

Day 22. Sacrament, Sign and Presence in the Holy Eucharist, by Fr. Peter (part 2 of 2)

Day 22 = Sacrament, Sign and Presence in the Holy Eucharist, by Fr. Peter (part 2)

33 Days Total Consecration to Jesus in The Blessed Sacrament

✚ In the name of the Father, Elohim, Elohim, Elohim, our Abba, and of the Son Jesus, our Yehoshua-ah-ah-ah, and of the Holy Spirit the Paraclete, Ruach Hako'desh, Amen.

🙏 Let us pray

"Jesus, please remember that I—too am a poor prisoner. It is true that your imprisonment in the small circumference of a Host is more arduous than mine, but [I nevertheless bid You] enclose me/and us in your Heart and, with your chains of love, do not just imprison me/and us, but also bind, one by one my/and our thoughts, my/and our affections and my/and our desires chain my hands and my/and our feet to your Heart so that I—may have no other hands and feet but yours." all. (DW Prayer Book)

🗨️ My composed Prayer

🎵 Song 22

Sweet Sacrament Divine

YouTube link:

<https://youtu.be/dlYY3tComqY?si=cCxUJYllHaf4jrqx>

👉 St. Thomas says that Jesus is made really present in the Eucharist in two ways:

1. by virtue of the sign/sacrament and
2. by virtue of concomitance.

1. Jesus is made present by virtue of the sign/sacrament by the effect of the signification. The sacrament effects what it signifies. In the Eucharist the sign

signified by the bread and the wine is the body and the blood separated in the death on the Cross. By virtue of, by the power of, the sacrament the body and blood of Jesus Christ, on the Cross, are made present, are re-presented. On Holy Thursday when Jesus first instituted the Eucharist, He made the reality of the future Crucifixion present. When the priest consecrates the Eucharist now he makes the reality of the past Crucifixion present. We could say that on Holy Thursday Jesus pre-presents His death on the Cross as the priest now re-presents this same event.

🧠 My Meditative Response

👉 2. But Jesus is not only really present in the Eucharist by virtue of the sign/sacrament; He is also really present by virtue of concomitance. Concomitance means to walk along with. By virtue of concomitance, Jesus is present in the Eucharist as He actually is. When Jesus told his disciples “this is my body” and gave Himself to them in the first instance of the Eucharist, the concomitant presence of Jesus contained in the Eucharist, that was given to and received by the Apostles, was His real presence as He was with them at the Last Supper. By virtue of the sacrament He gave Himself to them as He would be the next day: Crucified.

🧠 My Meditative Response

👉 To illustrate the concomitant presence of Jesus in the Eucharist St. Thomas presents the following considerations. If one of the Apostles preserved a portion of the Eucharistic species after the Last Supper the concomitant presence of Jesus in that Eucharistic species would undergo change as Jesus underwent change. Jesus’ presence in that Eucharistic bread or wine would accordingly change as Jesus changed: as He was present at the Last Supper, as He suffered in the Garden, as He died on the Cross. After His death on the Cross and His soul was separated from His body the concomitant presence of Jesus in the Eucharist would have been Jesus’ soulless body.

🧠 My Meditative Response

👉 Hopefully, from these considerations we can see more clearly how Jesus is really, truly, sacramentally, present in each of our Eucharistic celebrations today. By virtue of the sacrament Jesus’ death on the Cross is made present on our altars, by virtue of His concomitant presence Jesus’ resurrected and glorified body and soul and divinity are made present because that is how He is now and forever... amen!

💡 My Meditative Response

👉 To conclude: What is 1 thing you want to remember from this reflection?

💡 My Meditative Response

Day 23. Eucharistic Quotes

Day 23 = Eucharistic Quotes

33 Days Total Consecration to Jesus in The Blessed Sacrament

✝️ In the name of the Father, Elohim, Elohim, Elohim, our Abba, and of the Son Jesus, our Yehoshua-ah-ah-ah, and of the Holy Spirit the Paraclete, Ruach Hako'desh, Amen.

🙏 Let us pray

"And so my love, my/our prison will be your Heart, my/and chains will be formed by your love, your flames will be my/and our food, your breath will be my/and our breath and the bars preventing me/and us from leaving You will be your Most Holy Will. In this way I—will behold nothing but divine flames and experience nothing but the divine fire; while I—experience life, I—will also experience death, just like the death You experience in the Sacred Host. I—will give You my/and our life and, while I—remain imprisoned in You, You will be set free in Me/and us. Was this not your intention when imprisoning yourself in the Host? Did You not intend to be set free by those souls who would receive You and enable You to actualize your life in them? And as I—cleave to You and embrace You, as a sign of your love I—ask for your blessing and a kiss." all. (DW Prayer Book)

🗣️ My composed Prayer

🎵 Song 23

At the first Eucharist

YouTube link:

[https://youtu.be/Lk9\\_Mjq4ce4?si=SDtwUf8uheCejnb9](https://youtu.be/Lk9_Mjq4ce4?si=SDtwUf8uheCejnb9)

👉 "The root of the spiritual life is the Holy Eucharist. If you want a healthy spiritual life—a living and vital relationship with Jesus Christ—then learn to know Him, love Him, and serve Him in the Holy Eucharist. Learn from the example of the saints, our

brothers and sisters in Christ. I'm especially drawn to how Bl. Carlo and Bl. Pier Giorgio profoundly impacted their parents, leading them back to the practice of their Faith. These young saints' love for Our Eucharistic Lord continue to edify the faithful throughout the world. May "your root" be strong in Jesus, founded on His Real Presence in the Holy Eucharist", by Fr. Bruce-John Hamilton

🧠 My meditative Response

👉 "Ecclesia de Eucharistia: Let us take our place, dear brothers and sisters, at the school of the saints, who are the great interpreters of true Eucharistic piety. In them the theology of the Eucharist takes on all the splendor of a lived reality; it becomes "contagious" and, in a manner of speaking, it "warms our hearts." By Pope St. John Paul II said in his 2003 encyclical on the Eucharist

🧠 My meditative Response

👉 By the author of the Consecration Fr. Rich Conlin: "I remember exactly where I was kneeling on November 13, 2011, when I realized in a whole new way that the Eucharist I had just received was not "blessed bread" but—in fact—a living Person. The same Jesus who had just absolved me in the confessional through His priest (see John 20: 21–23)—following five years of a life of drinking and drugs while playing NCAA Division I golf in California—had now given Himself to me in the Eucharist so that He could begin a process to heal and transform my life (see John 6: 51–58). In receiving Our Eucharistic Lord, I began to weep, both in sorrow because I had not appreciated this Gift sooner and in gratitude for Christ's having loved me so completely in the mess of my life. When I got up off my knees, I knew that my life was forever changed. This real encounter with Jesus radically changed the direction of my entire life, setting me on a new path that culminated in my vocation as a Catholic priest.

🧠 My meditative Response

👉 During my first two years, I realized—and so did the parishioners—that my homilies continually directed directed people to the Eucharist. I just had to talk about the power of Our Eucharistic Lord to heal and transform our lives! One day, a parishioner told me I should compile my homilies on the Eucharist and publish them in a book. As I prayed and discerned, I came up with what I thought was an even better idea—where was a consecration program to Jesus in the Eucharist? Did one exist? I searched and searched but could find none. One could argue that our

First Holy Communion is an initial consecration to Our Eucharistic Lord Jesus, and they would be right.

💡 My meditative Response

👉 Since a consecration program can be a powerful way to dedicate yourself to a higher and sacred purpose, why not develop a consecration program in which we can rededicate and strengthen our faith in the Eucharist, which is “the source and summit of the Christian life”? What we truly need are not just clearer teachings on the Eucharist but something more. G. K. Chesterton said, “It is the paradox of history that each generation is converted by the saint who contradicts it most.” The something more we need today are saints who contradict today’s generation through a radical life of holiness centred on the Eucharist. Pope St. John Paul II said that reading St. Louis de Montfort’s consecration book to the Blessed Mother, True Devotion to Mary, “was a decisive turning point in [his] life”

💡 My meditative Response

Day 24. Prelude to the last 9 Novena days of the 33 days Consecration to Jesus in the Blessed Sacrament

Day 24 = Prelude to the last 9 Novena days of the Consecration

33 Days Total Consecration to Jesus in The Blessed Sacrament

✚ In the name of the Father, Elohim, Elohim, Elohim, our Abba, and of the Son Jesus, our Yehoshua-ah-ah-ah, and of the Holy Spirit the Paraclete, Ruach Hako'desh, Amen.

🙏 Let us pray

"O my sweet Heart, I—see that after You have instituted the Most Blessed Sacrament and have seen the enormous ingratitude and offenses of souls at the expense of the excess of your love, though wounded and embittered, You do not draw back; rather, You desire to immerse everything in the immensity of your love" all. (DW Prayer Book)

🗣️ My composed Prayer

🎵 Song 24

Communion by John Micheal

YouTube link:

<https://youtu.be/ntv3BjxkpGk?si=p4AaegAbJ55yl48a>

👉 During the 33 Days Consecration, St. Thérèse of Lisieux will teach us how to engage our "seeking hearts" to find Jesus in the Eucharist, using the analogy of playing the children's game hide-and-seek.

🗣️ My Meditative Response

👉 St. Augustine will show us how to awaken our "hungry hearts" for the Heavenly Banquet, based upon the analogy of eating different types of food.

🗣️ My Meditative Response

👉 St. Faustina will show us how to cultivate our “consoling hearts” for our Eucharistic Lord, using the analogy of preparing a manger for Baby Jesus at Christmastime.

💡 My Meditative Response

👉 Blessed (Bl.) Carlo Acutis will show us how to shine in this dark world like “holy candles.”

💡 My Meditative Response

St. Teresa of Calcutta will teach us how to evangelize in this harsh world like “holy hummingbirds.”

💡 My Meditative Response

👉 And finally, Bl. Pier Giorgio Frassati will show us how to love in this selfish world, like “holy water” for Christ.

💡 My Meditative Response

👉 Going to Confession is One of the best ways to ensure that your total consecration to Jesus in the Most Blessed Sacrament will be a decisive turning point in your life. Go to the Sacrament of Reconciliation and try to have your “best Confession ever.” For more information on how to properly go to Confession, with tips and advice from our Eucharistic saints on how to make it a very fruitful experience, go to my website, [www.prodigialcatholic.com/confession](http://www.prodigialcatholic.com/confession)

💡 My Meditative Response

Let’s prepare to enter more deeply into one of the greatest mysteries of our Catholic Faith—that in the Most Blessed Sacrament of the Eucharist, “the body and blood, together with the soul and divinity, of Our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained.”

💡 My Meditative Response



Day 25 The 1st day of Novena Consecration to Jesus in the Blessed Sacrament

Day 25 = The 1st day of Novena Consecration

33 Days Total Consecration to Jesus in The Blessed Sacrament

✝️ In the name of the Father, Elohim, Elohim, Elohim, our Abba, and of the Son Jesus, our Yehoshua-ah-ah-ah, and of the Holy Spirit the Paraclete, Ruach Hako'desh, Amen.

🙏 Let us pray

"Eucharistic Heart of Jesus, on fire with love for me/and us, inflame my/our hearts with love for You. (DW Prayer Book)

💡 My composed Prayer

🎵 Song 25

Jesus my Lord my God my all

YouTube link:

<https://youtu.be/MsJEmtluNkA?si=N8qupFe7egqhUijo>

🙏 Novena Prayer: Day 1

"O Jesus, my Eucharistic Lord and King, I love You, I adore You, I worship You, and I desire to consecrate myself totally to You in the Most Blessed Sacrament. Lord, You know all my weaknesses, all my sins, and all the ways I hide from You on a daily basis. But most of all, You know the deepest desire of my heart is to console You in the best way possible by becoming one of Your great Eucharistic saints. Therefore, through the intercession of St. Thérèse of Lisieux, I ask You, Jesus, for the gift of faith, and I beg You, to prepare my seeking heart to be totally Yours on this most special day. Amen."

💡 My Meditative Response

👉 Playing hide-and-seek at my parent's house with my nieces, I found the best hiding spot. A dark closet and locking it shut with expert, non-detectable precision, I was confident that my nieces would never find me. As I sat alone in the darkness with a big grin, I heard Jesus say to me, "This is what you've been like in our relationship." Ouch! At that moment, I felt like Our Lord was shining a flashlight upon a dark area of my heart that I had been hiding from Him. It was painful to experience His light in my darkness. But thankfully, this experience led me to discover how hide-and-seek is a great way to reflect upon the dynamics of our relationship with God.

💡 My Meditative Response

💡 My composed Prayer

👉 On one extreme, we can hide from God as Adam and Eve did in the Garden of Eden see 📖 Genesis 3:10 "And he said, "I heard your voice in Paradise, and I was afraid, because I was naked, and so I hid myself."

As the Catechism notes, this act of hiding is the fundamental dynamic of "sin, [which] sets itself against God's love for us and turns our hearts away from it."

💡 My Meditative Response

👉 On the other extreme, we can seek God as all the saints have done throughout their lives. By contrast, this act of seeking is the fundamental dynamic of faith, which directs our hearts toward God and His love for us. Since life is like a big game of hide-and-seek with Jesus, the key question is: will we hide from Jesus or seek Him?

💡 My Meditative Response

👉 For us who will be consecrated to Jesus in the Blessed Sacrament, the choice is clear. We are to reject anything that would cause us to hide from Jesus and, instead, choose to seek Him. In fact, that is one of the reasons why Jesus is so hidden in the Eucharist: to invite us to "become like children" and seek Him in faith.

📖 Matt. 18: 3 "And he said: "Amen I say to you, unless you change and become like little children, you shall not enter into the kingdom of heaven"

💡 My Meditative Response

👉 What are some ways you might hide from Jesus? Sometimes, it might be intentional, as when we avoid Confession due to shame. Other times, it might be

unintentional, as when we allow the busyness of the day to push aside any time spent seeking Our Lord in prayer, such as in our daily visit to a local adoration chapel or church.

💡 My Meditative Response

👉 What might be some ways you seek Jesus? Any way you can, “put first things first” and seek Jesus more often throughout the day.

💡 My Meditative Response

Day 26. Day 26 The 2nd day of Novena Consecration to Jesus in the Blessed Sacrament

Day 26 = The 2nd day of Novena Consecration

33 Days Total Consecration to Jesus in The Blessed Sacrament

✝ In the name of the Father, Elohim, Elohim, Elohim, our Abba, and of the Son Jesus, our Yehoshua-ah-ah-ah, and of the Holy Spirit the Paraclete, Ruach Hako'desh, Amen.

🙏 Let us pray

"My sweet Jesus, in Your Divine Will, I—take Your love for me and for everyone in this Sacrament of Your Love, I—make it my/our own, and offer it to You now as I—receive You as my/and our 'I love You' for all.  
(DW Prayer Book)

🗣️ My composed Prayer

🎵 Song 26  
Ubi caritas

YouTube link:

<https://youtu.be/wM07leS84Eg?si=kZVnaY4-y9w85CZ9>

🙏 Novena Prayer: Day 2

"O Jesus, my Eucharistic Lord and King, I love You, I adore You, I worship You, and I desire to consecrate myself totally to You in the Most Blessed Sacrament. Lord, You know all my weaknesses, all my sins, and all the ways I hide from You on a daily basis. But most of all, You know the deepest desire of my heart is to console You in the best way possible by becoming one of Your great Eucharistic saints. Therefore, through the intercession of St. Thérèse of Lisieux, I ask You, Jesus, for the gift of faith, and I beg You, to prepare my seeking heart to be totally Yours on this most special day. Amen.

🗣️ My Meditative Response

👉 Finishing the story I began yesterday about playing hide-and-peek, after hearing God say to me, “This is what you’ve been like in our relationship,” I suddenly felt a strong desire to come out of my hiding spot, both in a spiritual and physical way. I didn’t want to ruin the game for my nieces. Knowing how difficult it would be for them to find me, I decided to give them a “clue.” Having recently introduced them to the hilarious Looney Tunes’ show, Road Runner and Wile E. Coyote, Road Runner’s “Meep, meep!”. So when I said, “Meep, meep!” I could hear my nieces stop and whisper to each other, “Did you hear that? I think I heard his voice.” Then they got silent and waited, hoping to hear another clue. “Meep, meep!” “Oh, I think he’s over there!” Olivia said to Claire. Soon enough, they opened the closet door and found me with great excitement. When I came out, my nieces wrapped their arms around me and joyfully said, “Found you!”

🧠 My Meditative Response

👉 Jesus wants this same kind of experience to happen in our relationship with Him. Since Our Eucharistic Lord is hiding behind the “closet door” of the tabernacle, and even more so under the humble appearances of bread and wine, He knows how difficult it can be for us to persevere in seeking Him. And so, out of love for us, He continually sends us “clues” so that we may not give up. It might not be an actual sound like “Meep, meep!” but it will certainly be something Our Lord intends to be very personal and recognizable for each one of us.

🧠 My Meditative Response

👉 To discover these “clues” in the great game of hide-and-peek with Jesus, we must undergo what is called “a conversion of mind to a sacramental vision of the world.” Since “sacraments,” the Catechism tells us, “are efficacious signs of grace,” “a conversion of mind to a sacramental vision of the world” means that everything in creation—from big things like sunsets or waterfalls, to small things like “Meep, meep!” sounds or a smile from a loved one—become “signs of grace” that point us to God’s presence in our lives. In effect, it is like putting on a new pair of special glasses that have a “sacramental lens” in which everything is seen as a sign pointing to God.

🧠 My Meditative Response

👉 What are some of the most significant clues that Jesus has given you throughout your life to seek Him?

💡 My Meditative Response

Day 27. The 3rd day of Novena Consecration to Jesus in the Blessed Sacrament

Day 27 = The 3rd day of Novena Consecration

33 Days Total Consecration to Jesus in The Blessed Sacrament

✝ In the name of the Father, Elohim, Elohim, Elohim, our Abba, and of the Son Jesus, our Yehoshua-ah-ah-ah, and of the Holy Spirit the Paraclete, Ruach Hako'desh, Amen.

🙏 Let us pray

"I—prostrate myself before Your Supreme Majesty to offer my/and our adorations my/and our homages my/and our praises, in the name of all, with the power, wisdom and Supreme love of Your Will to adore You, to glorify You, to love You, to praise You, to bless You, to thank You. And since the power, the wisdom and the love of the Three Divine Persons are in communication with the intellect, memory and will of all souls, You will feel my/and our adorations, homages and praises flow within all the intelligences of souls, which, rising between Heaven and earth, will make You hear the echo of Your own power, wisdom and love, adoring You, praising You and loving You."

(DW Prayer Book)

🗣️ My composed Prayer

🎵 Song 27

Bread of life John Michael

YouTube link:

<https://youtu.be/vrCN2sjpfvY?si=D-imnSbBZ9keR2O3>

Novena Prayer: Day 3

"O Jesus, my Eucharistic Lord and King, I love You, I adore You, I worship You, and I desire to consecrate myself totally to You in the Most Blessed Sacrament. Lord, You

know all my weaknesses, all my sins, and all the ways I hide from You on a daily basis. But most of all, You know the deepest desire of my heart is to console You in the best way possible by becoming one of Your great Eucharistic saints. Therefore, through the intercession of St. Thérèse of Lisieux, I ask You, Jesus, for the gift of faith, and I beg You, to prepare my seeking heart to be totally Yours on this most special day. Amen.”

🧠 My Meditative Response

👉 A special version of the game that truly amazed me was the writing down the numbers one to ten on pieces of coloured paper. When it was my turn to hide, I had to place down the numbers one to ten in sequential order (1, 2, 3, etc.) as ten different clues that, if found one at a time, would eventually lead my nieces on a path to find me. It was so much fun hearing them find each number, and then look for the next number. They got more and more excited with each number they found. And after finding number ten, they celebrated when they saw me and gave me a big hug: “Found you!”

🧠 My Meditative Response

👉 Jesus wants this same kind of experience for our lives. Every single clue that Jesus gives us is meant to lead us closer to finding Him in the Eucharist. And every single time we discover a clue, Jesus gets excited seeing us one step closer to joyfully encountering Him in Holy Communion

🧠 My Meditative Response

👉 With my niece’s version of hide-and-seek in mind, here is how I discovered ten clues from Jesus this morning.

1. Woke up and said out loud, “The gift of another day to seek Jesus. First clue.”
2. Got into the shower, felt cold water, and thought, “Ahh, cold water. A clue that Jesus wants me to be fully awake today.”
3. Put on my clothes. Another clue that Jesus wants to clothe me with His love today.
4. Smelt some fresh coffee beans and thanked Jesus for the gift of coffee, a clue that He wants me to be fully alive today too!
5. Saw the sun illumine the sky as I walked over to the Church; I felt like Jesus was giving me another clue that He is going to be shining upon me with His love all day.
6. Felt a breeze of fresh air and was reminded of the time Jesus breathed on the



Apostles and gave them the Sacrament of Reconciliation, so I thanked Jesus for the gift of Confession.

7. Entered the Church and saw the tabernacle lamp, “a clue that He must be close by.”

8. Lit the altar candles and was reminded that Jesus wants to light my heart on fire.

9. When I grabbed the tabernacle key, I was reminded of another clue—that my heart is truly like this tabernacle key, always seeking to find Jesus.

10. When I opened the tabernacle doors and gazed at Jesus in the Blessed Sacrament, I thought about how amazing it is that He is truly present right in front of me—another clue that He wants me to find Him in Holy Communion. By intentionally looking for clues this morning, I truly experienced “a conversion of mind to a sacramental vision of the world.”<sup>20</sup> I felt like I had put on a new pair of glasses with a special “sacramental lens”—I truly saw everything differently. Jesus was already giving me so many clues! And best of all, wrapping my arms around Jesus in Holy Communion and saying to Him, “Found you!” brought such joy to my heart.

💡 My Meditative Response

👉 To try out this exercise of seeking clues for one morning can be fun. And to believe that we can wrap our arms around Jesus in Holy Communion and say, “Found you!”—that can feel new and exciting too. But to do this for the rest of your life—day in, day out; through all the ups and downs of life—that’s heroic!

💡 My Meditative Response

👉 Write down key points you want to remember from this exercise

💡 My Meditative Response

Day 28. The 4th day of Novena Consecration to Jesus in the Blessed Sacrament

Day 28 = The 4th day of Novena Consecration

33 Days Total Consecration to Jesus in The Blessed Sacrament

✝️ In the name of the Father, Elohim, Elohim, Elohim, our Abba, and of the Son Jesus, our Yehoshua-ah-ah-ah, and of the Holy Spirit the Paraclete, Ruach Hako'desh, Amen.

🙏 Let us pray

Most Holy Trinity, I—prostrate myself at Your presence, I—adore You, I—confess my/and our nothingness. I—promise You to be all Your own; I—come in the name of everything and everyone, substituting for everyone.” (DW Prayer Book)

🗨️ My composed Prayer

🎵 Song 28  
Pange Lingua

YouTube link:

[https://youtu.be/FmvPLDASq\\_w?si=6cG33kKWS1p-E\\_bc](https://youtu.be/FmvPLDASq_w?si=6cG33kKWS1p-E_bc)

Novena Prayer: Day 4

“O Jesus, my Eucharistic Lord and King, I love You, I adore You, I worship You, and I desire to consecrate myself totally to You in the Most Blessed Sacrament. Lord, You know all the ways I hide from You and all the ways I try to satisfy my hungry heart with things that don't truly satisfy. But most of all, You know the deepest desire of my heart is to console You in the best way possible by becoming one of Your great Eucharistic saints. Therefore, through the intercession of St. Thérèse of Lisieux and St. Augustine, I ask You, Jesus, for the gifts of faith and hope, and I beg You, to prepare my hungry heart to be totally Yours on this most special day. Amen”

🗨️ My Meditative Response

👉 G. K. Chesterton calls “practical romance,” the fundamental human need for “the combination of something that is strange with something that is secure.” For myself, I get to experience the “practical romance” of being a missionary in a strange pagan land, yet I still get to enjoy the security and comforts of my hometown. One of my favourite ways to fulfill this missionary impulse is by celebrating Mass at the top of the Grouse Grind with members from the parish youth group. Nicknamed “Mother Nature’s Stairmaster,” the Grouse Grind in Vancouver is a 2.5-kilometre hike up the side of Grouse Mountain, with an elevation gain of 800 metres. To incentivize some of the youth to join me on this difficult hike, I often treat them to a delicious meal afterward.

Of all the memorable meals, my favourite was at a Japanese restaurant called Sushi Umi. I knew that God was calling us to this heavenly treat, what a delicious feast it was. I felt like we were in Heaven, but as the meal came to an end, I felt a bit sad.

💡 My Meditative Response

👉 In such moments of sadness, when pleasure is gone and we desire more in life, there are three options to deal with the desires of our hungry hearts, our hearts—always hungry for more in life. On one extreme, we have what is called “the starvation diet.” This option says the desire for more pleasure is a temptation we must reject. So, what is the holy response? Sweep that desire off the plate and starve ourselves from more pleasure.

💡 My Meditative Response

👉 On the other extreme, we have what is called “the fast-food gospel.” This option says that the desire for more pleasure is an obvious choice to accept. In fact, we can have “immediate gratification through indulgence of desire.” Grab something, whatever it might be, and you’ll be happy—right here; right now.

💡 My Meditative Response

👉 In between these two extremes, we have what is called “the Heavenly Banquet.” This third option says that the desire for more pleasure is a sign that we are made for “a Banquet that lasts forever and will fulfill every desire beyond all earthly imaginings.” So, what do we do with the empty plate of our hungry hearts? Lift it up

to Heaven in hope for a taste of the “Banquet that lasts forever.”

🧠 My Meditative Response

So, what’s it going to be? What will we do with the empty plate of our hungry hearts?

🧠 My Meditative Response

👉 For those of us who will be consecrated to Jesus in the Blessed Sacrament, the choice is obvious. We are to reject both the starvation diet and the fast-food gospel and, instead, lift up the empty plate of our hungry hearts to God in hope for a taste of the Heavenly Banquet. Consider how you respond to the three different options to deal with the desires of your hungry heart: the starvation diet, the fast-food gospel, and the Heavenly Banquet. What option are you choosing most frequently right now?

🧠 My Meditative Response

👉 Why?

🧠 My Meditative Response

👉 To take it one step further, what option do you think was presented to you most frequently growing up (think about your parents, your culture, your ideas of virtue and religion, etc.)?

🧠 My Meditative Response

👉 Knowing the empty plate is now a symbol of your hungry heart, prayerfully lift it up to Heaven. Give yourself permission to feel that hunger and ache for more in life, especially Heaven, which “is the ultimate end and fulfillment of the deepest human longings, the state of supreme, definitive happiness.”

🧠 My Meditative Response

👉 As you lift up the empty plate, try to wait for a response from Heaven. Think about what Jesus might want to give you to sustain your hope for the Banquet Meal of Heaven, record your thoughts

🧠 My Meditative Response