


October 18

The Upper Room, Mount Zion

The Fifth
Luminous
Mystery

The Institution of the Eucharist

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body."
(Mt 26:26)

The image shows the interior of a Gothic church. The architecture features high, pointed stone arches supported by thick, square columns. The floor is made of large, light-colored stone tiles. In the center, there is an altar area with a decorative canopy. A chandelier hangs from the ceiling. The lighting is warm and focused on the altar area.

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Bringing It Home:

Read Mark 14:22-24 and 1 Corinthians 11:23-26. Take a moment to become aware of the Lord's presence with you, and then ask Him to come into your heart in a spiritual communion.

Spiritual Communion

My Jesus, I believe that You are truly present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my heart. Since I cannot receive you now sacramentally, I humbly ask You to come spiritually into my soul. I embrace You as if You were already there, and I unite myself wholly to You. Never permit me to be separated from You.