



# BECOME

Eucharistic Missionary  
Formation

# Session One

## EUCHARISTIC REVIVAL

# TEACHING 01

## We Are Created From and For Creation

Just as Adam was formed from the dust and given the breath of life, we are deeply connected to creation. We are called to “cultivate and care” for the world, beginning with our own hearts and lives.

## Conversion is an Ongoing Journey

Our spiritual life includes a primary conversion(baptism) and a secondary conversion (personal decision to follow Jesus more deeply). But conversion doesn't stop there; it must continue daily as we grow in relationship with Christ .

## Eucharistic Revival Begins in the Heart

True revival isn't just a public event; it starts within us. Jesus is always sowing seeds of grace. Our responsibility is to ensure our hearts are fertile soil, free from distractions and open to growth.

## The Parable of the Sower is a Call to Cultivate Interior Readiness

Our hearts must not be hard, rocky, or choked with thorns. We are called to become rich soil where God's word can take root, flourish, and bear fruit in our lives and communities.

## Mission Flows From Interior Renewal

Before we go out as Eucharistic Missionaries, we must first experience personal renewal. Revival is grassroots and it starts with our willingness to let Jesus transform us from within.

# DISCUSSION QUESTIONS

- 01 Reflect on your first encounter with Jesus: What was your conversion moment? How did your life change as a result of this encounter?
- 02 What kind of soil are you right now? Rocky soil? Covered in thorns? Good soil?
- 03 Where do you feel like you are personally in need of revival?

# TEACHING 02

## Revival is Inside Out

True revival starts within and naturally flows outward into missionary action. Jesus modeled this by investing in a few close disciples who were then sent to share His love with the world.

## Be a Reservoir, Not a Canal

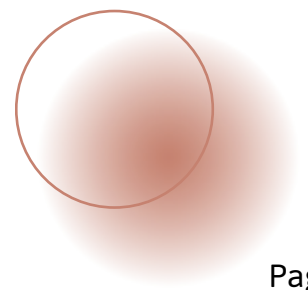
Drawing from St. Bernard of Clairvaux, we are called to be spiritual reservoirs: filled first by God before we pour out to others. A Eucharistic Missionary must be rooted in personal prayer and relationship with Christ before engaging in outward mission.

## Mission Starts Close to Home

Being a Eucharistic Missionary doesn't require radical life changes. It starts simply by living your faith authentically in three key areas: your family, your neighborhood, and your parish.

## Be Leaven in Your Daily Life

Like yeast in dough, our seemingly small efforts – loving our family, greeting our neighbors, connecting with fellow parishioners – can have a transformative impact when rooted in Christ's love and presence in the Eucharist.



## EUCCHARISTIC MISSIONARY

# WEEK 01 PRACTICE

### Personal Practice:

Spend 10-15 minutes of quiet reflection in the morning when you wake up. Work up to this amount if it is not currently a practice by beginning with five minutes of silent time. This is device free time.

### Communal Practice:

Introduce yourself to someone you don't know in your neighborhood or parish.



# Session Two

## EUCHARISTIC ENCOUNTER

# TEACHING 01

## The Stories We Believe Shape Us

Humans are storytelling beings. The narratives we internalize—from media, culture, or relationships—impact our beliefs and behaviors. To live as a Eucharistic Missionary, we must let the Gospel be the defining story of our lives, rejecting false cultural narratives.

## We Are Part of a Greater Story

As Eucharistic Missionaries, we are called to live out the Gospel story, which is a cosmic narrative of salvation that defines who we are and how we live. The first step is to encounter Jesus and surrender to His story, allowing it to shape our worldview and actions.

## Salvation History is Our Story

From Creation and the Fall to Christ's incarnation, death, and resurrection, Salvation History reveals God's plan to redeem and restore humanity. The Eucharist is central to this plan, reconnecting us to God and nourishing us with divine life.

## The Eucharist Fulfills the Gospel

The Gospel without the Eucharist is incomplete. The Eucharist is how Jesus remains with us "until the end of the age" and how we are strengthened to live out and share the Gospel. It is the fruit of the Cross and the antidote to sin and death.

## Live the Gospel and Make Disciples

Like the saints, we are called to conform our lives to the Gospel and be transformed through our relationship with Jesus in the Eucharist. From that place of abundance, we are sent to share the Gospel and make disciples in our families, parishes, and communities.

# DISCUSSION QUESTIONS

- 01 What are popular narratives or “stories” that you hear in the news, in your social circle, or that you might tell yourself?
- 02 Reflect on the Gospel narrative. Have you heard the Gospel presented in this way before? When?
- 03 How do you allow this narrative to influence and guide your life?

# TEACHING 02

## The Source and Summit of the Christian Life

The Eucharist is where we encounter Jesus most fully and where our individual lives are united to the story of the Gospel. But to encounter Christ, we must first recognize our deep need for Him. We must recognize the truth that we are all sinners in need of salvation.

## We Live in a New Apostolic Age

Our culture has shifted from Christendom (where Christian values were culturally dominant) into an apostolic age (where Christianity is no longer mainstream). This cultural shift distorts Gospel truths and promotes ideologies that reject sin and the Fall and erode the perceived need for a Savior.

## The Need for a Real Encounter With Jesus

Catholicism is not just a set of beliefs or ethics—it begins with a personal encounter with the living Christ. As Pope Francis and Pope Benedict XVI emphasized, Christianity is rooted in meeting a person, not just following an idea. That encounter awakens our “sense of God” and reveals our dependence on Him.

## The Eucharist is the Place of Encounter

Jesus is fully present in the Eucharist—body, blood, soul, and divinity. Daily Mass, Eucharistic Adoration, and Spiritual Communion are the practical ways we place ourselves in God’s presence and attune ourselves to His voice, growing in relationship with Him.

## Eucharistic Missionaries Need Encounter

To be taken by the Lord and become life for the world, we must seek ongoing encounters with Jesus in the Eucharist. This week, you’re encouraged to attend at least one daily Mass, spend an hour in Adoration, and begin practicing regular spiritual communion. This is where true discipleship begins.

# EUCCHARISTIC MISSIONARY

## WEEK 02 PRACTICE

### Personal Practice:

Commit to praying a Holy Hour in Eucharistic Adoration at some point this week. You may choose to pray for more time in Eucharistic Adoration, but one of those times must be 60 minutes.

### Communal Practice:

Attend a daily Mass in addition to your Sunday Mass obligation.

# Session Three

## EUCCHARISTIC IDENTITY



# TEACHING 01

## You Have a Vital Role in God's Story

Just like saints such as Mother Teresa, every baptized person is invited to play a meaningful role in Salvation History. To know our mission, we must know our identity. Our identity is discovered through relationship with Jesus, especially through the Eucharist.

## The Mass Forms Our Identity and Mission

The Eucharist strengthens our relationship with Christ, deepens our understanding of who we are, and sends us out on mission. At Mass, we are taken, blessed, broken, and given; we participate in the divine drama of God's love for the world.

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## Proper Disposition is Vital

While the Eucharist is always effective (*ex opere operato*), the fruitfulness of Holy Communion in our lives depends on our openness and awareness. Like a well-prepared actor in a play, the more we understand and enter what's really happening, the better we "perform" our role as disciples.

## Eight Fruits of Holy Communion

Receiving the Eucharist with the right disposition brings about these powerful fruits:

1. Deeper union with Christ
2. Renewal of baptismal grace
3. Separation from sin
4. Forgiveness of venial sin
5. Protection from mortal sin
6. Unity with the Church (Mystical Body of Christ)
7. Increased love for the poor and zeal for evangelization
8. Stronger desire for Christian unity

# DISCUSSION QUESTIONS

- 01 How do you prepare for Mass each week? Do you have a routine to prepare for this critical moment in our Catholic identity? How can you elevate this experience?
- 02 Looking at the 8 fruits of Holy Communion - which of these do you need to be more attentive to and cultivate in your life?
- 03 When you think about reality, what has been your “yard stick” for measuring reality?
- 04 In the past, where have you been tempted to place your identity?

# TEACHING 02

## The Eucharistic Crisis is an Identity Crisis

With so many Catholics not believing in the Real Presence or attending Mass regularly, the Church faces a crisis not just of practice but of identity. If Jesus is truly present in the Eucharist—the “genuine reality,” as Pope Benedict XVI called it—then knowing Him there is essential to knowing who we really are.

## The Eucharist Clarifies Reality

Just as a vision test sharpens our sight, the Eucharist sharpens our understanding of truth, humanity, and identity. In a confused world asking timeless questions—Who am I? What is truth?—the Eucharist provides the clearest answers by revealing who God is and who we are in relation to Him.

# Our True Identity is Found in Christ

Henri Nouwen's "Five Lies of Identity" reflect common cultural traps:

1. I am what I have
2. I am what I do
3. I am what others think of me
4. I am no greater than my worst moments
5. I am no less than my best moments

These lies distort our worth. In contrast, the Eucharist reminds us we are beloved sons and daughters of God—the ones for whom Jesus gave His body and blood.

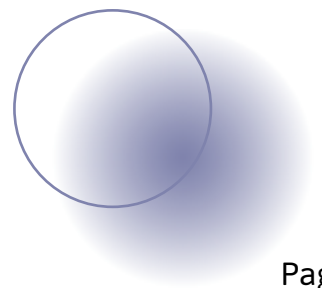
## Scripture Counters Lies With Truth

For every false narrative about our identity, the Gospel offers a life-giving truth:

- Our worth is not in possessions or accomplishments, but in our union with Christ.
- Our failures don't define us—God's mercy does.
- Our successes are gifts, not identities.
- God's love is constant, regardless of public opinion or personal performance.

# The Eucharist is Where We Learn to “Abide”

Spending time in Eucharistic Adoration and receiving Holy Communion regularly helps us internalize who we are in God’s eyes. When we let the Eucharist shape our identity, we grow more rooted in truth, love, humility, and freedom. Our vocation to beatitude starts with abiding in Him.



## EUCCHARISTIC MISSIONARY

# WEEK 03 PRACTICE

### Personal Practice:

Find resources that will help you continue to grow in your understanding of Jesus and the Catholic faith. Begin utilizing those resources on a regular basis.

### Communal Practice:

Commit to receiving the Sacrament of Reconciliation monthly and, if you've not received the sacrament recently, go to confession this week.

# Session Four

## EUCHARISTIC LIFE



# TEACHING 01

## A Eucharistic Life Puts Jesus at the Center

Living a Eucharistic life starts by asking, What do I worship? When we center our lives around Jesus in the Eucharist—submitting our relationships, dreams, identity, and time to Him—our lives begin to reflect His love, order, and purpose.

## Four Pillars of a Eucharistic Life (Acts 2:42)

The early Church modeled four practices foundational to a Eucharistic life:

1. Teaching of the Apostles (faith formation and renewal of the mind)
2. Fraternal Sharing (Eucharistic friendship and Christian community)
3. Breaking of the Bread (living sacramentally, especially the Mass)
4. Prayer (daily relationship with Jesus)

These pillars shape a vibrant and faithful life.

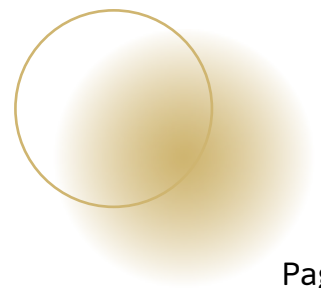
## We Evangelize by Living This Life

According to the Catechism (CCC 3), professing the faith, fraternal sharing, liturgy, and prayer are habits of discipleship and they're the ways we evangelize and hand down the Gospel from generation to generation.

## A Eucharistic Life is an Abundant Life

Jesus promises fullness of life—not comfort, but joy.(John 10:10; 15:11; 16:24; 17:13)

A Eucharistic life is one marked by deep joy, peace, purpose, and human flourishing. As Eucharistic Missionaries, this is what we're called to live and offer the world.



## DISCUSSION QUESTIONS

- 01 What fruit have you seen in your life as a result of following Jesus?
- 02 Of the four habits discussed from Acts 2:42, which one do you practice best? Which one do you practice least?
- 03 Do you have a particular saint you admire or identify with? Who is it and why does the life of this person resonate with you?

# TEACHING 02

## You're Made for a Full, Abundant Life

You were created not just to know the Gospel, but to live it and to become a unique and radiant witness of Christ's love in the world. The more we conform our lives to Jesus, the more distinct, human, and beautiful our stories become. The saints show us that the most authentic and abundant lives are the ones offered to God.

## A Eucharistic Life is a Sacrificial Life

We offer our lives in all their sufferings, work, and relationships a sacrifice united to Christ's. Just as the bread and wine become Christ's Body and Blood, we are invited to be transformed and "given for the life of the world" (John 6:51).

## Our Suffering Has Meaning

In the Eucharist, especially at Mass, we can join our personal trials to Jesus' suffering. As St. Paul writes in Colossians 1:24, our sufferings, united with His, become redemptive. As St. John Paul II and Pope Benedict XVI both taught, suffering doesn't disqualify us from joy but it can deepen it when embraced in love.

## Mass is the Heartbeat of a Eucharistic Life

The Mass isn't a symbolic ritual but a real participation in the Paschal Mystery: the Last Supper, the Cross, the Resurrection, and the Ascension. During the Preparation of the Gifts, we're invited to spiritually place our lives on the altar and let God transform them into a blessing for others.

## A Eucharistic Life is a Communal Life

The grace we receive at Mass is meant to spill into our families, workplaces, friendships, and communities. "Go forth" isn't just the end of Mass; it's the start of mission. Eucharistic people bring Christ's presence into the world by gathering, sharing life, and loving others with intentionality and joy.

## EUCCHARISTIC MISSIONARY

# WEEK 04 PRACTICE

### Personal Practice:

Develop a daily rhythm of prayer and begin implanting it. Take small steps to begin, especially if you don't currently have a routine. Identify two times you can pray each day and set them aside in your calendar.

### Communal Practice:

If you are not currently part of a small group community at your parish, join a small group.

# Session Five

## EUCHARISTIC MISSION

# TEACHING 01

## Eucharistic Mission Flows From Personal Encounter

The heart of being a Eucharistic Missionary is sharing the joy, love, and freedom you've found in Jesus with others. Evangelization is a natural overflow of a life transformed by Christ.

## Jesus Entrusts Us With His Mission

The Great Commission(Matthew28:18-19)is no ta suggestion—it's a command from Jesus to “go and make disciples.” But we don't do this alone. Jesus promises to be with us always, and that presence gives us courage and joy in the mission.

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## Eucharistic Mission Has a Rhythm

Mission is not a one-way sprint but it's a sacred rhythm. We go out into the world to share Christ, then return to the Eucharist for renewal. The Mass strengthens us, re-centers us, and sends us back out again.

## Mass is the Source of Mission

At Mass, we are taken, blessed, broken, and given—just like the Eucharist. We receive our identity, unite our lives with Christ's sacrifice, and are sent forth to love and serve. The Mass is not just nourishment; it's our mission headquarters.

## Invite Others to the Encounter

Don't wait until someone "knows everything" to invite them to Mass. Many lives in Scripture were changed by a simple, immediate encounter with Jesus. Your invitation might be the beginning of someone else's transformation. We naturally share what we love, so we must bring people to the One we love most.

# DISCUSSION QUESTIONS

- 01 Where are the places you feel the most drawn to help people encounter Jesus? Your family? Neighborhood? Community? Why?
- 02 Have you ever helped bring someone to Christ? If so, what was that process like?
- 03 What makes you anxious and what makes you excited about sharing the faith with others?

# TEACHING 02

## A Eucharistic Missionary Gives

This mission is rooted in prayer and fasting, and is lived out by spiritually accompanying at least one other person in their journey toward Christ.

## Discipleship Starts Small and Personal

We're not called to convert the whole world on our own, but we are called to share our faith with the people closest to us. One invitation, rooted in love and relationship, can lead to powerful transformation.

## Jesus Models Relational Evangelization

Through invitation and investment, Jesus walked with people in their ordinary lives by questions, listening, and revealing Himself in the breaking of the bread. We're invited to do the same.

## Live an Integrated Life of Faith

Don't compartmentalize your faith. Speak about it naturally, live it visibly, and share your story authentically in everyday moments.

## Be Courageous and Consistent

Don't wait for someone to "be ready." With prayer, prudence, and persistence, make simple invitations to Mass or Adoration. You may be the way Jesus reaches their heart.

## EUCCHARISTIC MISSIONARY

# WEEK 05 PRACTICE

### Personal Practice:

Fast and pray for the good of someone who needs to know Jesus. Pray that Jesus works in their lives powerfully and that they can have an encounter with Him.

### Communal Practice:

Walk with one person as they grow in their faith. This might be the same person you are choosing to pray and fast for in your personal practice.

# Prayer of Commitment

Lord Jesus Christ, I love you

and I wish to invite others to know your love, healing presence,  
and the joy that comes from a relationship with you.

I commit to living as a Eucharistic Missionary in your service,  
seeking to encounter you regularly in the Blessed Sacrament,  
to form my identity in your identity,

to live my life with you at the center,

and to go out on mission to share the Gospel message  
with my family, neighborhood, and community.

Jesus living in the Eucharist, come and live in me.

Jesus healing in the Eucharist, come and heal me.

Jesus sacrificing yourself in the Eucharist, suffer in me.

Jesus rising in the Eucharist,

give me new life and words that will bring renewal in the lives of others.

Jesus loving in the Eucharist, allow me to love like you.

Lord Jesus Christ, I give you my life

so that others may come to know you.

Please bless my efforts

so that they may bear fruit in my life and in the lives of others.

Amen.