



# ***Parish Discernment Session #1: Communion Handout for those who cannot attend the group gathering***

## **I. Opening Prayer**

Lord Jesus, we come together as Your Body to submit to You as the Head of the Body. Send Your Holy Spirit to soften our hearts, to detach us from our own opinions, to help us to encounter You in prayer, to inspire our conversations, to help us to hear Your will for Your Body, and to guide us into deeper communion in You through our time together. Remove any obstacles or barriers that stand in the way of these things, and send Your holy angels to protect us during our time together.

Blessed Carlo Acutis, pray for us!

St. Thérèse, pray for us!

Our Lady of Guadalupe, pray for us!

Come, Holy Spirit!

## **II. Ask the Lord**

### **A. Guided Meditation - Spend a few minutes reflecting on each of the following points:**

- I was made for communion with God and with others. Deep down, don't I long for this communion?
- Pride, stubbornness, selfishness, impatience, unforgiveness, and other sins keep us from this communion. What imperfections or sins of mine keep me from this communion in my spiritual life and in my interactions with my priest and fellow parishioners?
- ***Jesus at the Last Supper*** – “And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me.” (John 17:22-23)

***Pray in these or your own words:*** “Jesus, do what I cannot do. Bring me into deeper communion with You, and, through You, with the Father, the Holy Spirit, and my brothers and sisters in Your Body, the Church.”

**B. Ask the Lord these questions:**

1. What should my relationship with my pastor look like?
2. What kinds of actions could I take that would help this relationship to happen?
3. In keeping with the Little Way, what one action are You prompting me to start with?

### **III. Praise and Thanksgiving**

**A. Divine Mercy Chaplet**

*Pray the Divine Mercy Chaplet as normal but with the following prayers preceding the appropriate decade.*

1. **First Decade:** Heavenly Father, through Your Son, Our Lord, Jesus Christ, we ask for Your mercy upon our clergy, *(name your pastor, other priests, and deacons)*.
2. **Second Decade:** Heavenly Father, through Your Son, Our Lord, Jesus Christ, we ask for Your mercy upon all the parishioners of our parish, *(name your parish)*.
3. **Third Decade:** Heavenly Father, through Your Son, Our Lord, Jesus Christ, we ask for Your mercy upon those in our parish who have fallen away from the practice of their Faith.
4. **Fourth Decade:** Heavenly Father, through Your Son, Our Lord, Jesus Christ, we ask for Your mercy upon all who live within our parish boundaries.
5. **Fifth Decade:** Heavenly Father, through Your Son, Our Lord, Jesus Christ, we ask for the mercy of a communion among these groups that only You can bring.

**B. Spontaneous prayer of thanksgiving for one another**

*Pray a prayer of thanksgiving for anyone who has come to mind during this process.*

**C. A Prayer for Eucharistic Revival**

Heavenly Father, we thank you for the gift of your Son, our Lord Jesus Christ, who promised to stay with us always, until the end of the age. Reawaken our wonder at His presence in the Most Holy Eucharist. May our hearts burn within us as He opens the Scriptures and breaks the bread. Give us the eyes of faith to recognize His presence in our brothers and sisters, especially in the face of the poor and the suffering. Nourished by the Eucharist, send us forth to walk faithfully as missionary disciples, proclaiming the Gospel to every heart and extending Your kingdom to every land. We ask this through Christ our Lord. Amen.