



## THE EUCHARIST, FONT OF STRENGTH AND VITALITY

4

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“Through our celebration of the Eucharist and our praise of God we will receive the strength we need in order to grow in Christian life and become more productive in our ministry”  
(*Constitutions*, 35).

Daily life, ours and the world's, is always being threatened. We often feel weak in living-out our human and Christian vocation with fidelity. Where does our strength come from?

The Eucharist gives us “the necessary strength to grow in the life of Christ.” It is the bread of Christian maturity. The Eucharist helps us to see reality as God sees it. It widens our point of view. It cleanses us of our selfish attitudes. It broadens our capacity for selflessness. It helps us to conform to Christ who died for love. Without the Eucharist we will never know how to love as Christ has loved us.

Often we ask ourselves why our pastoral activities do not produce the results we want. It seems that there is a big gap between what we do and the little fruit of conversion that is produced. With the Eucharist “our ministry is made each time more fruitful”. United to the Eucharistic Christ we are converted into multipliers of His bread. Our works, through the action of the Holy Spirit, convert the buried grain of wheat into a choice harvest.

Without the Eucharist we can be excellent professionals, but not good missionaries.

How is the Eucharist helping me to face the challenges of life and to grow personally?

In what way is the Eucharist making my ministry more fruitful?

**WE ARE WHAT WE EAT**