

# *The One Hour to Peace . . . from Mass to Mission*

## Novena to the Eucharist

### **DAY 1: The Creation of the World**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall the blessing of creation, which Christ takes up, transforms, and presents to his heavenly Father.

*“God also said: See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food.” – GENESIS 1:29*

Take a few moments of silence to reflect on the verse.

**V.** You make the plants to serve mankind’s need.

**R.** That he may bring forth bread from the earth / and wine to cheer the heart.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Lord of Creation, grant us the grace to offer ourselves, our works, and all creation in union with you to the Father. Amen.



## **DAY 2: The Feast of Passover**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall our definitive liberation from sin in Christ, our Passover who has been sacrificed.

*“On the tenth of this month every family must procure for itself a lamb, one apiece for each household.” – EXODUS 12:3*

Take a few moments of silence to reflect on the verse.

**V.** The cup of salvation I will raise;

**R.** I will call on the name of the Lord.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Lamb of God, grant us the grace to cast out the old yeast of malice and wickedness, and to live in sincerity and truth. Amen.

## **DAY 3: The Manna in the Desert**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall the foretaste of the heavenly Kingdom, which we receive in the Eucharist.

*“Then the LORD said to Moses: I am going to rain down bread from heaven for you.”  
– EXODUS 16:4*

Take a few moments of silence to reflect on the verse.

**V.** But Israel I would feed with finest wheat:

**R.** and satisfy them with honey from the rock.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Holy Manna, grant us the grace to set our minds on things above rather than on things of earth.  
Amen.

## **DAY 4: The Nativity of Christ**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall that the Word who became flesh and dwelt among us now gives himself to us in the Eucharist.

*“Mary gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.” – LUKE 2:7*

Take a few moments of silence to reflect on the verse.

**V.** I am the living bread that came down from heaven;  
**R.** whoever eats this bread will live forever.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Bread of Life, grant that we, nourished by the Eucharist, may hasten to you in the poor, the suffering, and the persecuted. Amen.

## **DAY 5: The Institution of the Eucharist**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall the great gift of the Eucharist, which Jesus entrusted to the Church.

*“Then he took the bread, said the blessing, broke it, and gave it to them saying, ‘This is my body, which will be given for you; do this in memory of me.’ And likewise the cup after they had eaten, saying, ‘This cup is the new covenant in my blood, which will be shed for you.’”  
– LUKE 22:19-20*

Take a few moments of silence to reflect on the verse.

**V.** I will offer you a thanksgiving sacrifice;  
**R.** I will call on the name of the LORD.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Mediator of the New Covenant, grant us the grace to cherish the worship you established at the Last Supper. Amen.

## **DAY 6: The Sacrifice of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall Christ's gift of himself upon the cross, the wellspring of the Church's Sacraments.

*"But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out."*  
– JOHN 19:33-34

Take a few moments of silence to reflect on the verse.

**V.** Into your hands I commend my spirit.

**R.** You will redeem me, O LORD, O faithful God.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Eternal High Priest, grant us the grace to offer our lives as a living sacrifice, holy and pleasing to you. Amen.

## **DAY 7: The Resurrection**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall Christ's Resurrection, his triumph over sin and death.

*"And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight."*  
– LUKE 24:30-31

Take a few moments of silence to reflect on the verse.

**V.** You will show me the path of life,

**R.** the fullness of joy in your presence.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Source of New Life, set our hearts on fire with the gift of your Spirit, and grant us the grace to proclaim your risen life. Amen.

## **DAY 8: The Eucharist in the Life of the Church**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall that the Church's life flows from the Eucharist and returns to it.

*"They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers." – ACTS 2:42*

Take a few moments of silence to reflect on the verse.

**V.** Taste and see that the LORD is good.

**R.** Blessed the man who seeks refuge in him.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Lord of the Church, grant that by partaking of your Body and Blood we may become one body and one spirit in you. Amen.

## **DAY 9: The Wedding Feast of the Lamb**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Today we recall the ultimate fulfillment of the Eucharist in the wedding feast of heaven.

*"I confer a kingdom on you, just as my Father has conferred one on me, that you may eat and drink at my table in my kingdom." – LUKE 22:29-30*

Take a few moments of silence to reflect on the verse.

**V.** You have prepared a table before me;

**R.** my cup is overflowing.

### **Concluding Prayer**

O God, who in this wonderful Sacrament have left us a memorial of your Passion,  
Grant us we pray, so to revere the sacred mysteries of your Body and Blood  
That we may always experience in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Jesus, Holy Banquet, be our food for the journey, that we may join the Blessed Virgin Mary and all the angels and saints in your kingdom. Amen.

*Adapted from The National Eucharistic Revival Corpus Christi Novena*