

# Meditations on the Eucharist to Use when Praying the Rosary

## JOYFUL MYSTERIES

### FIRST JOYFUL MYSTERY

The archangel Gabriel announces to the most holy Virgin Mary the incarnation of our Lord, Jesus Christ and her elevation to Mother of God. Mary accepts declaring herself to be the servant of the Lord. Let us ask for the virtue of humility.

#### CONSIDERATION: The Real Presence

1. "The signs of bread and wine become, in a way surpassing understanding, the Body and Blood of Christ."
2. "The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsists."
3. "In His Eucharistic presence he remains mysteriously in our midst as the one who loved us and gave himself up for us." Love & Gift
4. "The Eucharist is like a divine storehouse filled with every virtue; God has placed it in the world so that everyone may draw from it."
5. "The vocation to the priesthood and religious life is born, develops, grows and matures under the sun of the Eucharist."
6. "Every time you visit the Church for love of me, my heart draws you in an embrace of predilection."
7. "O marvelous sacrament in which God is hidden, and Jesus...conceals his face under the creatures made by him!"
8. "O living Bread, begotten in heaven, prepared in the Virgin's womb, baked in the furnace of the cross, offered on the altar disguised as a wafer!"
9. "The bread of God is that which comes down from heaven and gives life to the world" (John 6:33).
10. "I am the living bread that comes down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh" (John 6:51)>

#### SPIRITUAL FRUIT

"O Jesus, who loved us even unto the cross, will you not grant us to love the Mother you gave us from the cross?" (St. Bernard).

#### PRAYER

Blessed be Jesus in the most holy sacrament of the altar!"

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1-3 CCC (Catechism of the Catholic Church); 4 St. Julian Eymard; 5 Venerable James Alberione; 6 Jesus to St. Margaret Mary Alacoque; 7-8 St. Thomas Aquinas

## SECOND JOYFUL MYSTERY

Mary hastens to visit and assist St. Elizabeth. Let us admire and ask for Mary's neighborly love.

**CONSIDERATION:** Eucharistic Visit

1. "Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet him in adoration."
2. "Since the Eucharistic mystery was instituted out of love, and makes Christ sacramentally present, it is worthy of thanksgiving and worship."
3. "Eucharistic worship constitutes the soul of all Christian life."
4. "Divine love has its life and center in the sacrament of the Eucharist."
5. "Return to the source of life...to Jesus in the Eucharist."
6. "With the Eucharist we can actually come and adore Jesus like the shepherds...like the Magi; we need no longer regret not having been present at Bethlehem or Calvary."
7. "The Eucharistic visit is the secret of obtaining our transformation in Christ: 'Christ lives in me.'"
8. "Tell Jesus everything; if you have some troubles, if your heart is full of hope; tell him even if a finger hurts you or if your shoe hurts...with the simplicity of a child."
9. "The visit is the creature meeting the Creator; the disciple before the Divine Master; the patient with the doctor of souls; the poor appealing to the rich one..."
10. The thirsty drinking at the font; the tempted seeking a sure refuge; the blind searching for light; the lost sheep sought by the divine shepherd."

### SPIRITUAL FRUIT

"Nothing is more powerful than Communion to stir up devotion and the holy love of God in us" (St. Augustine).

### PRAYER

"O Jesus, whom I now see hidden beneath a veil, may I one day enjoy contemplating you unveiled in paradise" (Hymn, *Adore Te*).

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1-3 St. John Paul II; 4-6 St. Peter Julian Eymard; 7-10 Venerable James Alberione

## THIRD JOYFUL MYSTERY

Jesus is born in the stable of Bethlehem and placed in a manger amid great poverty. Let us cherish the virtue of poverty and ask it of Jesus and Mary.

**CONSIDERATION:** Communion

1. "Daily receive with the best dispositions him whom you so greatly need every day."
2. "Let us receive every Communion with the same fervor we would have were it our last."
3. Jesus welcomes our Communions very much: "He does not descend from heaven to remain in golden vessels, but to come into our souls."

4. "Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you" (John 6:53).
5. "It is profitable to receive [Communion] daily so as to receive its fruits daily."
6. "This sacrament is spiritual food; just as bodily food is taken every day, so it is a good thing to receive this sacrament every day."
7. Communion "is the source of life and fountain of grace. It forgives sin and weakens the hold of selfish desires."
8. Communion "strengthens the weak, restore health to the sick, increases virtue, makes grace abound, purges away vices, and refreshes the soul."
9. "Your main motive for receiving Communion should be to advance, strengthen and console yourself in the love of God."
10. "Our Lord is never more loving and tender than when he humbles himself and comes to us in the form of food that he may enter...into intimate union with us."

### **SPIRITUAL FRUIT**

"Out of respect for the Eucharist, the angels form an honor guard near the bodies for the elect who repose in the heart of the earth" (St. John Chrysostom).

### **PRAYER**

Sweet Heart of my Jesus, make me love you more and more!

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1 St Augustine; 2 St, John Baptist de La Salle; 3 St. Theresa of Lisieux; 5-8 St. Thomas Aquinas; 9-10 St. Francis de Sales

### **FOURTH JOYFUL MYSTERY**

Mary presents Jesus in the temple and fulfills what was prescribed for her purification. Let us dwell on the obedience of the Blessed Virgin Mary.

#### **CONSIDERATION:** Preparation for Communion

1. "Just one communion, received with the best dispositions, would be enough to make one a saint."
2. "The fruit of every communion is in proportion to the preparation that one makes."
3. "The most beautiful preparation for communion is to rouse in our hearts acts of ardent desire."
4. "An act of Love or spiritual Communion is like a gust of love on dying embers: it revives the flame."
5. Let us always approach the altar with the eagerness of a thirsty deer panting for living water; only then will Communion transform us.
6. "Let no one approach this wondrous sacrament reverent devotion and fervent love."
7. "The saints derived great profit from their Communions because they were very careful in their preparation for it."
8. "To reap the greatest fruit from Communion, have the desire to receive Jesus Christ with the desire of loving him more."

9. "Communion is the means to establish ourselves in union with Jesus, but first our heart must be well disposed."

10. "We need frequent and fervent Communions to preserve and give growth to the life of the soul."

### **SPIRITUAL FRUIT**

"The more you allow Mary to work within you through your Communions, the more will Christ be glorified" (St. Peter Julian Eymard).

### **PRAYER**

O Jesus, I love you and desire to receive you into my heart!

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1-2 Cardinal John Bona; 3 Cardinal P. De Berulle; 4 Curé of Ars; 6 St. Thomas Aquinas; 7-8 St. Alphonsus; 9-10 Venerable James Alberione

### **FIFTH JOYFUL MYSTERY**

The boy Jesus remains for three days among the learned men in the temple, listening to them and asking them questions. Let us pray for the grace to know and follow our vocation.

### **CONSIDERATION:** Thanksgiving after Communion

1. "Communion is a divine leaven deposited in our mortal body so that it may rise to immortal glory."
2. "An entire lifetime would not be enough to thank God sufficiently for only one Communion."
3. "The body of those who frequently make very devout Communions will enjoy a special glory in heaven."
4. "On the day of universal judgement, how brightly will shine the flesh that often nourished itself well with the Eucharist."
5. "If the angels could receive Communion only once, they would spend the rest of eternity thanking God for that privilege."
6. "No prayer is more agreeable to God or more profitable to the soul than that which is made during thanksgiving after Communion."
7. "Holy souls endeavor to remain as long as possible in prayer after Communion."
8. "Prayers offered right after Communion are more precious and profitable than prayers offered at any other time."
9. "Spend time in thanksgiving after Communion, and during the day try to keep yourself united to Jesus by prayers and affections."
10. "After Communion, Jesus places himself in the soul as on a throne of grace and says "What would you have me do for you?"

### **SPIRITUAL FRUIT**

"Be grateful to God for his seemingly insignificant benefits, and he will bestow on you even greater ones in reward" (*Imitation of Christ*).

### **PRAYER**

Lord Jesus, I thank you for the gift of yourself in the Eucharist.

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1 St. Cyril of Alexandria; 2-4 Curé of Ars; 5 St. Joseph Cafasso; 6-9 St. Alphonsus; 10 St. Teresa of Avila

## SORROWFUL MYSTERIES

### FIRST SORROWFUL MYSTERY

In the Garden of Gethsemane, Jesus sweats blood and prays with humility, confidence and perseverance; the angel comforts him. Let us ask for the spirit of prayer.

**CONSIDERATION:** Eucharistic Reparation

1. "Who would not lament at the thought of Jesus' solitude in some tabernacles?"
2. "Who would not long to divide his heart into tiny pieces, in reparation for the many Eucharistic sacrileges and insults that occur in the world?"
3. "Behold to what condition the multitude of our sins has reduced this most innocent Heart!"
4. "Christ loves with extraordinary love those who seek to repair the sins of others."
5. "I received more graces by making reparation for the sins of others than by doing penance for my own sins."
6. "When we realize who it is that we receive in Eucharistic Communion there springs up in us almost spontaneously a sense of unworthiness."
7. "Shall we leave Jesus forsaken on the altar as so many do?"
8. "The heart of Jesus remains in the tabernacle burning with love for us, and shall we not, in His presence, burn with love for Jesus?"
9. "There is not greater sorrow for a heart that loves than to see its love despised."
10. "Should we not endeavor, by our love, to recompense the infinite love of Jesus' divine heart in the most holy Sacrament?"

### SPIRITUAL FRUIT

"When we love, nothing is painful, or if pain arises, even the pain is loved" (St. Augustine).

### PRAYER

"O Sweet Mother, font of love, touch my Spirit from above; make my heart with yours accord" (Stabat Mater).

1-2 St. Peter Julian Eymard; 3 Hymn from Lauds from Feast of the Sacred Heart; 4 St. Margaret Mary; 5 St. Angela of Foligno; 6 St. John Paul II; 7-10 St. Alphonsus

### SECOND SORROWFUL MYSTERY

Jesus is bound to a pillar and cruelly scourged to make reparation for sins of sensuality. Let us ask for the virtue of chastity.

**CONSIDERATION:** The Eucharist is the memorial of the Lord's passion

1. "The Eucharist is the memorial of Christ's Passover, the making present and the sacramental offering of his unique sacrifice."
2. "...the memorial is not merely the recollection of past events but the proclamation of the mighty works wrought by God for men."

3. "In the liturgical celebration of these events, they become in a certain way present and real."
4. "The sacrifice Christ offered once for all on the cross remains ever present."
5. "The liturgy is the summit toward which the activity of the Church is directed; at the same time it is the font from which all her power flows."
6. "From the liturgy and especially from the Eucharist, as from a font, grace is poured forth upon us."
7. "At the Last Supper, on the night when he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood."
8. "He did this in order to perpetuate the sacrifice of the cross throughout the centuries until he should come again..."
9. "...and so to entrust to his beloved spouse, the Church, a memorial of his death and resurrection."
10. The Eucharist is "a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is eaten, the mind is filled with grace, and a pledge of future glory is given us."

#### **SPIRITUAL FRUIT**

"The words best understood by Jesus and Mary are the silence of love" (St. John of the Cross).

#### **PRAYER**

Lord, free me from neglect of your inspirations.

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1-6 CCC (Catechism of the Catholic Church); 7-10 Constitution on the Sacred Liturgy

#### **THIRD SORROWFUL MYSTERY**

Jesus is crowned with thorns and mocked, this atoning for our evil thoughts and sentiments. Let us request purity of mind and heart.

**CONSIDERATION:** The names of the Eucharist

1. "The inexhaustible richness of this sacrament is expressed in the different names we give it...It is called:
2. "*Eucharist*, because it is an action of thanksgiving to God;
3. "*The Lord's Supper*, because of its connection with the supper which the Lord took with his disciples on the eve of his passion;
4. "*The Breaking of Bread*, because Jesus used this rite...when as master of the table he blessed and distributed the bread;
5. "*The Eucharistic Assembly (synaxis)*, because the Eucharist is celebrated amid the assembly of the faithful, the visible expression of the Church;
6. "The *memorial* of the Lord's Passion and Resurrection;
7. "The *Holy Sacrifice*, because it makes present the one sacrifice of Christ the Savior and includes the Church's offering;
8. "*Holy Communion*, because by this sacrament we unite ourselves to Christ, who makes us shatters in His Body and Blood to form a single body;

9. *“Holy Mass (Missa), because the liturgy in which the mystery of salvation is accomplished concludes with the sending forth (mission) of the faithful;*

10. *“We also call it: holy things...the bread of angels, bread from heaven, medicine of immortality, viaticum...”*

#### **SPIRITUAL FRUIT**

*“We belong to Jesus if he rules in our mind as Truth, in our wills as the Way, in our hearts as Life” (Venerable James Alberione).*

#### **PRAYER**

Jesus is with us; we are with Jesus!

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1-10 CCC (Catechism of the Catholic Church)

#### **FOURTH SORROWFUL MYSTERY**

Condemned to death, Jesus carries the heavy cross to Calvary. Let us admire our Savior’s patience and ask for patience in our sufferings.

#### **CONSIDERATION:** The Divine Cyrenean

1. Simon of Cyrene carried the cross on his shoulders only because the soldiers forced him to do so.
2. Instead, Jesus bore our sins with great joy, spurred on by infinite love.
3. Jesus in the Eucharist continues to be the divine Cyrenean of humanity, by making reparation for our sins and easing our pains.
4. *“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest” (Matthew 11:28).*
5. Come to me, you who suffer physical pain. I suffered torture and death.
6. Come to me, you who suffer spiritual trials. I suffered the greatest anguish of heart and finally, abandonment by my Father.
7. Come to me, you who are calumniated. I was treated as a malefactor and blasphemer.
8. Come, you who feel alone in this world. I was abandoned by everyone.
9. Come, you who are weak. I am the donor of every strength. I will refresh you.
10. Come, all you who carry the cross. I carried one even heavier than yours, and I died upon it.

#### **SPIRITUAL FRUIT**

*“There is only one real sorrow in this life: that we are not saints yet” (Leon Bloy).*

#### **PRAYER**

O good Jesus, hide me in your wounds!

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## **FIFTH SORROWFUL MYSTERY**

Jesus is crucified, suffers for three hours, and dies in order to save us from hell. Let us love the Holy Mass, which is the renewal of the sacrifice of Calvary.

**CONSIDERATION:** The Eucharistic Sacrifice

1. "The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits."
2. "The Eucharist is also the sacrifice of praise by which the Church sings the glory of God in the name of all creation."
3. "In the Eucharist Christ gives us the very Body which he gave up for us on the cross, the very Blood which he 'poured out for many for the forgiveness of sins.'"
4. "The Eucharist is thus a sacrifice because it re-presents (makes present) the sacrifice of the cross..."
5. "...[and] because it is its memorial and because it applies its fruit."
6. "The sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice."
7. "The Eucharist is also the sacrifice of the Church."
8. "The lives of the faithful, their praise, sufferings, prayer, and work, are united with those of Christ and with his total offering, and so acquire a new value."
9. "Christ's sacrifice present on the altar makes it possible for all generations of Christians to be united with his offering."
10. "To the offering of Christ are united not only the members still here on earth, but also those already in the glory of heaven."

## **SPIRITUAL FRUIT**

"Jesus permitted them to pierce his side so that through this visible wound might appear the invisible wound of his love" (St. Bonaventure).

## **PRAYER**

Most Sacred Heart of Jesus, have mercy on us!

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1-10 CCC (Catechism of the Catholic Church)

## **GLORIOUS MYSTERIES**

### **FIRST GLORIOUS MYSTERY**

Jesus Christ rises gloriously from the tomb. This resurrection represents our own from the grave of sin and defects. Let us ask this of the Blessed Virgin Mary.

**CONSIDERATION:** The glory of the Most Blessed Sacrament

1. "In the Eucharist is the same God whom the angels, in awe and trembling, adore in heaven."

2. "O how great is your love, O Lord, which in order to prove its tenderness, nourishes us with sweetest bread sent from heaven!"
3. "What a marvelous thing! A bread worthy of the angels became our food!"
4. "Your ancestors ate the manna in the wilderness, and they died...Whoever eats of this bread will live forever" (John 6:49, 51).
5. "Sing, O tongue, the mystery of the glorious Body and of the precious Blood of Christ!"
6. "Prostrate before you, we adore so great a sacrament and our faith comes to the aid of the blindness of our senses."
7. "O Host of Salvation, that opens the doors to heaven and scatters our enemies! Bring us help!"
8. "O good shepherd and real bread, nourish us and defend us now and make us one day enjoy the true goods in the land of the living."
9. "You who now nourish us mortals with yourself, make us someday companions and joint heirs and fellow citizens with the saints! Amen."
10. "Jesus remains day and night on our altars that he may be easily found by all and that he may bestow favors on everyone."

#### **SPIRITUAL FRUIT**

"Blessed are they who approach Holy Communion with a great desire to be united to Jesus Christ" (St. Alphonsus).

#### **PRAYER**

O Jesus Life, make me live in the joy of your love!

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1 St. Thomas Aquinas; 2 Antiphon of vespers on Feast of Corpus Christi; 3 Hymn, *Panis Angelicus*; 5-6 Hymn, *Pange Lingua*; 7 Hymn, *Verba Supernum*; 8-9 Sequence, *Lauda Zion*; 10 St. Alphonsus

#### **SECOND GLORIOUS MYSTERY**

Jesus ascends into heaven in glory. Let us seek detachment from the honors and pleasures of this life, in order to desire more strongly the joys of heaven.

#### **CONSIDERATION: Fruits of Communion**

1. "The principle fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus."
2. "Communion with the flesh of the risen Christ...preserves, increases and renews the life of grace received in Baptism."
3. "The Eucharist cannot unite us to Christ without at the same time cleansing us from past sins and preserving us from future sins."
4. "As bodily nourishment restores lost strength, so the Eucharist strengthens our charity, which tends to be weakened in daily life; and this living charity wipes away venial sins."
5. "By giving himself to us Christ revives our love and enables us to break our disordered attachments to creatures and root ourselves in him."

6. "By the same charity that it enkindles in us, the Eucharist preserves us from future mortal sins."
7. "Communion renews, strengthens and deepens...incorporation into the Church, already achieved by Baptism."
8. "To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren."
9. "The Eucharist is also an anticipation of the heavenly glory."
10. "If they only understood what the Eucharist is, souls would run to the altar faster than the thirsting deer run to a fountain."

### **SPIRITUAL FRUIT**

"After Communion let us be careful not to lose so good an opportunity of negotiating with God. His divine majesty is not accustomed to pay badly for his benefits" (St. Teresa of Avila).

### **PRAYER**

May the most holy and divine sacrament be praised and thanked at every moment!

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1-9 CCC (Catechism of the Catholic Church) 10 Curé of Ars

### **THIRD GLORIOUS MYSTERY**

The Holy Spirit descends upon Mary and the apostles to enlighten, comfort and sanctify them. Let us pray for the gifts of the Holy Spirit, especially wisdom, fortitude and zeal.

**CONSIDERATION:** The Eucharist enkindles zeal

1. "I came to bring fire to the earth, and how I wish it were already kindled!" (Luke 12:49).
2. "The Eucharist is the divine flame at which apostles must light their lamp if they wish to inflame souls."
3. It is light for whoever must illumine the minds of men and women.
4. It is fire for whoever must kindle in their hearts the love of God.
5. It is grace for whoever must persuade them to obey the laws of God.
6. It is strength for whoever must battle sin and resist the devil.
7. "To be devoted to the Eucharist is a guarantee of a fruitful apostolate and of certain and great sanctity."
8. After they had received the Eucharist, the martyrs sang as they went toward the arena and to their death.
9. Whoever receives Communion well will become a saint because "the Eucharist makes us soldiers trained for battle, lions breathing fire against Satan and against sin."
10. "How can the fatigue of apostolic work be sustained without the strength that comes from the Eucharist?"

### **SPIRITUAL FRUIT**

"Mary does not send the Holy Spirit but draws him to us. When the Holy Spirit comes, Mary must already be present in our souls" (Fr. Morineau).

### **PRAYER**

Jesus, I believe that you are truly present in the Most Blessed Sacrament; come into my soul.

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2-7 Mateo Crowley; 10 Venerable James Alberione

## FOURTH GLORIOUS MYSTERY

After her earthly pilgrimage, the Blessed Virgin, soul and body, was gloriously taken up into heaven. Let us ask for a holy life, so as to die in the holy love of God.

**CONSIDERATION:** First Communion and Viaticum

1. "First Communion received by us with a pure soul and dressed in white, is a symbol of our entire life."
2. First Communion is the stamp of Jesus on our life; Viaticum is his stamp on our eternity.
3. "At our First Communion, Jesus chooses us for himself; by our other Communions, we offer ourselves to him."
4. "All our Communions ought to be like our first and our last."
5. "Let us nourish ourselves with Jesus often and well, to obtain the grace of receiving him fervently on the last day of our life."
6. "Blessed are those who have the same pure and simple love for God in their last Communion as they had on their First Communion day!"
7. "Viaticum! The last embrace with Jesus before appearing in front of his tribunal."
8. What a joy to present yourself to Jesus Christ, the judge, accompanied by him as your Savior!
9. O Jesus, may I not be overtaken by a sudden death; let me receive Holy Viaticum and the other sacraments with full consciousness!
10. The Eucharist is "the one bread that provides the medicine of immortality, the antidote for death, and the food that makes us live forever in Jesus Christ."

## SPIRITUAL FRUIT

"The grace of Communion is so great that at times not only the soul, but also the body, receives more energy from it" (*Imitation of Christ*).

## PRAYER

"Lord Jesus, let me be yours, forever, living only of you and for you" (St. Peter Julian Eymard).

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1. Father Faber; 3-4 Cardinal Suhard; 5-6 Curé of Ars; 7 St. Pius X; 10 St. Ignatius of Antioch

## FIFTH GLORIOUS MYSTERY

Mary is crowned queen of heaven and earth, dispenser of all graces, and our most loving Mother. Let us resolve to be devoted to the Blessed Virgin Mary, asking for the gift of perseverance.

**CONSIDERATION:** The Eucharist is a pledge of glory

1. "O sacred banquet in which we receive Christ and the pledge of future glory is given to us!"
2. "How great we are, to be nourished by the flesh of a God."
3. "Those who communicate well and often will radiate an ineffable light in heaven."
4. "On the day of universal judgment, their bodies will possess a splendor that will amaze everyone."
5. "Certain flowers have all the colors of the rainbow because they are exposed to the sun for a long time."

6. "In the same way, whoever receives Communion often will radiate in heaven the splendor of Jesus, divine sun."
7. "If a person makes beautiful Communions for a while, God purifies him quickly from all his stains and elevates him to great perfection."
8. "By Communion we become like gods in bud that will blossom in the sun of eternity."
9. "Make frequent Communions and make them well! You will be blest eternally for them."
10. "Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day" (John 6:54).

#### **SPIRITUAL FRUIT**

"All the blessed in heaven hold palms in their hands, to tell us that every adult who is saved must be a martyr either of blood or of patience" (St. Alphonsus).

#### **PRAYER**

"Blessed be Jesus in the most holy sacrament of the altar" (The Divine Praises).

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1 Antiphon on Feast of Corpus Christi; 2 Curé of Ars; 3 Blessed Henry of Suso; 4 Curé of Ars; 5-7 St. Francis de Sales; 8 St. Peter Chrysologus; 9 Curé of Ars