STAY WITH ME,
REMAIN HERE WITH ME.

A LENTEN RETREAT ON PRAYER

JESUS EMPTIED HIMSELF – THIS IS MY BODY GIVEN FOR YOU

HOLY THURSDAY

Desiring to enter into the spirit of Holy Week, we take the time to reflect and pray on the special ‘last hours’ of Jesus.

The Eucharist is the gift of the Body and blood of Jesus to us. It is a sign of his self-giving love which is a reminder to us of what we are also called to do. Giving the ‘bread’ of ourselves in daily service of others, and giving the ‘blood’ of our lives in surrender to God, is what Jesus asks of us.

LIVING HOLY THURSDAY:

1. How can I be ‘bread’ for others...in my family, in my church, in my workplace?
2. How can I be more present to the gift of the Body and Blood of Jesus this Holy Thursday?

SCRIPTURE READINGS: [http://www.usccb.org/bible/readings/041819-evening.cfm](http://www.usccb.org/bible/readings/041819-evening.cfm)


MUSIC SUGGESTIONS:

Song of the Lord’s Command by Haas, [https://www.youtube.com/watch?v=CTmoH52zOJk](https://www.youtube.com/watch?v=CTmoH52zOJk)
Stay with Me, Taize [https://www.youtube.com/watch?v=IhdDgLqdglc](https://www.youtube.com/watch?v=IhdDgLqdglc)