

**Come, Holy Spirit,
Send us a ray of your light from heaven.
Come, Father of the poor.
Come, Giver of all gifts.
Come, Light of all hearts.
Perfect Consoler, sweet Guest of our souls,
most sweet Help,
In our tiredness, give us rest;
in the heat, give us shade,
in our tears, give us solace.
O Most Blessed Light,
invade the hearts of all the faithful.
Without Your strength,
nothing is good in us,
nothing is without fault.
Wash what is dirty, bathe what is arid,
heal what is hurting.
Make soft what is rigid, warm what is cold,
straighten what is crooked.
Give to all who trust in You, Your holy gifts.
Give virtue and all good.
Give a holy death, give eternal joy. Amen.**

How to Pray with Scripture

Read the passage slowly and, if necessary, repeatedly. Imagine yourself in the scene. Are you one of the characters? What would it feel like to be a witness? Are the words meaningful to you? When an idea strikes you, stop and sit with it.

Reflect on the passage. Especially, how does it relate to your past experiences, present realities, and hopes for the future? If it is helpful, write down your thoughts.

Resolve to do something or to remember an idea throughout the day. It can be big or small, but make it something achievable and personal.

The Eucharist in the New Testament

- The Bread of Life Discourse—Theology of the Eucharist
 - John 6
- Last Supper Discourses—How to live the life of a disciple
 - John 13-17
- Synoptic Last Supper Accounts—Institution of the Eucharist
 - Matthew 26; Mark 14; Luke 22
- The Lord's Supper in Paul—Early Tradition of the Lord's Supper
 - 1 Corinthians 11: 17-34
- Exodus accounts—the theological basis for the Eucharist
 - Exodus 11-12—Death of the Firstborn and Institution of Passover
 - Exodus 16—the Manna in the Desert