in Baptism and deepens in the Eucharist. In the celebration of the Mass, we are shown what love truly is, and we receive grace that enables us to imitate the love that Christ shows us." §34
6. ***Conversion*** — "We confess that we have sinned, and we implore the Lord's mercy. This is necessary since we are all sinners and sometimes fail to live up to our vocation as disciples of Jesus and to the promises of our Baptism. We need continually to

heed Christ's call to conversion. We trust in his mercy, the mercy that we behold in his body broken for us and his blood poured out for us for the forgiveness of our sins.” §44

7. *Food for the Journey* — “The lives of the saints and blessed show us the importance of the Eucharist on our journey as disciples of Jesus. Many testify to the power of the Eucharist in their lives. We see the fruits of Holy Communion in their lives of faith, hope, and charity. It was their intimate union with Jesus in Holy Communion and frequently their prayer before the Blessed Sacrament that nourished and strengthened them in their journey to heaven. They teach us that ‘growth in Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.’” §51, quotation from CCC §1392

### **Sent Forth**

8. *Sent Forth* — “Jesus is sent by the Father for the salvation of the world. At the very end of the celebration of the Eucharist, we who have received the Body and Blood of Christ and have been incorporated more profoundly into his Mystical Body are likewise sent out to proclaim the Good News for the salvation of the world: ‘Go in peace, glorifying the Lord by your life.’” §56

### **Reflection/Discussion Questions:**

1. How is the Holy Spirit leading me to go deeper in my relationship with Jesus as His disciple by entering more fully into each of these truths?
2. How is the Holy Spirit leading our parish to help people to experience these truths as realities in their relationship with Jesus?

Read the full Bishops' document at the bottom of the following webpage:

<https://www.eucharisticrevival.org/learn-resources>

# Why are we entering into Eucharistic Revival?

## 9 Signs of Eucharistic Revival

1. ***Deep Faith*** — A deep faith in Jesus lets us see that He is here with us and allows us to entrust ourselves to Him, to entrust every part of our lives to Him, knowing that He will lead us from grace unto grace, even in the midst of the hard times. Faith is believing in Jesus, but it is also this entrusting of ourselves and every aspect of our lives to Him. Is this a faith that you want?
2. ***Transformed Hearts*** — A heart transformed by the love of Jesus encountered in the Eucharist is a heart that is alive and beating with love for God and for others. It is a heart that is open to the action of the Holy Spirit. It is a heart that is focused on the needs of others instead of on the passing things of the world that cannot satisfy. It is a heart that experiences joy and peace and healing.
3. ***Growth in Virtue*** — We want to grow in courage, so that we can stand up to our fears and do what is right. We want to grow in moderation, so that the pleasures of the world do not rule us. We want to grow in prudence, so that we are able to choose the right thing, at the right time, for the right reason. We want to grow in justice, so that we can give to God and others what they truly deserve, worship for God and love for those made in His image.
4. ***Deep Communion*** — We want deep spiritual relationships. We want to be supported in our faith by our pastor, our parish, and our fellow parishioners. We want deep spiritual friendships, where we are nourished, understood, supported, and helped to grow. We want to be known and loved by people who have our best interest at heart and our eternal destiny in mind. Such communion is rooted in communion with Jesus.
5. ***Grace-filled Hospitality*** — We welcome Jesus radically into our lives in the Eucharist, and in doing so, we welcome relationship with the Father and the guidance of the Holy Spirit. In turn, we welcome those we love, those we disagree with, and those unlike us, seeing in them the image of Our Lord.
6. ***Missionary Hearts*** — We want to take the Good News of Jesus Christ to others. We want them to hear of the saving love and mercy of Jesus. We want them to find the joy and peace and healing that only He can bring. If you have been Baptized and Confirmed, you have the gifts you need for this work. You have been sent. In the Eucharist, you are strengthened for this work, with His power, not your own, so that your works and the fruit do not depend on you. Let us pray for missionary hearts.
7. ***Being Lights in a Dark World*** — In the Eucharist, we are brought into Christ's mission, we are brought into communion with Him so that we might be the light in a dark world. We do this every time we reach out in love to others. In little moments, in word and in deed, we bring the light of Christ to a world that needs Him so much. And if we are all doing this, then the light of Christ will shine for all to see.

8. ***Parishes and Communities Transformed into Places of Grace*** — Imagine what your parish would look like if everyone in it were transformed by the grace of God. Imagine if everyone had a deep faith and transformed, missionary hearts. Imagine if everyone in your parish found joy and peace and healing. Imagine if everyone in your parish were growing in virtue and were in deep communion with one another. Your parish could not contain that power. It would burst forth and transform your town. It would be vibrant, alive, and filled with the Holy Spirit. It would be a source of grace to the entire region.
9. ***Abundant Life*** — We want abundant lives. We want to live lives that are full of close relationships. We want lives where we have a purpose and are contributing to the good of others and the good of society. We want to be able to look back on our lives and see that they were fruitful and meaningful. Jesus came to give us this kind of life.

**When we see these signs present in our parishes,  
we will know that we have experienced a  
true Eucharistic Revival.**

**Reflection/Discussion Questions:**

1. Do you want these in your life?
2. Do you want these in your parish?
3. How is the Holy Spirit guiding you and your parish into these?
4. Spend some time praying for each of these.

# How will we enter into Eucharistic Revival?

## The 4 Pillars of the Eucharistic Revival

1. ***Personal Encounters*** — Jesus is calling us to deep relationship with Him, and, through Him, with the Father and the Holy Spirit. We encounter Him in the Eucharist. Let us open ourselves to these encounters and foster opportunities for encounter for those in our parish and communities.
2. ***Reinvigorating Worship*** — During this time of revival, let us enter more deeply into worship, praising God with our hearts, our souls, our minds, and our strength. Let us participate in liturgy fully, consciously, and actively, joining our worship with one another and with the saints and angels in heaven as we are drawn ever more fully into the mystery of our God coming to us in the Eucharist.
3. ***Deepening Formation*** — Throughout our lives we are called to be continually growing as disciples of Jesus Christ. This is a process that is never complete, for we can never exhaust the depths of the mystery of the Eucharist. Let us take this time of renewal as an opportunity to grow in knowledge and understanding, in faith and in practice, and let us help others to do so as well through Eucharistic events and small groups. Above all, let us open ourselves to being formed by our encounter with Jesus in the Eucharist.
4. ***Missionary Sending*** — True love overflows into action! Mobilize those who already know and believe the Church's teaching on the Real Presence to reach out to those in need and accompany those who are searching for more. Remember that this is Our Lord's work. We are simply his instruments.

### Reflection/Discussion Questions:

1. How is the Holy Spirit leading you personally more deeply into the Eucharist through each of these four pillars?
2. How is the Holy Spirit leading our parish to foster personal encounters with Jesus?
3. How is the Holy Spirit leading our parish to reinvigorate worship?
4. How is the Holy Spirit leading us to deepen the Eucharistic formation of those in our parish?
5. How is the Holy Spirit leading our parish to send us on mission?



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Revival booklet.