



## ***Parish Discernment Session #3: Real Presence 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:**

- The God of the universe, who created me and holds me in existence, wants to be present with me.
- The quality of my encounter with Jesus can be affected by the extent to which I recognize, appreciate, and open myself to the presence and action of Jesus. Where do I have problems doing this?
- Jesus said, “And behold, I am with you always, until the end of the age.” (Matthew 28:20)
- *Pray in these or your own words:* “Jesus, You are here with me, present in the Blessed Sacrament. Help me to open myself to an encounter with You.”

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

1. Where are You present in our parish?

2. What are some ways in which we could be more intentional about creating opportunities for encounter with You?

3. In keeping with the Little Way (doing little things with great love), what one action are You prompting *me* to do that will help to create a culture of encounter with You?

### **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)*.

*For each decade:*

*V.* Eternal Father, we offer you the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ

*R.* in atonement for our sins and those of the whole world.

*(x10) V.* For the sake of His sorrowful Passion

*R.* have mercy on us and on the whole world.

**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 increased recognition and appreciation of the presence of Jesus and of openness to encounters with Jesus.

#### **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.