



THE 54TH INTERNATIONAL
EUCCHARISTIC
CONGRESS 2028
SYDNEY, AUSTRALIA

THIS IS
my body
GIVEN
for you.

**Eucharistic
Prayer Aide**



These short passages from Scripture and from saints down through the ages are designed to help provide a eucharistic focus to prayer. Whether in adoration before the Blessed Sacrament or after receiving Holy Communion at Mass, may each of us better appreciate what we have received, and what we are called to become.

Scriptural Passages *for reflection*

"This is my body, given for you; do this in memory of me."

Luke 22:19

"Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, "Who do people say I am?" They replied, "Some say John the Baptist; others say Elijah; and still others, one of the prophets." "But what about you?" he asked. "Who do you say I am?"

Mark 8:27-29

"Jesus said to them, 'I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.'"

John 6:35

"Freely you have received, so freely give."

Matthew 10:8

"Lo, I am with you always, even to the end of the age."

Matthew 28:20

Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."

John 6:53

"Lord, to whom shall we go? You have the words of eternal life."

John 6:68

"Lord, teach us how to pray."

Luke 11:1

"I have been crucified with Christ so that it is no longer I who live but Christ who lives in me."

Galatians 2:19-20

"All things work to the good for those who love God."

Romans 8:28

Saintly Thoughts *for reflection*

"Recognise in the bread what hung on the cross, and in the cup what flowed from his side."

St Augustine

"I am the wheat of God, so let me be ground by the teeth of the wild beasts that I may be made the pure bread of Christ."

St Ignatius of Antioch

"The bread of heaven came down on earth that he might feed the hungry."

St Cyril of Jerusalem

"Father, I am hungry; for the love of God give this soul her food, her Lord in the Eucharist!"

St Catherine of Siena

"Every Holy Communion fills us with Jesus and we must, with Our Lady, go in haste to give him to others."

St Teresa of Calcutta

"The heart of Jesus in the Eucharist is large enough to hold all our hearts in unity and is the dynamic factor that breaks open our hearts to include the poor."

St Mary of the Cross Mackillop

Questions *for reflection*

What is God asking of me personally, during this year of prayer and eucharistic renewal?

How can I live a more eucharistic life?

Do we as a community live intentionally as the Body of Christ, broken and given up for others?

EUCCHARIST 28 *Prayer*

Lord Jesus Christ, we thank you for the gift of your real presence in the Sacrament of the Holy Eucharist.

Grant us the grace to receive you reverently, worship you truly and serve you with hearts renewed.

By the power of the Holy Spirit strengthen us, so that as you gave yourself to the Father and to us, we too may offer our lives to God and to others.

Inspire and help us to serve you in those who are in need, especially the defenceless and homeless, the lonely and lost.

Unite us with your sacrifice of the Mass, so that we may truly become what we have received, the Body of Christ.

Amen.

