



For use in private or public devotion during the National Eucharistic Revival

Join us for 9 days of prayer to renew our worship of Jesus Christ in the Eucharist

Imagine the possibilities when the One, Holy, Catholic, and Apostolic Church comes together and moves as one body to return to the Eucharist as the "source and summit" of who we are and what we do as Catholics.





Instruction Guide for the Eucharistic Revival Novena

Intended for use by Catholics in the United States, particularly in the period leading up to the National Eucharistic Congress in July of 2023.

What: Welcome to the Eucharistic Revival Novena! In the history of Christianity, novenas have been offered traditionally as nine days of prayer prior to a great feast day, or for any special intention. Novenas are devotions, not sacraments, so they may be prayed by anyone at any time.

The first Christians who prayed a novena were the Apostles themselves when they gathered with the Virgin Mary in the Upper Room after the Ascension. Together, they "watched and prayed" for nine days prior to the coming of the Holy Spirit on the tenth day at Pentecost (Acts, Chapter 2).

Why: We must be clear why we pray this novena. In the USCCB's multi-year strategy for Eucharist Revival, the Committee for Evangelization and Catechesis stated that the Church is facing challenges today including but not limited to declining Mass attendance, the lack of understanding the Real Presence of Christ in the Eucharist, and increasing religious disaffiliation. As a response, their strategic plan is designed to emphasize the importance that Catholics return to the Eucharist as the "source and summit" of who we are and what we do as Catholics.

Speaking about the comprehensive initiative, Bishop Andrew Cozzens of the Diocese of Crookston, Minnesota, is leading the effort as Chairman of the Bishop's Committee on Evangelization and Catechesis. His Excellency stated, "Our hope for this Eucharistic Revival is to affect the Church at every level." In this novena we call on the power of God to sustain and renew the Church by enkindling a living relationship with the Lord Jesus Christ in the Holy Eucharist for all our lives and "for the life of the world."

How: The nine days of prayers in the following pages are carefully structured to provide a complete prayer program on behalf of the Revival's core mission, which is a complete renewal of our love for the Eucharist. Each day provides:

- A different prayer <u>Intention</u> (for a person or persons in the Church who are tasked with custody of the Eucharist in some way);
- A specific Intercession for the hearts and souls of the Catholic faithful;
- Followed by a brief spiritual Reflection on that specific need; then
- A particular Eucharistic Virtue, which will help us worship Christ in the Eucharist more devoutly;
- A Eucharistic Saint whose life reflected love for the Eucharist in a special way. Finally,
- These items are followed by <u>Prayer Offerings</u> of some specific Mysteries of the Holy Rosary and a deepening of a devotional prayer from the Eucharistic Revival Edition prayer card, which is a companion to our Novena.

Ideally, the Eucharistic Revival Novena should be prayed within families themselves, with parents taking leadership for the prayer and children participating in various ways. Families are encouraged to supplement each day with <u>additional prayers</u>, which are available in the *Prayers in the Pew* Eucharistic Revival Edition prayer card, the companion to this novena.

Each day of our <u>novena concludes</u> with a Prayer for the National Eucharistic Revival, which was composed by Archbishop José H. Gomez.



Prayer of Pope Benedict on the Eucharist as the Source and Summit of the Church's Life and Mission

Through the intercession of the Blessed Virgin Mary, may the Holy Spirit kindle within us the same ardor experienced by the disciples on the way to Emmaus (cf. Lk 24:13-35) and renew our "Eucharistic wonder" through the splendor and beauty radiating from the liturgical rite, the efficacious sign of the infinite beauty of the holy mystery of God.

True joy is found in recognizing that the Lord is still with us, our faithful companion along the way. Of this mystery of love we have become witnesses. Let us encourage one another to walk joyfully, our hearts filled with wonder, towards our encounter with the Holy Eucharist, so that we may experience and proclaim to others the truth of the words with which Jesus took leave of his disciples: "Lo, I am with you always, until the end of the world" (Mt 28:20).

Benedict XVI, Sacramentum Caritatis, 97

Intentions and Prayer Needs of the Eucharistic Revival Novena

Intentions

For the Holy Father – the supreme witness of the Eucharistic Christ to the Church and to the world.

For Cardinals and Rishons – quardians and educators of the Church and the world.

For Cardinals and Bishops – guardians and educators of the Eucharist.

For Active and Retired Priests – faithful witnesses and keepers of the Eucharistic Sacrifice.

For Permanent and Transitional Deacons – faithful custodians and servants of the Eucharist.

For Seminarians, Novices, and Altar Servers – reverent servants of the divine Mystery.

For Religious Sisters and Contemplatives – mothers and handmaidens of the Sacrament of Unity.

For Extraordinary Ministers of the Eucharist – worthy ministers of the sacred Species.

For Parents, Evangelists, and Catechists – first teachers of the Eucharistic mystery to children and converts.

For all Catholic Believers – Eucharistic beacons to the world.

Intercessions

That we might have the Eucharistic heart of Our Lady as we approach the Blessed Sacrament.

That we may be given the supernatural gift of Faith to believe all that the Church teaches about the Eucharist.

That we may always receive Holy Communion worthily (in a state of grace).

That the Church may see an increase in sacramental marriages living in union with the Eucharist.

That the Holy Spirit might inculcate within us the proper disposition of body, heart, and soul to receive the Eucharist.

That we might always unite our personal sufferings with Christ's Sacrifice on Calvary in each Holy Mass.

That there may be an increase of Eucharistic Adoration and Benediction of the Blessed Sacrament throughout the world.

That God may increase reverence for the Body, Blood, Soul, and Divinity of Christ in the Church and in the world.

That we might offer profound reparation for all sacrilegious Communions and blasphemies against the Holy Eucharist.

Offer Additional Prayers from the Prayers in the Pew: Eucharistic Revival Edition Card.









"May Mary Most Holy, the Immaculate Virgin, ark of the new and eternal covenant, accompany us on our way to meet the Lord who comes. The Church sees in Mary her finest icon, and she contemplates Mary as a singular model of the Eucharistic life."

~ Pope Benedict XVI, Sacramentum Caritatis, 96

Intention:

For the Holy Father – the supreme witness of the Eucharistic Christ to the Church and to the world.

Intercession:

That we might have the Eucharistic heart of Our Lady as we approach the Blessed Sacrament.

Reflection:

The woman who nurtured the unborn Christ for nine months beneath her beating heart has a perfectly Eucharist heart. The Blessed Virgin Mary is *Mother of the Eucharist* because she is both the biological mother of the Body and Blood of Jesus as well as the spiritual mother of the Soul and Divinity of Jesus Christ. We, therefore, worship the Body and Blood, Soul, and Divinity of Christ in the Blessed Sacrament as Mary worshipped Him in her Immaculate Heart. Our Lady, who was physically present the Foot of the Cross at Calvary, is also *mystically present* with us at the foot of the altar during the celebration of every Mass.

Eucharistic Virtue:

The Virtue of Religion – We pray for the gift of worshipping God with a pure heart and of recognizing that His greatest gifts, the Sacraments, come to us through His Church.

Eucharistic Saint:

St. Thomas Aquinas (1225-1275) is called the Eucharistic Doctor of the Church. His main work, the *Summa Theologica* contains a sublime summary of the Church's teaching on the Eucharist. He was asked by the pope of his day to compose the prayers and hymns for the Feast of Corpus Christi.

Prayer Offerings:

Recite the **Joyful Mysteries of the Holy Rosary**, reflecting particularly on Our Lady's encounter with the Archangel Gabriel at the Annunciation. Pray and reflect on Thomas Aquinas' **O Salutaris Hostia (O Saving Victim)** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer







DAY 2

"The Bishop, in effect, is the visible principle and the foundation of unity within his particular Church. It would be a great contradiction if the sacrament par excellence of the Church's unity were celebrated without true communion with the Bishop."

~ Pope St. John Paul II, Ecclesia de Eucharistia, 39

Intention:

For the Cardinals and Bishops of our Church – guardians and educators of the Eucharist.

Intercession:

That we may be given the gift of Faith to believe all that the Church teaches about the Eucharist.

Reflection:

It is impossible to understand the divine mystery of the Eucharist by human intelligence alone. We can understand certain elements of it – the words, the ritual, the teaching, etc. – but to embrace the full mystery, we need the supernatural gift of Faith, which can reveal to us what is hidden to human logic: that the Eucharist is the sacrifice of Calvary *re-presented* on the altar in an unbloody fashion. We also know by faith that when we receive the Holy Communion it becomes the very life of God within us. Only Christ can give us this grace, and we must ask for it in order to receive its increase in our souls.

Eucharistic Virtue:

Supernatural Faith – We pray for the virtue of supernatural Faith to believe all that the Church tells us is true and to embrace it with clear minds and hearts.

Eucharistic Saint:

St. Thomas the Apostle (1st century) – St. Thomas is known as the doubter because of his refusal to believe in the Resurrection, but he became a confessor of the true faith when he touched the Body of Christ, as we do, and declared, "My Lord and my God!" (John 20:28)

Prayer Offerings:

Recite the **Sorrowful Mysteries of the Holy Rosary**, reflecting particularly on the Lord's Crowning with Thorns. Pray and reflect on the **Prayer of Faith in the Divine Eucharist** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer







DAY 3

"The Church's custom shows that it is necessary for each person to examine himself at depth, and that anyone who is conscious of grave sin should not celebrate or receive the Body of the Lord without prior sacramental confession."

~ Congregation for Divine Worship, Redemptionis Sacramentum, 81

Intention:

For Active and Retired Priests – faithful witnesses and keepers of the Eucharistic Sacrifice.

Intercession:

That we may always receive Holy Communion worthily (in a state of grace).

Reflection:

The Sacrament of the Holy Eucharist was instituted at the Last Supper together with another divine institution: the Sacrament of Holy Orders. Our Lord thus entrusted the mystery of His most sacred Body and Blood to certain men through the ages who would offer Mass in His memory for as long as time endures. The priesthood is also a great mystery: mere men partake in the Eternal Priesthood of Jesus Christ. They are unworthy of that great honor, but Christ willed to give these chosen men the spiritual power of consecration by virtue of their ordination. Let us thank God that they are here to offer the Sacrifice for us and for the salvation of the whole world.

Eucharistic Virtue:

The Virtue of Obedience – We pray for the grace always to be docile to the will of Christ and to the direction of the Church regarding Eucharistic discipline.

Eucharistic Saint:

St. Philip Neri (1515-1595) – In a period of great upheaval in the Church, the Roman priest St. Philip Neri ministered to the people of his diocese, particularly the youth, whom he cared for diligently. St. Philip was so devoted to the Eucharist that he would fall into ecstasy during his celebration of the Mass, remaining in that state for long periods.

Prayer Offerings:

Recite the **Glorious Mysteries of the Holy Rosary**, reflecting particularly on Our Lord's Resurrection and Ascension. Pray and reflect on the **Act of Spiritual Communion** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer







DAY 4

"The Eucharist perfectly signifies and wonderfully effects that sharing in God's life and unity of God's People by which the Church exists. It is the summit of the action by which God sanctifies the world in Christ and the worship which men offer to [the Holy Trinity]."

~ Sacred Congregation of Rites, Eucharisticum Mysterium, 6

Intention:

For Permanent and Transitional Deacons – faithful custodians and servants of the Eucharist.

Intercession:

That the Church may see an increase in sacramental marriages living in union with the Eucharist.

Reflection:

Children who receive their First Holy Communion become so excited to dress as little brides and grooms as they approach their first experience of welcoming the Lord Jesus Himself into their bodies and souls. Their joyful unity with Christ on that special day reflects the deeper unity of all members of the Church throughout time and space in the spiritual "communion of saints" as we call it. The Sacraments at the Service of Communion (Holy Orders and Holy Matrimony) are especially important in this communion because they literally exist to serve and hand on the Church's unity of faith and life, doctrine and practice.

Eucharistic Virtue:

The Virtue of Unity – We must always pray at Mass for the (re)union of Christians and for a heartfelt love of the sacraments that strengthen our communion in Christ.

Eucharistic Saint:

St. Catherine of Siena (1347-1380) was a lay woman who is best known for reconciling Christians and bringing the pope back to Rome from his exile in France. She was gifted with intense visions of Jesus who told her how to reform the Church. When Catherine died at the young age of 33 she had lived her entire adult life on no other food than the Holy Eucharist.

Prayer Offerings:

Recite the **Joyful Mysteries of the Holy Rosary**, reflecting particularly on the blessed Nativity of Our Lord. Pray and reflect on the **Prayer of St. Teresa of Calcutta After Communion** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer









"The venerable practice of genuflecting before the Blessed Sacrament ... requires that it be performed in a recollected way in order that the heart may bow before God in profound reverence."

~ Congregation for the Sacraments and Divine Worship, Inaestimabile Donum, 26

Intention:

For Seminarians, Novices, and Altar Servers – reverent servants of the divine Mystery.

Intercession:

That the Holy Spirit might form within us the proper dispositions of body, mind, soul, and spirit to receive the Eucharist.

Reflection:

If we were invited to a festive meal at the home of some important person, we would not show up at the front door in beach clothes. We would undoubtedly prepare ourselves for the event through careful attention to details: proper clothes, fitting gifts, rules of etiquette, etc. This is the minimal type of respect we owe to the host who has graciously invited us to his or her home. In our Eucharistic faith – when we approach the Lord of heaven and earth Himself in the Blessed Sacrament – this respect is called reverence, and it requires the same attention to detail in dress, demeanor, spirit, and respect for the One who has invited us to dine at His table.

Eucharistic Virtue:

The Virtue of Reverence – Praying with a reverent heart obtains special graces from the Lord whenever we make intercessions in the Presence of our Eucharistic Lord.

Eucharistic Saint:

St. Peter Julian Eymard (1811-1868) – This dynamic French priest founded two religious orders dedicated to spreading devotion to the Blessed Sacrament. His writings helped to shore up the Church's teaching about Christ's Real Presence in the Eucharist at a time when Eucharistic doctrine and practice were being severely challenged.

Prayer Offerings:

Recite the **Sorrowful Mysteries of the Holy Rosary**, reflecting particularly on our Lord's bitter Agony in the Garden. Pray and reflect on the prayer of **Preparation for Holy Communion** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer









"Even in the midst of persecutions, the first Christian communities understood ... that the Eucharistic celebration was the source of a great impetus to mutual charity. This charity was able to make brothers and sisters of them all ... to bear witness courageously even to the point of martyrdom."

~ Pontifical Committee for Eucharistic Congresses, The Eucharist and Freedom, 15

Intention:

For Religious Sisters and Contemplatives – mothers and handmaidens of the Blessed Sacrament.

Intercession:

That we might always unite our personal sufferings with Christ's Sacrifice at Calvary in each Holy Mass.

Reflection:

When our Lord wanted to leave us a memorial of His sacred Passion and Death, He celebrated the Last Supper with His disciples on Holy Thursday. His actual suffering began that same night in the Garden of Gethsemane and culminated the next day in His Crucifixion at Calvary. That sacrifice is the "eternal covenant" He handed on to His Church through the Apostles and the very one we enter into each time we attend the Holy Sacrifice of the Mass. It is *the same* sacrifice, not just a dramatization of it. For that reason we can always unite our own sufferings to His Passion and Death at the Eucharistic sacrifice and find deep meaning in them.

Eucharistic Virtue:

The Virtue of Charity – The Eucharist is the essence of God's sacrificial love toward the human race and increases within us the virtue of Charity toward our neighbor.

Eucharistic Saint:

St. Gertrude the Great (1256-1302) – This German nun received mystical visions of Jesus for twenty years, in which He spoke about the love of His most Sacred Heart poured out for mankind in the Eucharist. Jesus gave her a prayer to be recited at the moment of consecration which helps free souls from Purgatory.

Prayer Offerings:

Recite the **Glorious Mysteries of the Holy Rosary**, reflecting particularly on the Descent of the Holy Spirit on Mary and the Apostles at Pentecost. Pray and reflect on **The Divine Praises** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer









"Before so great a sacrament, the faithful can only echo humbly and with ardent faith the words of the Centurion: 'Lord, I am not worthy that you should enter under my roof, but only say the word and my soul will be healed."

~ Catechism of the Catholic Church, 1386

Intention:

For Extraordinary Ministers of the Eucharist – worthy ministers of the sacred Species.

Intercession:

That there may be an increase of Eucharistic Adoration and Benediction of the Blessed Sacrament throughout the world.

Reflection:

At His birth, the Baby Jesus was laid in a wooden feeding trough for animals, a manger. That same Child of God and Mary was offered on the wood of the Cross thirty-three years later and became the spiritual food of all believers. The Eucharist is thus revealed as the eternal plan of God for our nourishment and salvation, and the Church will partake of this divine Food until the end of time. So long ago, the humble shepherds bowed before the tiny Savior lying in the manger. At Mass, we too kneel in humility before the divine Person who has so graciously given Himself to us as the Bread of Life in this most precious Sacrament.

Eucharistic Virtue:

The Virtue of Humility – Considered the foundation of all other virtues, let us ask for the grace to imitate Christ's humility in His sacred Passion.

Eucharistic Saint:

St. Tarcisius (3rd Century) – During a violent persecution, a twelve-year-old altar boy named Tarcisius volunteered to carry the Eucharist to imprisoned Christians. On his way to the prison, he was attacked by a mob of boys who killed him but not before he handed the sacred Hosts over to a rescuer. He is the first known martyr of the Eucharist.

Prayer Offerings:

Recite the **Joyful Mysteries of the Holy Rosary**, reflecting particularly on the joy of Mary and Joseph at finding the Boy Jesus in the Temple. Pray and reflect on the prayer **Good Shepherd**, **True Bread** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer







DAY 8

"It is the keen desire of the Church that all the faithful kneel at the feet of the Redeemer to tell Him how much they venerate and love Him—to chant their song of praise and thanksgiving to Him who is King of Kings and Source of every blessing."

~ Pope Pius XII, Mediator Dei, 96

Intention:

For Parents, Evangelists, and Catechists – first teachers of the Eucharistic mystery to children and converts.

Intercession

That God may increase the spirit of thanksgiving in our hearts for all His gifts but especially for the gift of the Eucharist.

Reflection:

It is astonishing to think that several times in the Gospel – including the night before He died – Jesus expressed gratitude to His Father for His disciples and for His mission of salvation. Our Heavenly Father is the Source of every good gift, but we are oftentimes dulled to the wonder of His gifts because, like Martha, we are busy about the affairs of living and sometimes lose sight of the Giver. The very word Eucharist means "thanksgiving" in its original form, and we must never cease to ask for the blessing of a grateful heart for all things He has given us, especially for the immense gift of the Eucharist Itself.

Eucharistic Virtue:

The Virtue of Thanksgiving – This virtue consists in offering due thanks to God in union with the Church's supreme act of thanksgiving and in the habit of gratitude in every aspect of our lives.

Eucharistic Saint:

Pope St. Pius X (1835-1914) – In 1910, this saint-pope published a decree allowing children to receive the Eucharist as early as seven or eight years of age. Prior to this time, only those who were confirmed were allowed to receive Holy Communion.

Prayer Offerings:

Recite the **Sorrowful Mysteries of the Holy Rosary**, reflecting particularly on the Lord's supreme act of Thanksgiving to the Father at the Crucifixion. Pray and reflect on the prayer **Devoutly I Adore Thee (Adoro Te Devote)** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer







DAY 9

"The Church strongly advises priests to celebrate Mass daily ... even if the faithful cannot be present. The celebration of the Eucharistic Sacrifice even then is an action of Christ and the Church offered to God for the salvation of the whole world.

~ Congregation for Catholic Education, Liturgical Formation in Seminaries, 26

Intention:

For all Catholic Believers – beacons of Eucharistic light to the world.

Intercession:

That we might offer profound reparation for all sacrilegious Communions and blasphemies against the Holy Eucharist.

Reflection:

There is never a time when the Eucharist loses its power to save. It is the sacrament of Hope and the font of salvation for all who call upon Christ. It is so powerful that even when we are not able to physically and sacramentally receive the Eucharist, we may still obtain the grace of the sacrament through an act of spiritual communion. We may also apply such graces to the terrible sinfulness of the human race, particularly in reparation for those sacrileges that most offend God. Jesus offered His Body, Blood, Soul, and Divinity for the salvation of sinners, and we are drawn into that mystery of divine love each time we participate in the Eucharistic sacrifice.

Eucharistic Virtue:

The Virtue of Hope – Let us pray especially at Mass for the virtue of Christian Hope so that we may not be discouraged by the indignities and sufferings of this life.

Eucharistic Saint:

St. Padre Pio of Pietrelcina (1887-1968) – This famous Italian priest-saint bore the sacred Stigmata (wounds of Christ) for fifty years and was known for his clairvoyant gift of reading souls in the confessional. His celebrations of the Eucharist often lasted for two hours due to his profound reverence for Christ in the Blessed Sacrament.

Prayer Offerings:

Recite the **Glorious Mysteries of the Holy Rosary**, reflecting particularly on the Coronation of Our Lady as Queen of Heaven and Earth. Pray and reflect on the **Prayer of Padre Pio After Communion** found on the *Prayers in the Pew* Eucharistic Revival Edition.

Eucharistic Revival Novena Prayer





