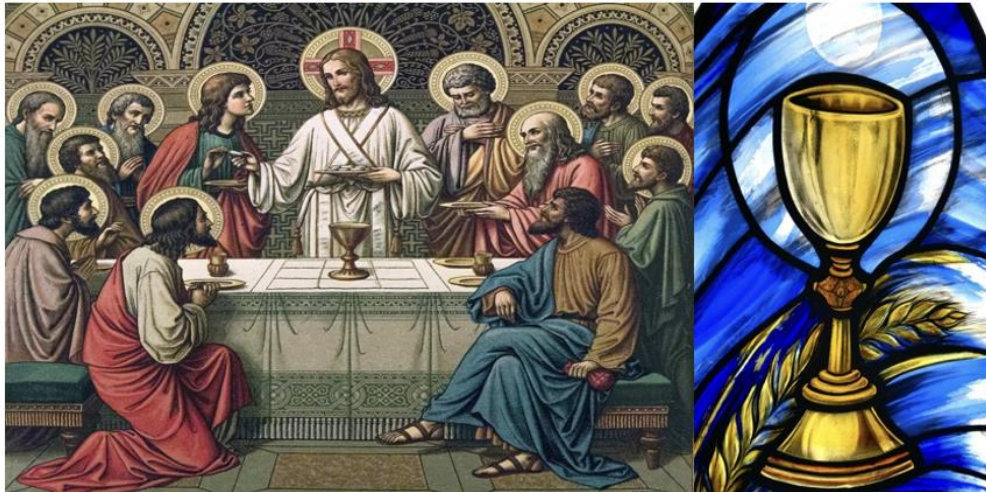




Eucharist Source and Summit of Christian Life

THE ROLE OF THE HOLY SPIRIT

Eucharist Source and Summit



Eucharist is the Source and summit of our Christian Life.

Holds a special place in our spiritual life.

How Eucharist touches our Life



EUCHARIST AS SOURCE AND SUMMIT OF CHRISTIAN LIFE TOUCHES ON:

RELATIONSHIP [COVENANT OF LOVE]
RECONCILIATION
PRAYER
MEAL
SACRIFICE

LET'S LOOK AT THESE ONE AT A TIME

As we INHALE: The Spirit Leads us to Eucharist



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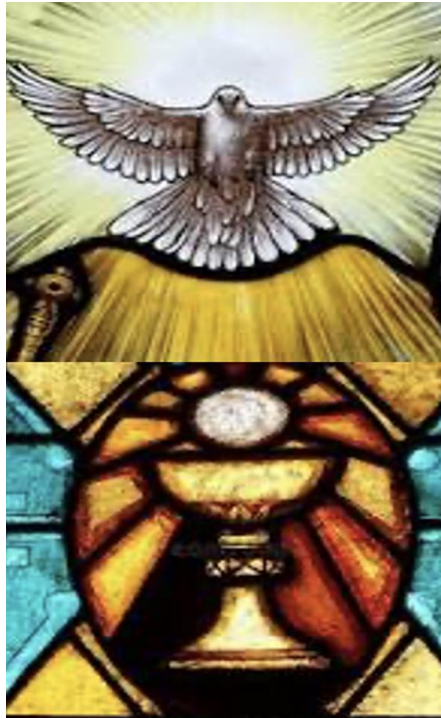


Jesus promised us the Holy Spirit



Inspiration of the Holy Spirit

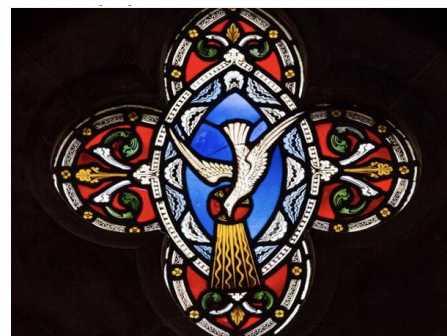




Inhale: The Spirit is
transformative and we
Receive the Flame

As we Exhale The Spirit sends us out to be Christ's hands and Feet

Holy Spirit
Sends us
Out on
Mission



Time to reflect:

The Spiritual Respiration Check

Objective: To visually chart how well we balance receiving grace (Inhalation) with giving charity (Exhalation).

INHALATION (Receiving)	EXHALATION (Giving)
Prayer, Mass, Adoration, Spiritual Reading [0 to 10]	Charity, Serving, Listening, Comforting, Forgiving [0 to 10]

How to run the activity:

- **Distribute the Chart:** Give each participant a blank sheet of paper with two parallel lines drawn on it, or display the concept on a screen.
- Label the left line "**Inhalation (Receiving)**" and the right line "**Exhalation (Giving)**".
- **Rate the Breath (1 to 10):** Ask participants to honestly rate their past month on a scale of 1 to 10 for both sides.
 - *High Inhalation / Low Exhalation (The Suffocating Believer):* You go to Mass, read spiritual books, and pray daily, but you rarely step out to serve, forgive, or actively love the difficult people in your life. (Holding your breath too long).
 - *Low Inhalation / High Exhalation (The Exhausted Activist):* You are constantly volunteering, helping family, and doing good works, but your prayer life is nonexistent and you skip Mass or drift through it. (Trying to exhale without breathing in).
 - *Balanced Breath:* You intentionally let the Eucharist fill you, and you intentionally let the Spirit push you out to serve.
- **Small Group Discussion:** Have participants pair up or sit in groups of four to share their diagnoses using these prompts:
 - "Which side of my spiritual lungs is struggling right now, and why?"
 - "What is one concrete change I can make this week to restore balance?"

100

