



Revival Spark Series:

9 DAYS OF PRAYER FOR RENEWAL

Introduction

Welcome to the Revival Spark Series! You're about to enter into nine days of prayer focused on preparing your heart for revival. As you walk with the Holy Spirit during this time, be open to how he wants to speak to you about encounter, healing, mission, and mercy, all flowing from a love for the source and summit of our faith: the Real Presence of Jesus Christ in the Eucharist.

While we recommend praying all nine days in a row, if you miss a day, don't get discouraged and don't give up! Remember that our enemy wants to keep us from prayer, but Jesus is always waiting for us to return to him with open hearts. If at any point you're struggling to pray, tell Jesus about that too! Ask for Mary's intercession, and if possible, try to go to an adoration chapel so you can be with Jesus in person.

Above all, expect God to work in amazing ways in your life as you surrender yourself more deeply to him. We're excited for the spiritual fruits you will experience from this prayer journey!



DAY 1

Revival

REFLECTION:

We all need revival. The root word itself—revive—means “to live again.” After the past four years, don’t you feel like you need to live again? The Eucharist is the privileged place where we go to be revived, the source and summit of life itself. Jesus Christ—who called people back to life (both physically and spiritually)—desires our revival and is making it happen. True revival is always the work of God. We can’t fake or manufacture it. But we can choose how we respond. Jesus is doing something new. Do you desire it?

We don’t get to choose revival—we can only be open to it. Revival isn’t our work; it’s the work of the Holy Spirit, and it is happening constantly. Let that sink in. We stand on the brink of a significant moment for the Catholic Church in the United States. The Eucharistic Revival is a uniting movement, gathering up sparks and fanning them into flame throughout our country. You are a part of that moment.

But revival is not just for this moment. It’s for every moment. Revival has been happening since Pentecost, where the disciples waited for the next step. It is true, revival is a corporate work—but it begins personally.

If you are reading this, it most likely means you desire revival for more than just you. You desire it for everyone. That’s how this becomes a movement and a wildfire that transforms our world. When we embody that renewal as it has taken place in us, and bring it to other people, we become missionaries.

Over the next nine days, you will receive a short reflection, prayer, and challenge in your email. We want to use this time to pray for revival and for the courage to invite others to encounter Jesus in the Eucharist so they can experience new life as well.

PRAYER:

Lord Jesus Christ, I believe that revival begins in me. I give you permission to reveal the places in my heart and in my life where I am dead so that I can offer them to you for healing. Give me a heart that desires revival for others and the courage to share who you are. Amen.

CHALLENGE:

Just as the Holy Spirit brought revival at Pentecost, the Holy Spirit is here now. Spend 10-15 minutes in silence today, asking the Holy Spirit to bring revival to you. It may be as simple as repeating, “Come, Holy Spirit.” Be open to how the Spirit may show up during this time.



DAY 2

Kerygma / Missionaries

REFLECTION:

Some pieces of news result in big changes—an acceptance letter for school, a job, or a home. But have you ever received news that changed the course of your life? The announcement of a pregnancy or the death of a loved one carries a different weight. Life and death: the two greatest gifts and mysteries of human life. We all share them. We don't choose entrance into this world, and we cannot escape death.

So, we spend our lives trying to find purpose in our birth and avoiding death. We speak about the end in hushed tones, if we speak about it at all. We enter into endless cycles of meaning-making, seeking to understand our existence.

Can you imagine if there was news that helped us understand it all and that could teach us how to truly live?

This is the message of Jesus Christ, the Gospel. Those who encounter his life can never be the same.

How can we preserve this message to make sure it stays alive in our hearts? Jesus is the one who teaches us how to live. He is Life itself who takes on flesh and walks among us, showing us what holiness looks like, and through his death and resurrection offers us the forgiveness of sins. Jesus came so that we might partake in the divine life of God. Not only does Jesus forgive our sins, but Jesus offers us everything we need to “sin no more” (John 8:11).

It can be a struggle to choose what is good, just, and right, and we may at times feel that we are constantly pulled toward sin. While sin always remains a choice, not a given, we find that we choose it more often than we should. The problem with sin is that it not only breaks our relationship with others but also with God. Even the most private sin binds us in chains and disregards the freedom God gave us. There are consequences for this separation that we brought on ourselves, but God's mercy is bigger.

This is life-changing news—but I wonder if we really live it. Do we live like people transformed by the power of Jesus Christ, or are we chasing meaning and purpose, trying to avoid death like everyone else?

Today is your wake-up call. Let the power of the Gospel take hold of your heart again. Let it convict you in your sin and call you to repentance. The Gospel message isn't life-enhancing; it is life-changing. It is the starting and ending point for every life. It is the message that speaks to the heart of life and death and changes who we are forever.

PRAYER:

Lord Jesus Christ, your life, Death, and Resurrection is the Good News. Pour grace into my heart and mind to receive this message in a new way, today. By your grace, solidify this message in my heart so that I never forget my purpose and my destiny. I ask this in your Name, amen.

CHALLENGE:

The four Gospels contain the Good News of Jesus. Choose one of the four today and read the final chapters which recount the Passion, Death, and Resurrection of Jesus. Depending on the Gospel you choose, this may take 15-30 minutes. You can find those narratives here:

Matthew 26–28

Mark 14–16

Luke 22–24

John 18–20



DAY 3

Encounter

REFLECTION:

In the Gospels we hear stories about the people who encountered Jesus—a woman at a well, a rich man, a group of fishermen. But what about the people that are not recorded (John 21:25)? How many thousands of people did Jesus encounter?

An encounter with Christ is always loving, but it may not always feel good. A true encounter challenges us because Jesus contradicts those things in our hearts that are not good. While Jesus is always for us (Romans 8:31), he opposes anything that might hurt us. When we encounter Jesus, he is an adversary against the sin in our hearts and the habits and vices that prevent us from being holy.

Two people encountered Jesus in this way. The first was a woman who was gathering water at a well. Jesus called out her disordered attachment to affection and the ways she was looking for love but settling for counterfeits. The second was a rich man who had a disordered attachment to money that prevented him from loving others. The woman encountered Jesus and left changed, telling everyone about him. The man was disappointed and left sad. Both encounters were challenging, and both people left changed.

Many people experienced Jesus, and surely many encountered him that we do not hear about. But what about you? Have you had an encounter with Jesus that left you changed?

“Encounter” isn’t necessarily a feel-good experience. The word comes from two Latin roots—“in” and “contra”—which, taken together, signify the meeting of adversaries. To encounter someone is to face contradiction. When we meet him, we are presented with a choice: let go of what holds us back from holiness and grasp the hand of the Savior, or remain in sin. Regardless of our choice, we leave a different person.

One thing is for certain: when we encounter Jesus, we are changed forever. Even if we choose not to follow Jesus, something is radically different.

PRAYER:

Jesus, many people have experienced you, but I want to encounter you. Show me the places in my heart and in my life where I am far from you, and give me the grace I need to let them go so I can love you fully and embrace your call in my life. Amen.

CHALLENGE:

Make a commitment and plan to receive the Sacrament of Reconciliation sometime in the next seven days. What if you rearranged your schedule and went today? The Sacrament of Reconciliation requires us to confront our sins and disordered attachments, but it is always an encounter with the mercy of Jesus.



DAY 4

Healing

REFLECTION:

Sometimes our lives can feel like a rollercoaster, filled with high and low moments. As much as we strive to enjoy the positive moments, we know that they come and go, and even if we do our best to avoid the low moments, we know they are inevitable.

We experience traumatic and dark moments even more acutely. These moments aren't simply "low" moments but can leave us with lasting wounds and scars. It doesn't matter what stage of life you are in, your age, or where you live—we all have wounds. People we love get sick or pass away; we get sick ourselves, and we suffer psychologically.

Sin is messy. Whenever we sin, there is the potential for a wound to develop in our lives because these wounds come from sin—our individual sin, other people's sin, and original sin. Our sin hurts other people and hurts our relationship with God, causing pain in our hearts. At other times, it isn't our sin that causes a wound but the sin of others. The tragedy and evil of sin is that it is never private; other people can and do hurt us through their sin.

But, Jesus is that healer.

He spent a significant amount of time healing those who were broken and wounded. Jesus healed others to point out his redemptive mission. His healing was not for back then, but for all time. Jesus still heals us. Are we humble enough to bring our wounds to him?

We all need healing, and when we go to Jesus, we can be assured of his desire and power to heal us. As we begin the process first, we need to ask for healing in prayer. After that, we need to identify what kind of healing we need: counseling, rehabilitation, or therapy may all be necessary steps we need to take on our journey of healing. (There are many Catholic agencies and professionals who can walk this journey with you.) Healing sometimes requires reconciliation with people we have hurt or who have hurt us*.

We cannot become missionaries if we are wounded. Hurt people will end up hurting other people, and our wounds will impact the way we relate to and serve others. And even more, Jesus doesn't want us to be wounded and is with us to confront the broken parts of our lives. However, he will not act without our consent. The choice to seek healing and experience it is up to each of us.

PRAYER:

Jesus, you healed many people and still desire to heal us and make us whole. I offer you my wounds and the places where I am broken. I know I have caused some of these wounds through my actions, and you know the wounds that were inflicted upon me because of the sin of others. In your mercy, hear my prayer and send the Holy Spirit to provide me with courage so I may seek help from others. Lord Jesus, heal me. Amen.

CHALLENGE:

Spend time today to identify an area that is wounded or broken and the next steps you need to take to find healing. Then take 15-30 minutes in prayer, before the Blessed Sacrament if possible, asking Jesus for healing and the courage to take those next steps.

*If you need to find healing from past hurts, reach out to your local parish or diocesan office and ask for a list of Catholic mental health professionals whom you can connect with.



DAY 5

Source and Summit

REFLECTION:

Controlled Chaos. Deafening silence. Bittersweet.

Oxymorons like these are an amusing part of speech. They place together words that at first glance appear to be at odds with one another. Yet, in context, they often make sense and even bring about greater clarity when dealing with the nuances of life.

The Church, in her wisdom, gives us two seemingly contradictory terms to explain the primacy of the Eucharist: source and summit. "The Eucharist is 'the source and summit of the Christian life.' The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it" (CCC 1324).

Let's dive a bit deeper into what is meant by "source and summit."

The Eucharist is the source of our Christian life.

In the Old Testament, God gave the Israelites a sweet bread called manna to sustain them while they journeyed toward the Promised Land. In the New Testament, Jesus miraculously multiplied bread to temporarily satiate the hunger of thousands. But, before his Passion and Death, Christ gave his very self by becoming bread to sustain us with his everlasting presence.

To use an analogy, just as a television can only operate properly when plugged into an electrical socket, Christians only function properly when they are connected to the Living God. God becomes our food, the power source for the human body. When you have a source of life, you can be a source of life.

The Eucharist is also the summit of our Christian life.

The Eucharist is the pinnacle of our faith. To dwell with and partake of Christ in the Blessed Sacrament is a foretaste of our heavenly worship and our eternal reward. Christ's true presence in the Eucharist allows us the opportunity to encounter this reality daily.

Sadly, we can forget about the primacy of the Eucharist by mistaking it for a symbol or religious ritual. This can make us miss out on all the transformative graces available to us in the Blessed Sacrament. If we truly desire revival, we must desire a renewed encounter with Jesus. Luckily for us, God makes himself incredibly accessible to those who long for him.

A miracle transpires at every liturgy. Through Transubstantiation, God dwells with us in the form of bread and wine. Though our five senses cannot detect a change in the substances, the eyes of faith reveal that Christ is truly present, Body, Blood, Soul, and Divinity. For this reason, the Eucharist is the fount and apex—the source and summit—of every grace and blessing because the Eucharist is Jesus.

A deep and personal encounter with Jesus is both the foundation of our faith and the height of it. That may seem like a contradiction, but it is a consistent truth. Today, let us not miss the love that awaits us in the Blessed Sacrament.

PRAYER:

Jesus, we thank you for the gift of the Eucharist. Please give us the grace to believe in your True Presence when our human senses fail. We desire the eyes of faith because we believe you are the spring of every good thing. Nothing is better than you. Allow us to be good and pure vessels, ready to partake and receive you in the Blessed Sacrament. We believe; help our unbelief. Amen.

CHALLENGE:

Visit Jesus in the Blessed Sacrament. If you have access to an adoration chapel, or even if it's a visit to your church where Jesus is present in the Tabernacle, go and make an act of faith. You could pray, "Jesus, I believe that you are present here with me, Body, Blood, Soul, and Divinity. I pray for our Church, that all may come to believe in your Real Presence here."



DAY 6

Mary, Mother of the Eucharist (Adoration)

REFLECTION:

A few days ago we reflected on the beauty of the Gospel: God's love has redeemed the world. You and I have been loved into existence. Created by love and for love—the eternal love of heaven.

Today, I want to reflect on how this great love story hung upon a “yes” of a young teenager, named Mary.

By giving God her simple and total “yes,” Mary became the Mother of God. Thirty-three years later, Jesus would give her to us, becoming the Mother of the Church. Now, each of us can claim Mary as our own. We rely on Jesus' Mother for her prayers and trust her to assist us in our spiritual walk.

Though she never steals the spotlight from her Son, we can garner assuring glimpses of her compassion and powerful intercession in Scripture. At the wedding feast of Cana, we see her bring the newly married couple's need to Jesus, and Jesus responds by performing his first public miracle. At the Crucifixion of Christ, while many of Jesus' closest followers were in hiding, we find Mary at the foot of the cross, proving she is willing to be close to pain and suffering.

In our Blessed Mother, we find more than an advocate; we also find an example of how to relish God's presence. One of the few Gospel passages that describe Mary's actions is Luke 2:19, “And Mary kept all these things, reflecting on them in her heart.” Here we catch a glimpse of her life of fruitful prayer, meditating upon all that Jesus said and did. When Jesus walked amongst humanity, how many people passed him by without recognizing the gift of his proximity? Mary was always aware of who Jesus was and the importance of his nearness.

God chose Mary to bring forth Christ into this world. For nine months, Mary was a living tabernacle. The life of Christ physically dwelled within her. As we go into the world, we too can be living tabernacles as Christ dwells within us through our participation in the Sacred Liturgy and the Eucharist. Today, let us follow after Mary's example and reflect on the love of Jesus in our hearts.

As disciples of Christ, we must allow Mary to draw us close to her son. John Paul II wrote in *Ecclesia de Eucharistia*, “Mary can guide us toward this most holy sacrament because she herself has a profound relationship with it.” Mary's mindfulness, faithfulness, and devotion drew her close to Jesus, and following her example can help us do the same.

PRAYER:

Mother Mary, you are the perfect example of discipleship and devotion to Jesus. We thank you for your motherly compassion and intercession. We pray that we may become more like you, living tabernacles filled with the presence of Christ. As we follow after your Son, we pray that you wrap us in your loving mantle of protection. Lead us ever closer to Jesus. Amen.

CHALLENGE:

In the next week, spend 30 minutes before the Blessed Sacrament. During that time, reflect and contemplate Mary's love and devotion to her Son, Jesus. Conclude your time before the Eucharist by praying a Rosary.



DAY 7

Pilgrimage

REFLECTION:

There are two types of people in the world: those that like to hit the open road, and those that prefer to stay at home. Whether or not you prefer to stay on your couch nestled under a cozy blanket or enjoy a long road trip with loved ones, the Christian life proposes a pilgrimage.

Of course, a pilgrimage is different from other road trips, and the idea of pilgrimage can feel foreign in today's world. However, a "pilgrim" is one who journeys for a religious reason. The endpoint of the journey is typically a holy place, perhaps a church or a shrine, but the end goal is altogether different. Pilgrimage is not simply about landing at a geographic location but transforming the heart.

"Pilgrimages evoke our earthly journey toward heaven and are traditionally very special occasions for renewal in prayer" (*Catechism of the Catholic Church*, 2691). You may have heard of pilgrimages to Lourdes, the Holy Land, or perhaps the Camino. All of those are amazing opportunities to encounter God's grace. Yet, traveling across the world is not the only way to experience pilgrimage. Anything that intentionally turns our mind to eternity and renews our prayer can be a pilgrimage.

Even if you've never partaken in an official pilgrimage, the truth is that each day we take a step closer to (or further from) heaven. Pilgrimage allows us to meditate on the reality that just as a pilgrim travels from one location to the next, each of us is journeying closer to our eternal home. This truth, when internalized, allows us to shed the weight of this world more easily as we race towards the finish line of life (Heb 12:2).

Whether or not pilgrimage to the Holy Land or Rome is in your future, each of us can make our weekly venture to the Sunday liturgy a private pilgrimage because, at the altar, Jesus meets us and presents himself to us as food for our journey forward.

Today, let us take an intentional step toward eternity with the confidence that Jesus is with us.

PRAYER:

Jesus, we know this world is not our home. Thank you for being our faithful companion on this pilgrimage. We pray that you grant us the grace to continue this journey forward, that each day we may take a step closer to you and your perfect will for our lives. Be our strength as we experience the ups and downs of life. Remain with us as we continue our way home to you.

CHALLENGE:

Make a pilgrimage to Mass on Sunday, naming a specific intention that you offer up when you receive the Blessed Sacrament. (If you want your pilgrimage to be different than your normal routine, attend mass at the nearest Cathedral or Basilica, offering prayer while you travel).



DAY 8

Works of Mercy

REFLECTION:

Can you think of a time when someone did something kind or helpful for you? Maybe they paid for a meal when you were short-changed or made you chicken noodle soup when you were sick. Perhaps it was offering prayers for you or a loved one in a difficult season of life. It is the smallest, simplest gestures that can have profound effects.

As followers of Christ, we are called to serve those in need. But it isn't always easy to serve others. Especially when the people that we serve don't seem to appreciate our help or reciprocate with any kindness themselves. But, of course, we aren't called to serve others when it is easy, or even when it makes us feel good about ourselves.

Christ gave of himself even though we didn't earn it or deserve it. When that truth dwells in our hearts, serving others becomes a deep desire. When you have experienced the grace of God, you want to show the grace of God. When you have received mercy, you desire to extend mercy.

We can look to Christ as our perfect example. He nurtured people spiritually and healed them physically. He didn't just do it for those that he knew would reciprocate the gesture. He didn't withhold his grace for only those who would follow him as a disciple. His mercy didn't discriminate. As St. Paul reminds us, "for Christ, while we were still helpless, yet died at the appointed time for the ungodly" (Rom 5:6).

There are countless ways in which we can help others. However, the Church has given us seven ways in which we can assist others' physical needs and seven ways to address spiritual needs.

The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, and comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead (CCC 2447).

The Eucharist is a sacrament of charity. In fact, the Church teaches us that reception of the Blessed Sacrament commits us to the poor (CCC 1397). As our devotion to the Blessed Sacrament increases, so will our desire to serve others. Whether you are called to help others spiritually or corporally, in big ways or small ways, believe that God will bless others through you. Jesus continues to give us his very best; we are called to follow suit. Today, let us be mindful of those around us and the opportunity we have to meet them in their needs.

PRAYER:

Lord, thank you for the gift of today. As you have loved us, let us now do the same for others. We pray that we may be given the opportunity to be your hands and feet in this world. When it is difficult, grant us the grace to pour ourselves out for others, just as you have done for us. May your Holy Spirit give us the strength needed to serve those in our path. Amen.

CHALLENGE:

Choose one Corporal Work of Mercy and one Spiritual Work of Mercy that you can perform this week. You can reference paragraphs 2447 & 2448 in the *Catechism of the Catholic Church* for more information on the Works of Mercy.



DAY 9

Mission

REFLECTION:

Congrats! You've made it to day nine of our meditations.

However, this is far from the end. In fact, this is only the beginning.

Pope Francis encouraged the faithful of our call to mission in 2019 when he said, "I am a mission, always; you are a mission, always; every baptized man and woman is a mission . . . Each of us is a mission to the world, for each of us is the fruit of God's love."

The rhythm of the Church has always been to gather and then to scatter. We come together as a Church every Sunday to be renewed and refreshed by the Eucharist. From there, we are called to spread the fragrance of Christ to all the world. These simple meditations have been building a foundation to empower you so you can bring the Good News of our Lord's True Presence to all those who will listen.

I don't know about you, but when I think of mission, one of the first images in my mind is our modern day model, St. Mother Teresa of Calcutta. Mother Teresa went where most people would never want to go, serving the poorest of the poor, the sick and dying on the streets all throughout the world. But she did not do this amazing and difficult work from her own power. No, Mother Teresa was convicted of the necessity of Christ in the Eucharist in daily Mass as the source of her strength and charity.

Each of us is called out of infinite love to a unique mission. We have been given gifts, skills, and opportunities to be used to build up the kingdom of God. Sometimes it can be difficult to know how God is asking you to serve, but that does not mean you have no mission. Mission doesn't necessitate going to a third-world country. For most of us, our mission can be found right where we are. If we have eyes to see, we will find a vast mission field full of opportunities within our own homes and communities.

The fact that you have breath in your lungs is living proof that God still has a purpose for you.

If you are unsure where God is asking you to fulfill your missionary calling, a simple place to start is by looking at what skills and traits you possess that you can use to assist others. Are you great at math? Perhaps you can be a tutor for the youth in the area. Love to cook? Maybe you can use your culinary skills at the local soup kitchen. Do you have a good grasp of Sacred Scripture? Could you use your knowledge to start a Bible study out of your living room?

Make no mistake; mission isn't always easy. But God gives us all we need for the task, and we can be renewed in grace every week—or even more often! The Eucharist nourishes and empowers our souls to be sent forth each week to bring Christ into the world.

You cannot be a missionary if you do not partake in a mission. Jesus' words were clear: ". . . go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age" (Mt 28:20). How you fulfill your call may be unique, but you aren't alone. Jesus promised to be with us; the Eucharist proves that to be true.

Do not be afraid. Even if you don't have total confidence in yourself, believe that God can and will do great things through you.

PRAYER:

Lord, you have given everything to us. Today, we offer back to you every good gift we have received. We pray that you use our talents and abilities for your glory and the service of your Kingdom. Grant us eyes to see the needs of those around us and the courage to serve faithfully, so that through us, others may come to know, believe, and love you. All for your glory. Amen.

CHALLENGE:

You've now completed this nine-day journey of prayer and reflection; it's time to bring it to others. Find three people whom you can share this experience with, focusing on how you have encountered God through this prayer exercise. You can even invite those three people to partake in the nine-day prayer challenge, too!



Prayer for Eucharistic Revival

Lord Jesus Christ,
you give us your flesh and blood for the life of the world,
and you desire that all people come
to the Supper of the Sacrifice of the Lamb.
Renew in your Church the truth, beauty, and goodness
contained in the Most Blessed Eucharist.

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, come and suffer in me.
Jesus rising in the Eucharist, come and rise to new life in me.
Jesus loving in the Eucharist, come and love in me.

Lord Jesus Christ,
through the paschal mystery of your death and resurrection
made present in every Holy Mass,
pour out your healing love on your Church and on our world.
Grant that as we lift you up during this time of Eucharistic Revival,
your Holy Spirit may draw all people to join us at this Banquet of Life.
You live and reign with the Father and the Holy Spirit, God forever and ever.

Our Lady of Guadalupe, Mother of the Eucharist, Pray for us.



NATIONAL
**Eucharistic
Revival**