



Parish Discernment Session #3: Food for the Journey 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:

- Receiving Him in the Eucharist, my Savior, Jesus Christ, feeds me, nourishes me, and sustains me during the difficulties and struggles of this life.
- Without Him, I can do nothing.
- Jesus gives me strength to face death and to bring me into the presence of my Father in heaven.
- *Pray in these or your own words:* “Jesus, without You, I can do nothing.”

B. Ask the Lord these questions:

1. How are You longing to feed the young adults in our parish and community?

2. In what ways do our young adults need to be fed for their journey?

3. In keeping with the Little Way (doing little things with great love), what one action are You prompting *me* to do that will build relationships with our young adults and help them be fed by You in the Eucharist?

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 young adults turning to Jesus for the food they need for their journey.

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.