

# THE REAL PRESENCE

Our Eucharistic Lord Desires to  
Abide with Us. Let's Rediscover Our  
Love for Him.

The Lord Jesus gave to us the Sacrament of the Eucharist at the Last Supper. He not only desired that we participate in this Sacrament through the Holy Sacrifice of the Mass, but He also wanted that presence of His love — poured forth from His Sacred Heart visibly in the Blood and Water — to remain with us all days, even to the end of the world (Mt 28:20)! There, in the tabernacle, Jesus awaits to pour out His mercy upon us anew — not just during Mass, but at any moment when we draw near to Him. “The mercy of God, hidden in the Blessed Sacrament, the voice of the Lord who speaks to us from the throne of mercy: ‘**Come to Me, all of you**’” (*Diary of Saint Maria Faustina Kowalska*, 1485). Jesus invites each one of us to draw near to this throne of mercy. Saint Thérèse of Lisieux said: “Do you realize that Jesus is there in the tabernacle expressly for you — for you alone?”

This throne of mercy is the tabernacle in each of our churches. Ought we not draw near to this throne of grace, that we might receive from it God's mercy in time of need (Heb 4:16)? Jesus Himself encourages every one of us:

**Behold, for you I have established a throne of mercy on earth — the tabernacle — and from this throne I desire to enter into your heart. I am not surrounded by a retinue or guards. You can come to me at any moment, at any time; I want to speak to you and desire to grant you grace** (*Diary*, 1485).

Jesus' great desire is that we draw near to Him full of trust, expecting to receive all that we

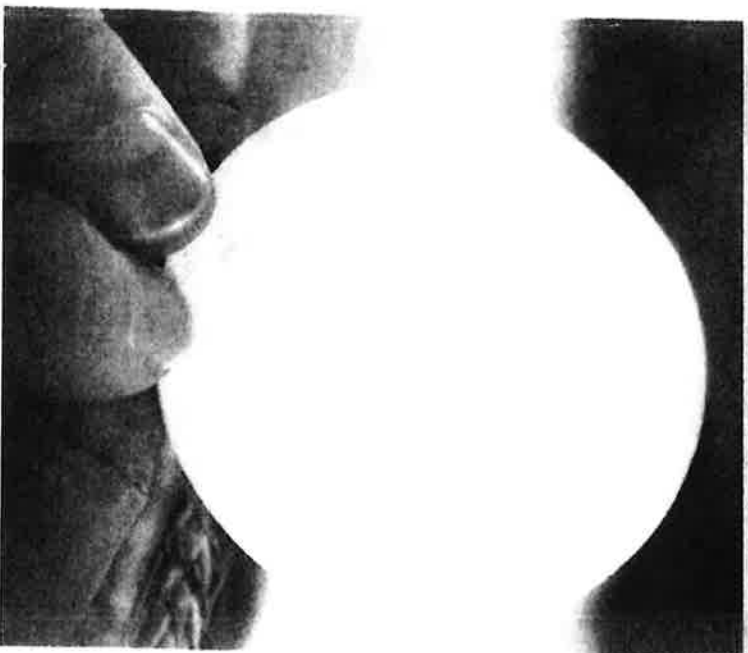
need from Him. How do we do this? He tells us through His words to St. Faustina. We must approach Jesus like a beggar, aware of our unworthiness, but grateful for God's goodness:

**Act like a beggar who does not back away when he gets more alms [than he asked for], but offers thanks the more fervently. You too, should not back away and say that you are not worthy of receiving greater graces when I give them to you. I know you are unworthy, but rejoice all the more and take as many treasures from My Heart as you can carry, for then you will please Me more** (*Diary*, 294).

Jesus then continues, saying that we ought to draw near to Him not only for our own selves, for our own needs, but also for others. We ought to receive graces on behalf of others when we approach the throne of mercy with great trust:

**And I will tell you one more thing — take these graces not only for yourself, but also for others; that is, encourage the souls with whom you come in contact to trust in My infinite mercy. Oh, how I love those souls who have complete confidence in Me — I will do everything for them** (*Diary*, 294).

Mother Teresa went so far as to say this about our time with Jesus in the Eucharist:



The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth.

We can console the Heart of Jesus by having this complete confidence and trust in Him, which manifests itself concretely through drawing near to Him in the tabernacle and remaining with Him. This can be done through daily visits to the Blessed Sacrament or through Holy Hours. This attitude of confidence and trust also displays itself through preparing for Mass in silence by coming early and asking the Holy Spirit for lively faith in His Presence. Jesus tells St. Faustina:

**My daughter, write that it pains Me very much when religious souls receive the Sacrament of Love merely out of habit, as if they did not distinguish this food. I find neither faith nor love in their hearts. I go to such souls with great reluctance. It would be better if they did not receive me**  
(*Diary*, 1288).

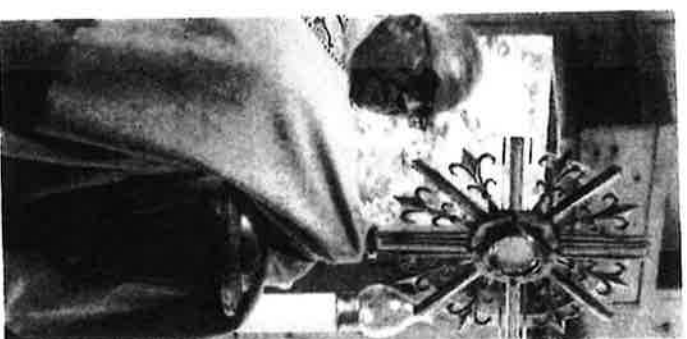
We can also console His Heart by our thanksgiving after Mass: How long do we spend giving thanks to the Lord for His abiding Presence after each Mass? So often, when Mass

is over, we leave immediately, and we ourselves forget that the Lord remains with us, though sadly we often don't always remain with the Lord. Like Mother Teresa's words, Jesus Himself spoke to St. Faustina:

**"I desire to unite Myself with human souls; My great delight is to unite Myself with souls. Know, My daughter, that when I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul." Yet, in response to all His gifts, He adds that "souls do not even pay any attention to Me; they leave Me to Myself and busy themselves with other things. Oh, how sad I am that souls do not recognize Love! They treat Me as a dead object"**  
(*Diary*, 1385).

Let us console the Lord Jesus, who desires to remain with us after Holy Communion — both in the tabernacle in the church but especially in the tabernacle of our own hearts. The word "remain" or "abide" (*meno* in Greek) is used by John 34 times in his Gospel. It refers to the apostles and disciples remaining in Jesus — just as Jesus Himself remains in the Father. We are the branches of the vine, and we must remain in Jesus if we are to bear fruit for the glory of the Father.

But how do we remain with Him? How can we prolong this abiding Presence of Jesus? We must meditate on the Parable of the Sower and the Seed: If our hearts are filled with the



anxieties and cares of life, then they will choke out that abiding Presence of Jesus, just as Jesus said to St. Faustina: "souls ... busy themselves with other things." If we seek first the Kingdom of God, He will provide for our needs, just as He provides for us every spiritual blessing in the Mass. Above all, Jesus states that to remain in Him, we must keep His com-

mandments. That is, we must do His will, just as He fulfilled the will of the Father and so remained in Him (see Jn 8:29, 14:21, 15:10; 1 Jn 3:24).

In this way, if we fulfill the will of the Father, we will always remain united to Jesus long after the sacrifice of the Mass. But we can extend that abiding Presence of Jesus even further: Did not Jesus tell us that whatever we do to the least of our brothers and sisters, we do to Him? In the poor, the sick, the elderly, and children, Jesus abides with us. In fact, we can return the favor Jesus gives to us: Just as He listens to our complaints, our pains, our sorrows as we visit Him in the Blessed Sacrament, while He pours out His love and mercy upon us, so we can do the same for Jesus who suffers in the least

of our brothers and sisters. We can abide with Jesus by remaining with them, hearing their pains, and pouring out His love to them through our words, actions, and abiding presence.

Jesus remains with us always through the Eucharist and our poorest brothers and sisters. May we stay with Him and never leave Him.

Below is a prayer that St. Padre Pio of Pietrelcina would pray after Holy Communion, which we can make our own, begging Jesus to stay with us always.

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Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life, and without You, I am without fervor.

Stay with me, Lord, for You are my light, and without You, I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice and follow You.

Stay with me, Lord, for I desire to love You very much, and always be in Your company.

Stay with me, Lord, if You wish me to be faithful to You.

Stay with me, Lord, for as poor as my soul is, I want it to be a place of consolation for You, a nest of love.

Stay with me, Jesus, for it is getting late and the day is coming to a close, and life passes; death, judgment, eternity approaches. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches, I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers. I need You. Let me recognize You as Your disciples did at the breaking of the bread, so that the Eucharistic Communion be the Light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You, if not by Communion, at least by grace and love.

Stay with me, Jesus; I do not ask for divine consolation, because I do not merit it, but the gift of Your Presence. Oh yes, I ask this of You!

Stay with me, Lord, for it is You alone I look for, Your love, Your grace, Your will, Your Heart, Your Spirit because I love You and ask no other reward but to love You more and more. With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen.

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# NOVENA PRAYER FOR EUCCHARISTIC REVIVAL

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will enter his house and dine with him, and he with me."  
-Revelation 3:20



"It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the 'art of prayer,' how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament?"

—Pope John Paul II  
"Ecclesia de Eucharistia"

## Day 1

I no longer call you slaves, but friends, for I have revealed to you all that the Father has said. I am the fullness of the divine communication of God's love for man and all creation. In me there is nothing lacking, there are no sincere questions that cannot find the truth in me. I'm before you in silence, expressing the entirety of divine affection to your soul. Can you not perceive it? I am doing something new. No longer will you be called "forsaken" or "desolate," but rather "espoused" and "my delight." I am God and in me you live and move and have your being. When you consume me in the Eucharist, I choose to live and move and have my being in you. Bring to my Eucharistic heart this day your deepest longings to be understood and accepted. Within my presence ponder the meaning of your life and who gave it to you. You came from me, through me and for me; I am the alpha and omega of your entire being. I see in you profound beauty, my beauty. I value you so deeply that I tasted death to unite you entirely to my divine life. Pray that the vision of this life, this love, this beauty can be opened to the eyes of your heart, so that you may recognize the real presence of my flesh and blood present before you in the Eucharist.

*(Our Father, Hail Mary, Glory Be)*

## Day 2

Taste and see the goodness of the Lord. Man does not live by bread alone, but by every word that comes from the mouth of God. Do you see me as bread alone? I assure you that in this bread is the full meaning of the Word of God. For I am this Word and what you eat is not bread alone. You consume the scroll upon which I write my love to you. I am the Word of God, and I am the bread that comes down from Heaven. Bring to my Eucharistic heart this day all of your doubts and fears. I cannot deceive nor be deceived. Imitate me. Do not deceive yourself or others, and don't allow anyone to deceive you. Evil seeks to strangle you with the two crippling hands of fear and doubt. My yoke is easy and my burden is light if you but believe in me. Pray for the great graces of faith and hope. Watch and listen as I confirm my real presence in your heart. This heavenly manna is life and will give you life more abundantly. Taste and see the goodness of the Lord.

*(Our Father, Hail Mary, Glory Be)*

## Day 3

I am the person of the Eucharist. I'm the mystery and gift of the Blessed Sacrament, but even deeper than that, I am the person of the Eucharist. You are a person, created in my own image and likeness. You are a person and so am I. When you offend me, you offend a person. When you honor me, you honor a person. Remember, I loved you first. When you enter my real presence in the Eucharist, approach me worthily by offering me your whole heart, a heart swollen with gratitude. Through you are adoring me, I'm infinitely more in love with you. Could you offer me an affection surpassing the love I offer to you? Bring to my Eucharistic heart this day all your longings to be loved and the wounds that others have inflicted upon you in their betrayal or disrespect of you. I am the fount of love and what you are seeking is me, whether you perceive it or not. I know you thirst to be appreciated and loved, for I too thirst. Let my pierced heart offer you the consolation you desire. Ask yourself whether there is any sorrow like my sorrow.

*(Our Father, Hail Mary, Glory Be)*

## Day 4

Truly no servant is greater than his master. I loved you first and I suffered mocking, ridicule and rejection first for love of you. If you seek to be like me, then expect persecution for love of me. I gave my beard to be plucked for love of you. What will you give to me? I gave over my back to relentless lashing, as a gift to you. What will you give to me? I faced jeering crowds and spitting hatred to show you mercy. What will you give to me? I received unspeakable tortures and was adorned with nails and a piercing crown to bring you into my heavenly kingdom. What will you offer me? Remember, it was a person who lovingly suffered for you. I defined that greatest love and embraced it by laying down my life for you, my friend. I chose you to love and I chose you to suffer for. In return will you choose me above all things? Bring to my Eucharistic heart this day all of the hurt you've received from others for loving me wholeheartedly. What are you afraid of losing, or who are you afraid of offending? If they persecuted me, surely they will revile you as well. Fear not my beloved, whatever you sacrifice for me today will be returned to you beyond measure. I will remember you before the Father and welcome you into my Kingdom. Take courage, be stout hearted and trust in me. I will give you the consolation of the Truth.

*(Our Father, Hail Mary, Glory Be)*

## Day 5

Humility is the sister of vulnerability. Learn from me for I am meek and humble of heart. Though a prince, I chose a manger as my palace. Though a king, I chose a crown of thorns. Though all powerful, I chose to walk in your weakness. Though worthy of praise, I chose to be insulted. Though immortal, I chose to taste death. Though I search the depths of all hearts, I choose to have all search into the depths of my heart. Though I am raised to glory, I choose to be found in the form of your daily bread. Bring to my Eucharistic heart this day all of your weaknesses and vulnerability. Be not afraid to love, be not afraid to face rejection. True love puts up no barriers. To truly love means that you must choose to be vulnerable and possibly face being misunderstood and outcast. You are weak and can do nothing without me. However, my love can be perfected in your frailty, and my power expressed in your helplessness. My mother will teach you with her words. "He has cast down the mighty from their thrones and lifted up the lowly." Be in awe of my inscrutable ways. Choose to live in my love and I will remain in your heart forever. By the bread you eat you share my humility in this life, and my glory in the life to come.

*(Our Father, Hail Mary, Glory Be)*

## Day 6

My child, I see in your heart a more earnest desire to serve me and honor me. Listen not to the deceptive doubts you hear being whispered about your inabilities. My strength is perfected in your weakness. Ask me for a humble and contrite heart, for that most precious of graces is a purity I cannot spurn. Ask me for ears open to obedience and I will entrust you with much. Ask me to write my love on your heart that you may never stray. I pursue you in love for my Father's glory and your sanctification. Do you see that it is I myself who, by my Holy Spirit, inspire your sincere prayers and petitions? You can do nothing apart from me, but you can do all things through my presence, which strengthens you. Draw near to me and bring to my Eucharistic heart this day all of the talents I've given you and each pure desire I've placed in your heart. Wherever I call you to serve and in whatever capacity, remember that your most

effective witness is to simply be passionately in love with me. Young love shines brightly on the face of the beloved. Be renewed this day in your love for me. My love for you has never faded or grown weary. Ask me for the grace to love me more sincerely and totally. Make me your joy.

*(Our Father, Hail Mary, Glory Be)*

## Day 7

You know not how to pray, as you ought; yet the Spirit Himself prays within you through inexpressible groans too deep for words. Surrender to this prayer of the Spirit. Learn to be still and know that I am God. I will teach you the prayer of the heart. Remember me at my crucifixion; meditate on my prayer to the Father. As my throat was dried up like baked clay and my tongue cleaved to my jaws, my words were scarce. Yet I prayed ceaselessly for you during those three hours. I saw at that very moment each one of your burdens, joys, sins and virtues. I saw you convicted in sin and I was moved to surrender all to gain the vision of your life glorified and redeemed with me in paradise. Imagine the inexpressible groans arising from the center of my heart while my body was being spent for love of you. This is the prayer of the heart, this is the prayer of the Church, and this is the mystery of the Mass. Lay your heart upon the altar with mine and the two shall be lifted on high by my priest. Your heart's capacity for love and sorrow can be raised up at each Mass through me, with me and in me, in the unity of the Holy Spirit to the glory of God the Father. Bring to my Eucharistic heart this day your entire soul and your deepest longings. Let me instruct you in the perfection of prayer, which is the Mass.

*(Our Father, Hail Mary, Glory Be)*

## Day 8

Store up for yourself treasure in Heaven. If someone offered to buy your eyes how much would they be worth to you? Would a million dollars be enough to purchase your vision? How about 5 million or 10 million dollars? I'm certain you wouldn't sell the precious gift of sight for any price. Why then would you sell the eternal vision of the soul for any material gain? I posed the question, "What does it benefit a man to gain the whole world yet forfeit his soul?" What do you value more than gazing upon my face for all eternity? On earth the sun gives light to your eyes and allows you to see all that is cre-

ated. In heaven there is no need for the sun, for my glory alone illumines everlasting day. I give light to the eyes of your heart that you may clearly see the truth about spiritual realities. What on earth are you clinging to for security? These things are passing and blur your vision of eternal life. Bring to my Eucharistic heart this day all of your fears, doubts and selfish clings. Surrender them to me and marvel at the riches I will give to you in return. Abundant peace and holiness are awaiting you. Seek first the kingdom of God and my righteousness and all these things will be added unto you.

*(Our Father, Hail Mary, Glory Be)*

## Day 9

I am the bread that comes down from heaven. I sustain all of the faithful with my very presence, really and substantially before you in the Eucharistic banquet of the Mass. From age to age I have united all people beyond the limits of space and time. It is my sacrifice on Calvary that fulfilled all of the sacrifices offered before me. It is my perpetual sacrifice at this very moment and until the end of the world that unites all believers as members of God's family. Learn to pray with your brothers and sisters, those in the Church Militant here on earth, with the Church Suffering who are being perfected in purgatory and with the Church Triumphant already in heaven. It is by partaking of the gift of my Eucharistic sacrifice that you are all made one as my mystical body. Pray as the family of God by seeking the intercession of your patron saints, your guardian angels, the souls in purgatory and most especially my dear mother who I've given to you as your mother as well. Bring to my ever-virgin mother your sorrows and unite them to her immaculate pierced heart. Ask her to make your prayers her own and your grief her own as well. As she owns your pain and is moved to weep for you, I will honor her tears and send forth countless graces of consolation. Bring to my Eucharistic heart this day the echo of your prayers resounding in the voices of the angels and saints, through which I am glorified.

*(Our Father, Hail Mary, Glory Be)*

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