

INTERCEDE

May the Eucharist sustain us in our efforts to build a culture of life.



PRAY

Our Father, 3 Hail Marys, Glory Be

REFLECT

During the Easter Vigil liturgy, the single flame of the Easter candle shines through the darkness. That small flame spreads as each person's candle is lit and the light of Christ is shared with others. Before we know it, the entire Church is ablaze with the warm glow of candlelight and the darkness has been vanquished.

We are each called by God to be that light of Christ that breaks through the darkness. We are called to be his disciples, continually transformed by our encounter with him and sharing in his mission. Jesus came that we might have *life*.

We live in a society that rejects those who are weak, fragile, or vulnerable. Yet, it is precisely within these conditions that a person is most in need of our care and protection. In the face of challenges such as abortion and physician-assisted suicide, we may feel that we are not equal to the task of overcoming the darkness. Yet, we are not alone. Jesus tells us, "I am with you always, until the end of the age" (Matthew 28:20).

The God who became man to save us still dwells among us. For Christ is "the light [that] shines in the darkness, and the darkness has not overcome it" (John 1:5). He is the one who overcame death and continually raises us to new life. He remains close to us always, seeking us out in each moment of our lives.

Jesus gave his very flesh to give us the gift of eternal life and invites us to the most profound experience of this gift in our celebration of the Eucharist. When we meet Jesus in the Eucharist, this encounter has the power to change us. The Eucharist has the power to transform the depths of our hearts and the heart of our culture. United to the power of his Eucharistic Presence, may we work to ensure that each person has life—and has it in abundance.

Reflection adapted from "I Came That They Might Have Life" (respectlife.org/that-they-might-have-life).

ACT (choose one)

- Offer "A Prayer for Life to Jesus in the Blessed Sacrament" for this month's intention (respectlife.org/prayer-for-life).
- Visit a local parish and spend an hour adoring Jesus in the Blessed Sacrament.
- Offer some other sacrifice or prayer that you feel called to do for this month's intention.

ONE STEP FURTHER

October is Respect Life Month! Pray for the protection of human life from conception to natural death by joining the novena from October 22-30: bit.ly/respect-life-month-novena.

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Get monthly prayer guides at:

respectlife.org/prayer-and-action