33 DAYS to EUCHARISTIC GLORY for KIDS
TABLE OF CONTENTS

INTRODUCTION: THE EUCHARIST IS THE ANSWER

INTRODUCTION 2
HOW TO USE THIS BOOK 4

WEEK ONE: THE EUCHARIST AND THE PILGRIM

DAY 1 JUST PASSING THROUGH 8
DAY 2 PILGRIM OR TOURIST? 11
DAY 3 THE FOUR LAST THINGS 14
DAY 4 THE PURPOSEFUL PILGRIM 17
DAY 5 FEAR OF MISSING OUT 20
DAY 6 SIX DEFINING SPIRITUAL MOMENTS 24
DAY 7 THE PILGRIM’S VIRTUE 28

WEEK TWO: THE EUCHARIST AND THE SAINTS

DAY 8 MOTHER TERESA: SPIRITUAL HABITS 32
DAY 9 JOHN PAUL II: PRAYER AFTER COMMUNION 35
DAY 10 THÉRÈSE OF LISIEUX: JESUS IN EVERY TABERNACLE 38
DAY 11 MAXIMILIAN KOLBE: NO LOVE WITHOUT SACRIFICE 41
<table>
<thead>
<tr>
<th>DAY</th>
<th>THOUGHT</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>THOMAS AQUINAS: THERE IS A DIFFERENCE</td>
<td>44</td>
</tr>
<tr>
<td>13</td>
<td>SISTER FAUSTINA: DON’T DELAY</td>
<td>47</td>
</tr>
<tr>
<td>14</td>
<td>MARY: THE POWER OF YES</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td><strong>WEEK THREE: THE EUCHARIST AND YOU</strong></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>ALL YOU WHO NEED REST</td>
<td>56</td>
</tr>
<tr>
<td>16</td>
<td>HEALER OF MY SOUL</td>
<td>59</td>
</tr>
<tr>
<td>17</td>
<td>IS SACRIFICE THE ANSWER?</td>
<td>62</td>
</tr>
<tr>
<td>18</td>
<td>THE FRUITS OF THE EUCHARIST</td>
<td>65</td>
</tr>
<tr>
<td>19</td>
<td>FIRST, LAST AND ONLY</td>
<td>68</td>
</tr>
<tr>
<td>20</td>
<td>LOVE REARRANGES OUR PRIORITIES</td>
<td>71</td>
</tr>
<tr>
<td>21</td>
<td>OUR DAILY BREAD</td>
<td>74</td>
</tr>
<tr>
<td></td>
<td><strong>WEEK FOUR: THE EUCHARIST AND HISTORY</strong></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>A DIFFICULT TEACHING</td>
<td>78</td>
</tr>
<tr>
<td>23</td>
<td>THE LAST SUPPER</td>
<td>81</td>
</tr>
<tr>
<td>24</td>
<td>THE EARLY CHRISTIANS</td>
<td>85</td>
</tr>
<tr>
<td>25</td>
<td>EUCHARISTIC MIRACLES</td>
<td>89</td>
</tr>
<tr>
<td>26</td>
<td>YOUR FIRST COMMUNION</td>
<td>92</td>
</tr>
<tr>
<td>27</td>
<td>OUR LADY OF FATIMA</td>
<td>95</td>
</tr>
<tr>
<td>28</td>
<td>UNTIL THE END OF THE WORLD</td>
<td>98</td>
</tr>
<tr>
<td>DAY</td>
<td>Topic</td>
<td>Page</td>
</tr>
<tr>
<td>-------</td>
<td>-------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>DAY 29</td>
<td>CALLED TO HOLINESS</td>
<td>102</td>
</tr>
<tr>
<td>DAY 30</td>
<td>HOLY MOMENTS</td>
<td>105</td>
</tr>
<tr>
<td>DAY 31</td>
<td>THE WAY OF VIRTUE</td>
<td>108</td>
</tr>
<tr>
<td>DAY 32</td>
<td>THE PRESENTATION OF JESUS</td>
<td>111</td>
</tr>
<tr>
<td>DAY 33</td>
<td>TOTALLY YOURS</td>
<td>115</td>
</tr>
<tr>
<td></td>
<td>PRAYER OF EUCHARISTIC CONSECRATION</td>
<td>117</td>
</tr>
</tbody>
</table>
INTRODUCTION

THE EUCHARIST is the ANSWER
INTRODUCTION

You are about to embark on an incredible journey. This isn’t just another book. It is an invitation to participate in a sacred journey—a spiritual pilgrimage. It’s a guide that will lead you to encounter Jesus in the Eucharist like never before . . . and it will change your life in the most marvelous of ways.

A pilgrimage is a sacred journey with a specific intention. People travel all over the world to make pilgrimages, but you won’t have to move an inch to go on this adventure. Our journey will be an inner journey, and our specific intention is consecration to Jesus in the Eucharist.

The meaning of consecration is to devote yourself to God and make yourself 100 percent available to carry out His will on this earth. It is an act of surrender to God where we hold nothing back. Through the act of consecration, we dedicate ourselves wholeheartedly to God’s will, surrender our distractions and selfishness, and promise to faithfully respond to God’s grace in our lives.

And there is no better way to receive God’s grace than through the Eucharist. Because Jesus Christ—the King of Kings, the Lord of Lords, the Alpha and the Omega—is truly present in the Eucharist. A relationship with Jesus in the Eucharist will improve your life, strengthen your friendships, help you overcome your fears and doubts,
inspire you to live the dreams God has placed in your heart, and show you the genius of Catholicism.

Jesus waits for you in the Eucharist, in our tabernacles and monstrances, and on the altar at every Mass. His message to you is unmistakable. In a world where so many people feel unseen, unheard, and unworthy, Jesus generously proclaims:

I see you.
I hear you.
I know you.
You are worthy.
I am with you.
I care.
I am yours.
You are Mine.

And this is His invitation: “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” (Matthew 11:28)

Go to Him. Seek out time in His presence. Allow His presence to transform you in ways unimaginable.

Over the next thirty-three days I will be praying and fasting for you. I pray it will be a life-changing journey. May the Eucharistic Glory of Jesus Christ find a home deep in your soul and remain with you forever.

Are you ready for the journey of a lifetime?
**HOW TO USE THIS BOOK**

This book is intended as a handbook for your spiritual pilgrimage. The readings, prayers, and other resources are arranged day-by-day and under a weekly theme. This is a time of preparation for the profound experience of Eucharistic Consecration. The reflections are designed to be deeply spiritual and intensely practical.

This preparation will only take about fifteen minutes each day. Here is a step-by-step guide to each day:

1. Find a quiet place.
2. Read the reflection.
3. Ponder the one idea that struck you most from the reading for a few minutes.
4. Pray the Spiritual Communion.
5. Look for opportunities to adopt the virtue of the day in your daily activities.
6. Use the conversation starter to spark discussion with classmates, family or friends.
7. Have a great day!

The journey will last thirty-three days. Four weeks and five days. Each week is arranged around a theme and designed to prepare you for your consecration on day thirty-three, but also to educate and inspire you about the extraordinary power of the Eucharist.
Week One: The Eucharist and the Pilgrim
Week Two: The Eucharist and the Saints
Week Three: The Eucharist and You
Week Four: The Eucharist and History
The Final Days: The Moment of Surrender

If you miss a day, or two days, or even five days, do not give in to discouragement and don’t quit. Discouragement doesn’t come from God. If you miss days, simply read the days you missed, and keep moving forward.

Stay the course. No matter what, thirty-three days after you start: Consecrate yourself to Jesus in the Eucharist. Day 33 lays out clearly how to complete the Act of Consecration.

What you are doing is a powerful spiritual exercise that is going to bear abundant fruit in your life and for the world. Prepare for an explosion of grace in your life!
WEEK ONE

THE EUCHARIST
and the
PILGRIM
DAY 1
JUST PASSING THROUGH

“This is the day the Lord has made, let us rejoice and be glad.” Psalm 118:24

For thousands of years, men and women of every age, race, and culture have sought to understand the meaning of life. You and I are no different.

Just like every other person who has ever lived, your heart longs to answer five questions:

1. Who am I?
2. Where did I come from?
3. What am I here for?
4. How do I do it?
5. Where am I going?

Our journey together will help you answer these questions. Over the next thirty-three days you will get clear about what matters most and what doesn’t matter much at all. This will help you live the life God wants you to live.

The first step is facing a big truth: We are all just passing through this world. This world is not our final destination. We are pilgrims. Life is a pilgrimage. Our lives are a sacred journey toward our true home in Heaven.

Sometimes we get so busy and distracted that we forget that life is a journey. God doesn’t intend for us to
stay on Earth forever. He wants us to reach our sacred
destination: being with Him in Heaven. That’s why
this thirty-three-day journey to consecrate yourself to
Jesus in the Eucharist is so important. It will remind
you that all of life is a sacred journey, and help you
grow closer to God than ever before.

History and literature are full of epic journeys.
Christopher Columbus sailed bravely across the un-
charted waters of the Atlantic Ocean and discovered
America. Marco Polo bridged the cultures of East and
West as he traveled along the famous Silk Road in Chi-
na. Odysseus took a legendary journey to get home in
the Odyssey. Frodo and Sam persevered on their quest
to destroy the Ring in The Lord of the Rings.

Now it’s your turn.

Every year, millions of people go on pilgrimage jour-
neys all over the world. They go to find God and con-
nect with Him. But the truth is, you don’t have to travel
anywhere to go on a life-changing journey. You don’t
have to move an inch to connect with God. Your epic
journey is a soul-adventure. And if you give it your all,
it can be one of the most exciting and important expe-
riences of your life.

Are you excited? Get ready to meet Jesus like never
before!

LESSON
We are just passing through this world. Life is a sacred journey toward our true home with God in Heaven.

VIRTUE OF THE DAY
Patience: The virtue of patience is the ability to accept trouble, delay, or suffering without getting angry or upset. Patience makes you better at meeting life’s challenges. The wisest and happiest people practice patience.

SPIRITUAL COMMUNION
Jesus,
I believe that You are truly present in the Eucharist. I love You above all things and I want to receive You into my soul. Since I cannot receive You in the Eucharist at this moment, I invite You to come and dwell in my heart. You are the healer of my soul. Open my eyes, my ears, my mind and my heart. Fill me with the grace, wisdom, and courage to do Your will in all things. Amen.

CONVERSATION STARTER
Who is the most patient person you know? What can you learn from him/her?
DAY 2
PILGRIM OR TOURIST?

“This is the day the Lord has made, let us rejoice and be glad.” Psalm 118:24

Are you going to be a pilgrim or a tourist? What’s the difference? Great question.

Tourists are people who go to a new place for fun and entertainment. They get upset when things don’t go as planned. Afraid of missing out, they rush around from one place to the next trying to cram everything in. They focus on themselves, often shoving past others to get where they want to go. The more you live like a tourist, the less happy you become.

Pilgrims are very different. Pilgrims are people who go on a sacred journey to connect with God. They look for signs. If things don’t go as planned they ask, “What message is God trying to tell me?” Pilgrims are not concerned with seeing and doing everything, just the most important things. They are aware of the needs of others. Pilgrims count their blessings. The more you live like a pilgrim, the happier you become.

Now, let me ask you again: Do you want to be a pilgrim or a tourist? Life is a pilgrimage, but it is easy to get caught up in the things of this world and forget this truth. And that’s why sometimes you need a pilgrimage to rediscover the true meaning and purpose of your life.
Remember, this planet we call Earth is not our home. We are just passing through. This life is a journey toward the sacred city, toward the heart of God, toward Eucharistic Glory, toward Heaven.

There are going to be moments in your life when you are confused and don’t know what to do. The gift God gives the pilgrim is clarity. Not clarity about the rest of your life but clarity around the next step you should take. Whenever you are confused about what you should do next, remember that Jesus has all the answers. So, spend a few minutes before Jesus in the tabernacle or go to Mass and receive Jesus in the Eucharist and ask Him to show you clearly that next step.


LESSON
A pilgrim wakes up each day with a grateful heart and allows God to direct his or her way.

VIRTUE OF THE DAY
Joy: The virtue of joy is not the same thing as happiness. Joy lasts longer and stays around even when life becomes difficult. You can be going through a hard time and still have joy. The best way to grow in joy is to be grateful. If you want more joy, thank God for all the ways He has blessed you. The other way to grow in joy is to be kind and go out of your way to help others.
SPIRITUAL COMMUNION
Jesus,
I believe that You are truly present in the Eucharist.
I love You above all things and I want to receive You into my soul.
Since I cannot receive You in the Eucharist at this moment,
I invite You to come and dwell in my heart.
You are the healer of my soul.
Open my eyes, my ears, my mind and my heart.
Fill me with the grace, wisdom, and courage to do Your will in all things.
Amen.

CONVERSATION STARTER
What are you most grateful for today?
DAY 3
THE FOUR LAST THINGS

“This is the day the Lord has made, let us rejoice and be glad.” Psalm 118:24

For hundreds of years, if you attended a retreat or a parish mission, you didn’t have to wonder what the opening topic might be. You would have known. It would have been the Four Last Things. This was always the opening topic. The Four Last Things were also traditionally the topic of homilies preached on the four Sundays of Advent.

What are the Four Last Things? Death, Judgment, Heaven, and Hell. Saint Philip Neri advised, “Beginners in religion ought to exercise themselves principally in meditation on the Four Last Things.” And yet, more and more, we don’t reflect on these things at all, make great efforts to avoid them in conversation, and rarely hear them mentioned by spiritual teachers.

We are only here on Earth for the blink of an eye. This is not our home. That’s why the happiness that God created us for is very different from the momentary pleasures of this world.

God created us for lasting happiness in this changing world and eternal joy with Him in Heaven forever. The happiness God desires for us in this life is a rare kind that doesn’t depend on situations or circum-
stances. It is easy to be happy when everything is going well. But Christian joy allows us to be happy even when we are suffering. This is one of the key differences between Christianity and all other approaches to life.

If you look around the world, so many of the problems are caused by assigning incorrect value to people, things, and experiences. And so many of our own problems are caused by overvaluing some things and undervaluing others. We overvalue the opinions of others and undervalue the opinion of God. We focus on money and status while neglecting generosity and service.

Of all the things, people, and experiences that we undervalue, the Eucharist is at the top of the list in all three categories.

Jesus in the Eucharist yearns to fill you with His Eucharistic Glory. If you allow Him to fill you with His glory, your ability to recognize truth, beauty, and goodness will increase; you will be filled with the grace necessary to endure life’s inevitable challenges and unavoidable suffering; and His Eucharistic Glory will help you reach Heaven when your journey on Earth comes to an end.


LESSON
Reflecting regularly on the Four Last Things—Death, Judgment, Heaven, and Hell—helps us to focus on what matters most and live life to the fullest.
VIRTUE OF THE DAY
Faith: The virtue of faith is a gift. You can work hard to develop many virtues, but with faith, we ask: “Lord, increase my faith.” Ask many times each day. And as your faith grows, you will see more and more miracles, until finally, you will realize everything is a miracle.

SPIRITUAL COMMUNION
Jesus,
I believe that You are truly present in the Eucharist. I love You above all things and I want to receive You into my soul. Since I cannot receive You in the Eucharist at this moment, I invite You to come and dwell in my heart. You are the healer of my soul. Open my eyes, my ears, my mind and my heart. Fill me with the grace, wisdom, and courage to do Your will in all things. Amen.

CONVERSATION STARTER
Discuss a time in your life when you felt close to God or full of faith.
DAY 4
THE PURPOSEFUL PILGRIM

“This is the day the Lord has made, let us rejoice and be glad.” Psalm 118:24

One of my favorite phrases in the New Testament is in Luke’s Gospel: “Now it happened that as the time drew near for Him to be taken up to Heaven, He resolutely turned His face towards Jerusalem.” (Luke 9:51)

Jesus didn’t just go, He went resolutely. To do something resolutely means to do it with determination and focus.

What do we approach with the same passion and commitment, determination and steadfastness as Jesus approached Jerusalem? Anything? Probably not. And what does that say about us?

Some people will convince themselves that they should be more committed to some worldly pursuit, whether that is getting rich, becoming famous, or achieving success. But the truth is, the reason we have not committed ourselves so fully, so totally, so completely to anything in this world, is that we are made for more. This type of commitment belongs to God and to God alone.

Jesus set off toward Jerusalem with determined resolve. It is time to bring that focus and clarity to your life.
Every encounter with Jesus in the Eucharist, whether it is at Mass on Sunday or sitting before the tabernacle for a few moments in an empty church, increases our clarity about what matters most and what doesn’t matter at all. Most people are confused about what really matters, and God wants to liberate us from that confusion.

Eucharistic clarity leads us to focus on the right things. We all get to choose who and what we care about, and who and what we choose to care about determines everything. For whatever we focus on will increase in our lives.

Catholics are not called to wander aimlessly through life. There are too many people tragically wandering aimlessly through life. It is easy to get caught up in every kind of distraction. But now it is time to live with focus and take on the determination of a purposeful pilgrim.

Jesus resolutely determined to journey to Jerusalem. Let’s apply that resolute determination to our earthly pilgrimage toward the Eternal City of Heaven. Are you determined?


**LESSON**
A purposeful pilgrim sets aside the distractions of this world and is resolutely determined to journey to Heaven.
VIRTUE OF THE DAY
Determination: The virtue of determination allows us to focus on a task and see it through to completion. Just keep moving in the direction of your goal or destination. Determination is taking the next step, no matter how small that step may be.

SPIRITUAL COMMUNION
Jesus,
I believe that You are truly present in the Eucharist.
I love You above all things and I want to receive You into my soul.
Since I cannot receive You in the Eucharist at this moment,
I invite You to come and dwell in my heart.
You are the healer of my soul.
Open my eyes, my ears, my mind and my heart.
Fill me with the grace, wisdom, and courage to do Your will in all things.
Amen.

CONVERSATION STARTER
What is something in your life that took determination to accomplish?
DAY 5
FEAR OF MISSING OUT

“This is the day the Lord has made, let us rejoice and be glad.” Psalm 118:24

I had a college roommate who was constantly running from one thing to the next, staying up late, and not doing his schoolwork. One day I asked him why he was choosing this path and he said to me, “I don’t want to miss out on anything during these four years.” This mindset has come to be known as FOMO—Fear of Missing Out.

The idea that if we try to do everything that seems exciting and squeeze as much as possible into each day then we won’t miss out is completely wrong. You are going to miss out. In fact, you are certain to miss out on most things, experiences, and opportunities.

One of the biggest traps you can fall into is the trap of FOMO. Many people make the worst decisions of their lives because they are afraid of missing out.

FOMO also has a close cousin known as “settling.” The accepted “wisdom” of the vast universe known as the Internet is that you should never settle. This is horrible advice. The two most common expressions of this nonsense relate to relationships and career. “Settling” romantically means committing to someone who is less than ideal for you. The professional version
of this nonsense involves “settling” for a job that pays the bills and supports your family rather than pursuing your dreams.

The truth is this: you have to settle. You don’t have a choice. It is unavoidable. Our lives are finite. You do not have infinite time on this earth to pursue all possibilities. Your time is limited. You cannot become successful at anything without first settling on that path. To become a successful teacher or doctor, you set aside the possibilities of other careers and commit yourself to being a teacher or a doctor. If you bounce from one career to the next, never mastering any particular craft, you are “settling” by accepting mediocrity in many things instead of excellence in the few things that God has in mind for you.

One of the main reasons so many young people are increasingly having trouble maintaining significant romantic relationships is because they want to keep all their options open. But keeping all your options open shuts down the possibility of success in the one relationship you are in at this moment.

Every decision is a decision to miss out. Every choice for something is a choice to miss out on everything else.

Consecrating ourselves to Jesus in the Eucharist changes everything. We are no longer afraid of missing out. We know it is better to miss out on most things, because the only things that really matter are those
that God has in mind just for you. Doing the will of God transforms FOMO into JOMO—the Joy of Missing Out.


LESSON
One of the biggest traps you can fall into is the trap of FOMO. Many people make the worst decisions of their lives because they are afraid of missing out. The only things that really matter are those that God has chosen for you. It is better to miss out on everything else. Doing the will of God transforms FOMO into JOMO—the Joy of Missing Out.

VIRTUE OF THE DAY
Discipline: The virtue of discipline allows us to maximize our contribution to the world. It teaches us to say yes to what matters most and no to what hardly matters at all. When we realize our God-given potential, our lives are filled with joy. You will never have more joy than when you live with discipline.

SPIRITUAL COMMUNION
Jesus,
I believe that You are truly present in the Eucharist.
I love You above all things and I want to receive You into my soul.
Since I cannot receive You in the Eucharist at this moment,
I invite You to come and dwell in my heart.
You are the healer of my soul.
Open my eyes, my ears, my mind and my heart.
Fill me with the grace, wisdom, and courage to do
Your will in all things.
Amen.

CONVERSATION STARTER
How would your life improve if you could make the transition from FOMO to JOMO?
DAY 6
SIX DEFINING SPIRITUAL MOMENTS

“This is the day the Lord has made, let us rejoice and be glad.” Psalm 118:24

The spiritual life is chief among serious endeavors. Something that is serious is demanding and requires careful consideration and earnest application. Our need for depth and seriousness is best met with a rich inner life.

The six lessons I am about to describe to you had a seismic impact on my inner and outer life, and I am confident they will also have a great impact on your life. The definition of seismic is “of enormous proportions or effect”; I use that word very deliberately here.

The First Shift: Just Begin the Conversation. Prayer is a conversation with God. Once the conversation has begun, it can lead anywhere. Most important, it will lead to the places it needs to lead to. Never underestimate how important it is to just begin the conversation.

The Second Shift: Ask God What He Wants. When we stop asking God for what we want and start asking what He wants, we begin to open ourselves to much more than His will. We open ourselves to His
wisdom. It’s time for you to begin asking the Big Question: “God, what do You think I should do?”

**The Third Shift: Give Yourself to Prayer.** The third seismic shift occurs when we stop doing our prayer and start giving ourselves to prayer. Giving yourself to prayer means showing up and letting God do what He wants to do with you during that time of prayer. It means letting go of expectations and agendas for our time with God. It means that we trust that God is working in us no matter how we feel during prayer.

**The Fourth Shift: Transform Everything into Prayer.** The fourth seismic shift occurs when we discover that every activity can be transformed into prayer by offering it to God. You can try this right away. Offer an hour of homework for a friend who is sick. Offer a task you dislike for someone you know who is suffering, and do that task with great love, better than you have ever done it. Offer each task throughout your day, one at a time, to God as a prayer for a specific intention, and do so with love.

**The Fifth Shift: Make Yourself Available.** Do you wish to know the secret to supreme happiness? Strip away everything in your heart that makes you less available to God. The joy we experience is proportional to how available we make ourselves to God. It is through surrender that we make ourselves 100 percent available to God, allowing Him to transform us and our lives.
The Sixth Shift: Just Keep Showing Up. No matter what, just keep showing up to prayer. Keep showing up to Mass. Keep showing up for your spiritual routines. We will explore this sixth shift in more detail tomorrow, but for now, it’s enough to be mindful that it’s not about what we are doing. It’s about what God is doing in us, through us, and with us—when we show up.

The Eucharist floods our souls with the grace needed to respond to these six seismic shifts with courage and wisdom. Each time we receive Jesus in the Eucharist, spend time in the presence of the Eucharist, or acknowledge Jesus’ presence in a tabernacle, our souls flood with grace.

Consecrating yourself to Jesus in the Eucharist involves all six of these spiritual shifts. We will eventually arrive at these six significant moments in the spiritual life naturally if we stay committed to the journey. This consecration process will raise our awareness of them all over these thirty-three days.


LESSON
The spiritual life is not about what we are doing. It’s about what God is doing in us, through us, and with us—when we surrender and make ourselves available to Him.
VIRTUE OF THE DAY
Surrender: The virtue of surrender leads to peace. If you find yourself wrestling with every situation or arguing with every person, it’s time to explore why you are so insistent on imposing your will on every person and situation. The secret to surrendering to God is knowing your responsibilities and being clear about His responsibilities. Our willingness to surrender says a lot about our understanding of God.

SPIRITUAL COMMUNION
Jesus,
I believe that You are truly present in the Eucharist. I love You above all things and I want to receive You into my soul. Since I cannot receive You in the Eucharist at this moment, I invite You to come and dwell in my heart. You are the healer of my soul. Open my eyes, my ears, my mind and my heart. Fill me with the grace, wisdom, and courage to do Your will in all things. Amen.

CONVERSATION STARTER
Which of the six shifts would be most helpful in your life right now?
DAY 7
THE PILGRIM’S VIRTUE

“This is the day the Lord has made, let us rejoice and be glad.” Psalm 118:24

On this seventh day of our thirty-three-day journey together, I want to encourage you to persevere. Perseverance is the pilgrim’s virtue. It is the ability to keep going even when things become difficult. Many people will abandon this path of consecration. Decide that you will not be one of them.

The most practical wisdom I have ever received about prayer was from an old priest many years ago, when I was a teenager and first starting to take my spiritual life seriously. The initial excitement had worn off and I was struggling to pray. Our natural and very human reaction when prayer doesn’t “feel good” is to wonder what we are doing wrong. Prayer should never be judged by how it makes us feel, and we often aren’t doing anything wrong. Prayer isn’t about feelings.

“Just keep showing up,” the old priest said to me. I didn’t understand at first and when I asked him what he meant, he replied, “I’m speaking plainly. No hidden meanings, boy. Just keep showing up. Show up each day no matter how you feel or if it is convenient. Just show up and let God work on you.”

This is the sixth seismic shift we mentioned
yesterday. It occurs when showing up for our daily prayer is no longer a daily decision. It becomes a commitment, a decision that no matter what you are going to show up and be with God for that time each day.

The only failure in prayer is to stop praying. You will think and feel things, and many of them don’t mean what you initially think they do. So, keep showing up. Sit with whatever it is that God says to you and reveals to you. Just keep showing up.

This advice is even more relevant when it comes to the Eucharist. Some days you will be excited to go to Mass or sit before Jesus in the tabernacle. Other days it will feel difficult or like a chore. Just keep showing up either way.

Remember, it is not about what we are doing. It’s about what God is doing in us, through us, and with us—when we show up. Never forget that each time you receive Jesus in the Eucharist He is working in you, to send you out into the world so that He can work through you.


**LESSON**

Just keep showing up for prayer and your other spiritual practices. Show up each day regardless of how you feel, or if it is convenient, or whether or not you think it is bearing any fruit. God’s ways are mysterious. He is at work in your soul like the roots of a mighty tree beneath
the surface. Just because you don’t know what God is doing doesn’t mean He isn’t preparing you for whatever is next. Just show up and let Him work on you.

**VIRTUE OF THE DAY**
Perseverance: The virtue of perseverance is essential for friendship and love. It means not giving up when things become difficult. Acquiring this virtue requires both grace and significant personal effort. There is no virtue in beginning. It is easy. Many start, few finish.

**SPIRITUAL COMMUNION**
Jesus,
I believe that You are truly present in the Eucharist.
I love You above all things and I want to receive You into my soul.
Since I cannot receive You in the Eucharist at this moment,
I invite You to come and dwell in my heart.
You are the healer of my soul.
Open my eyes, my ears, my mind and my heart.
Fill me with the grace, wisdom, and courage to do Your will in all things.
Amen.

**CONVERSATION STARTER**
What was the highlight of the first week of your journey toward consecration?