

# LIVING THE EUCHARISTIC DAY - HOLINESS

## I. HOLINESS

### A. 3 Eternal Signs of Holiness

1. God's will before the creation
2. Jesus' redemption
3. Holy Spirit's sanctification

### B. Holiness Is a Call from God

1. It is our vocation
  - The whole reason he made us
  - By being called to holiness
    - we are called to one goal in life: Heaven
2. Everyone is called to be holy
  - Jesus: "*Be holy...*"
  - St. Paul used the term "*to the saints of...*" in his letters
3. It is not something exclusive to consecrated souls
  - but a call for every Christian from the moment of Baptism
    - They all lived heroic virtue
    - and were witnesses of Christ in the society they lived in

### C. To Be Holy

1. To participate in his essence, which is love
  - Our journey on this earth is all about letting ourselves
    - meet God,
    - love him,
    - and then respond to his love.
  - In the measure in which we want to discover this love and respond to it
    - we are becoming holy, as we live up to our vocation
2. To be a Christian
  - Have Christ, belong to Christ, become another Christ
3. To be separated
  - In the world but not belong to the world.
4. To be consecrated
  - Offer our life to do the will of God

### D. Holiness Have a Place in Today's World

1. Holiness is not something unreachable
  - it is a path that you walk along every day with Christ.
  - Love for God leads to the Christian's desire to respond to God's love with fidelity

- in the fulfilling of his Christian duties and the duties of his particular vocation (i.e. family, job, etc.).
2. Holiness is simply the desire to change yourself for Christ and for others
    - Pope Benedict XVI said: *“Christ is not interested in how many times we fall in life, but in how many times we get up with His help. He does not demand extraordinary actions; rather He wants His light to shine in us.”*
    - Mother Teresa: *“I don’t want to change the world for Christ. What I want to change is myself. If I change and if you change, that makes two of us and the world will be better.”*

### **E. 2 Requirements for Holiness**

1. Desire
2. Grace of God

### **F. A Few Ideas for the Path of Holiness**

1. Ask God for it.
  - It is a grace that only He can grant.
  - It is not something that anyone can reach with his efforts.
2. Get to know Christ every day in prayer.
  - He is a living person to us, we will be inclined to walk hand in hand with Him.
  - We need to experience him as a living person
    - someone who is close to us
    - an intimate friend of our soul.
3. Participate actively in the sacraments.
  - The Eucharist is the nourishment that Heaven brings down to earth - Jesus Christ.
  - Frequent confession helps us to recognize our faults and open ourselves to God’s mercy.
4. Carry our cross fearlessly every day
  - Knowing that God will never ask of us anything that is beyond my strength.
5. Live attentive to the action of the Holy Spirit, being docile to his inspirations
  - Which always bring me to do God’s will.
6. A tender and filial devotion to Mary.
  - “Am I not here, your Mother?”
    - This question of Our Lady of Guadalupe to Juan Diego should resonate in our heart every day.
7. Look for a spiritual guide who can
  - direct us
  - point us in the right direction
  - and prompt us towards holiness

## II. Life of Holiness

### A. Life of a Saint

True holiness:

1. Not leading a sad and austere life
2. Giving immense joy, consolation, and strength

### B. Two Kinds of Saints

1. Extraordinary saints
  - For extraordinary mission

*Example: St. Francisco Xavier*
2. Ordinary saints
  - Leading humble, simple lives
  - Performing daily duties well
  - Using ordinary but abundant means of sanctity
  - No less saints than the others

*Example: St. Teresa of the Child Jesus*



### C. Easy but Infallible Means of Sanctity

To be a saint is:

1. To love God
  - No love because of no knowledge
2. To practice all-wise and consoling religion
  - No practice because of imperfect understanding
3. To offer all our actions for the love of God
  - No offering because of no realization

## III. EYM MEMBERS & LIVING THE EUCHARISTIC DAY

### A. TNTT Ultimate Goal

1. Holiness
  - Be holy and help kids to be holy through Living the Eucharistic Day
2. Apostleship
  - Become apostles through prayer & daily offerings of our lives.

### B. Most Marvelous Method of Training EYM Members

Method to become holy each day

### C. EYM Members' Duty

EYM members must live the Eucharistic Day

### D. Youth-Leader's duty

99.99% of a Youth Leader's duty is to live and help the youths to live the Eucharistic Day

#### IV. **LIVING THE EUCHARISTIC DAY & BECOME HOLY WITH HELP OF MARY**

##### **A. To Remind Us**

1. Ask Mary, angels, and souls for help
2. Have the cross, images of Jesus & Mary

##### **B. Through Mary**

1. Mediator between us and Jesus
2. Live and offer like Mary

As members of the VEYM we recognize the Blessed Mother's unique connection with Jesus, and how during her life she treasured everything, "in her heart" (cf. Luke 2:19,51).



Indeed, her special connection with Jesus is most privileged in all humanity. Pope Benedict XVI said on the feast of the Immaculate Heart of Mary, "The heart that resembles that of Christ more than any other is without a doubt the Heart of Mary, his Immaculate Mother, and for this very reason the liturgy holds them up together for our veneration."

Her heart is entirely focused on others, on their prayers, works, joys and sufferings. She keeps them in her Immaculate Heart, but then out of love presents them to her Son, Jesus.

While visiting Fatima earlier this year Pope Francis reflected on this reality when he prayed, "In the depths of your being, in your Immaculate Heart, you keep the joys of men and women as they journey to the Heavenly Homeland. In the depths of your being, in your Immaculate Heart, you keep the sorrows of the human family, as they mourn and weep in this valley of tears."

As we pray our Morning Offering, let us not forget the role the Blessed Virgin Mary has in our lives and present our day to her in confidence, knowing that she will present it to her Son with the great love that dwells in her heart.

Let us also strive to imitate her selfless heart, a heart that is for others and outward looking. By doing so, we will draw closer to Jesus' heart and in the process our daily burdens will be lifted, "For my yoke is easy, and my burden is light" (Matthew 11:30).