



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

How do you receive the Eucharist?

The Eucharist is the source and summit of our lives. In the Eucharist, we consume Jesus giving us strength and the grace to live our lives and Catholic men.

Too often, however, we go through the motions. There are some great practices to increase our focus on the Eucharist:

- *The Eucharistic Fast* – make sure you intentionally stop from eating for at least 1 hour before receiving communion.
- *Arrive before Mass starts* – arrive 15 minutes before Mass to prepare.
- *Receive with Reverence* – focus on your posture, making an altar with your hands and stating ‘Amen’ with conviction.
- *Pray after Receiving* – close your eyes and ask God to help you.

[THE CHALLENGE]

Intentionally receive the Eucharist by preparing yourself and demonstrating appropriate reverence.