

# EMMANUEL YOUTH AND YOUNG ADULT ENCOUNTER

TUESDAY ~ MAY 5 ~ DAY 3

Today's theme is the Eucharist! During this Pandemic we cannot receive Jesus in Holy Communion and thus must be people of gratitude, for the opportunities we have had in times past, to unite with Jesus' Body and Blood and worship Him. Gratitude (Eucharist) is key to living a Spirit-filled life.

## Scripture passages to read, and spend some time in silence with:

**Psalm 95:6** ~Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!

**Psalm 99:5** ~Exalt the LORD our God; worship at his footstool! Holy is he!

**Hebrews 13:15** ~Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.

**Revelation 4:8-11** ~ And the four living creatures, each of them with six wings, are full of eyes all around and within, and day and night they never cease to say, "Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!" And whenever the living creatures give glory and honor and thanks to him who is seated on the throne, who lives forever and ever, the twenty-four elders fall down before him who is seated on the throne and worship him who lives forever and ever. They cast their crowns before the throne, saying, "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

## Reflection/Discussion Questions

Recall your first communion today, what do you remember?

What do you appreciate and value most about Holy Mass?

Who first taught you about Jesus being truly present in the Eucharist?

What is your most powerful experience with Jesus in the Blessed Sacrament?

What do you miss most about being able to worship God at Holy Mass?

What has been your experience of participating in Holy Mass online?

The word Eucharist means thanksgiving- take the challenge, make a list of 100 people, things or experiences you are grateful for (post and share your list).

## Devotional Prayer

Make a Spiritual Communion~ My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

## Activity

At World Youth Day, at the welcoming Mass held on Tuesday, the WYD Pilgrim Cross and the icon of our Lady are received by the youth of the world. Today spend time praying with a cross or crucifix. When we celebrate Mass, the Holy Eucharist, it is a representation and a participation in Calvary, the Passion death and resurrection of Christ- God's love outpoured. Pick up your cross, actually hold it in your hand, be full of sorrow, be grateful, be hopeful, pray. Post a pic of your favorite cross or crosses to #allsaintsparish

## WORLD YOUTH DAY FACTS FOR THE DAY

YEAR- 2005

LOCATION- COLOGNE, GERMANY

ATTENDANCE- 1 MILLION

THEME: LET US ADORE HIM!

HOLY FATHER- POPE BENEDICT

SCRIPTURE- "WE HAVE COME TO WORSHIP HIM..." MATTHEW 2:2