

# LIVING THE EUCHARISTIC DAY - THREE MOMENTS OF THE DAY

## I. EYM MEMBERS & LIVING THE EUCHARISTIC DAY

### A. TNTT Ultimate Goal

1. Holiness
  - Be holy and help kids to be holy through Living the Eucharistic Day
2. Apostleship
  - Become apostles through prayer & daily offerings of our lives.



### B. Most Marvelous Method of Training EYM Members

Method to become holy each day

### C. EYM Members' Duty

EYM members must live the Eucharistic Day

### D. Youth-Leader's duty

99.99% of a Youth Leader's duty is to live and help the youths to live the Eucharistic Day

## II. CONTENT OF LIVING THE EUCHARISTIC DAY

### A. Eucharistic Day

1. The Eucharistic Day is a day lived by a Eucharistic Youth in which Jesus is the Sun, the center of the day.
2. The Eucharistic Day starts with Day Offering in the Morning (Morning Offering).
3. The summit of the Eucharistic Day is Holy Mass and Holy Communion. Our Day Offering is offered together with the Sacrificial Offering of Jesus to the Father.
4. The hours of the Eucharistic Day are marked with Eucharistic Adoration/Visitation, (*The Holy Hour*), Short Prayers, Spiritual Communion, Sacrifice, Apostolic Works, Bible Reading, Holy Rosary, Station of the Cross, Divine Mercy...
5. The Eucharistic Day ends with the spiritual bouquet and Day Offering at Night (Night Offering).

### B. The 3 moments of the Eucharistic Day (Jesus as the Sun of the Eucharistic Day)

1. Day Offering in the Morning:
  - Jesus is the Sunrise: opening a new horizon
2. Day Offering at Holy Mass with Holy Communion:
  - Jesus is the Sun at noon: the center of life
3. Day Offering at Night:
  - At sunset: let Jesus in the Eucharist settle in our heart

## DAY OFFERING IN THE MORNING (Morning Offering)

The first moment of Day Offering is in the Morning after we wake up.

### I. VEYM'S FIRST MOTTO

Thiếu Nhi mỗi sáng dâng ngày,  
Điểm tô đời sống hương bay nguyện cầu.

*Thiếu Nhi dâng ngày mỗi sáng.  
Làm cho đời sống hoá nên lời cầu.*



### II. DAY OFFERING PRAYERS

#### A. Kinh Dâng Ngày Cho Trái Tim Chúa (tradition)

*Lạy Trái Tim Cực Thánh Đức Chúa Giêsu, con nhờ Trái Tim Cực Sạch Đức Bà Maria, mà dâng cho trái tim Chúa: mọi lời con cầu xin, mọi việc con làm, mọi sự khó con chịu trong ngày hôm nay, cho được đền vì tội lỗi con và cầu nguyện theo ý Chúa. Khi dâng mình tế lễ trên bàn thờ, con lại dâng các sự ấy cho Trái Tim Chúa có ý cầu nguyện cách riêng theo ý Đức Giáo Hoàng. Amen.*

*O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.*

#### B. EYM Day Offering Prayer (new)

*God, our Father, I offer you my day.*

*I offer you my prayers, thoughts, words, actions, joys and sufferings in union with the heart of your Son Jesus Christ, who continues to offer himself in the Eucharist for the salvation of the world.*

*May the Holy Spirit, who guided Jesus, be my guide and my strength today so that I may witness to your love.*

*With Mary, the mother of our Lord and of the Church, I pray especially for this month's intentions as proposed by the Holy Father.*

#### C. Sample of Day Offering in the Morning

1. Sign of the Cross
2. Morning Offering Prayer
3. The Our Father

4. 3 Hail Mary (*for virtues of Faith, Hope, and Love and also asking Mary for the virtue of Chastity.*)
5. The Glory Be
6. Examination of Conscience
7. Act of Contrition
8. Spiritual Communion
9. Sign of the Cross

### **III. DAY OFFERING - THE FIRST ACT IN THE MORNING**

#### **A. Purpose of Day Offering in the Morning**

1. To thank God for a good night
2. To consecrate our day to God

#### **B. Offer a Complete Day**

1. The first thing we do after we are awake is to remember God and offer the Day to God.
2. By this first act, we offer every moment of the day to God, no moment is lost or wasted.
3. This first act is done even before getting out of bed.
  - Fall on the knees
  - Sign of the Cross
  - Morning Offering prayer

#### **C. Set Up the Tone for the Whole Day**

The first moment of the day is for God.

1. Letting God in ahead of time this way, before the day gets tough, is a great thing to do if we remember to do it.
2. The whole day would be for the Lord

#### **D. Offer with Full Deliberation**

1. Day offering in the morning only takes one minute.
  - Make it with full deliberation.
2. Re-offer many times during the day.

#### **E. Make It a Habit**

1. Make Day Offering the first act of the day
2. Remember to do it everyday.

### **IV. ASK FOR INDULGENCES**

#### **A. The Merits of Our Acts**

1. Prayers and countless acts of every day
  - pleasing to God
  - earning for us rewards for eternity
2. Important thing to do during the Day Offering in the Morning
  - Merely form the intention to receive (*No difficulty whatsoever*)
    - Required to receive indulgences

## B. Prayer for Indulgences

*Lạy Chúa, con xin được hưởng nhờ các ân xá, bởi những việc lành con sẽ làm trong ngày hôm nay, hoặc những ân xá nào có thể chỉ cho các linh hồn nơi luyện ngục được, thì xin Chúa cũng rộng ban cho các linh hồn ấy.*

## V. IMPROVE & BECOME HOLY EACH DAY WITH MORNING OFFERING

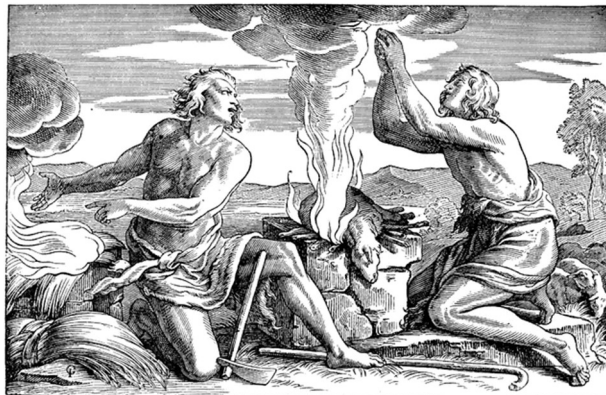
### A. Live Through the Lens of the Sacred Heart Of Jesus

1. Transforming sufferings into fire, into life, and into love
2. Open to the world vulnerable, and simultaneously pierced and burning with love.



### B. Offer the Best Gift to God

1. Change yourself each day to become the best gift to God
2. Improve daily and become holier each day
  - The day becomes precious & well lived
3. Do things pleasing to God
  - Start with the first sacrifice
    - Get out of the bed... do not be lazy



# DAY OFFERING AT HOLY MASS

The second moment and the center of Day Offering is Holy Mass & Holy Communion

## I. VEYM'S SECOND MOTTO

Thiếu Nhi Thánh Thể nhiệm màu,  
Tôn sùng rước lễ nhà châu viếng thăm.

*Thiếu Nhi tôn sùng Thánh Thể  
Siêng năng chịu lễ viếng Chúa nhà châu*



## II. HOLY MASS

- ❖ The Bible & Eucharist make up a single liturgy in the Mass.
- ❖ The Mass is the center of Christian life
- ❖ The Mass is the greatest wonder in the world. There is nothing on Earth equal to it, and there is nothing in Heaven greater than the Mass.
- ❖ The Mass gives us the greatest graces, blessings and favors, spiritual and temporal - graces that we could not possibly receive in any other way.

## III. PARTICIPATE IN THE HOLY MASS

Eucharist is a “mystery to be believed, celebrated, and then lived.”

### A. Participate in Daily Mass

1. The most perfect act we can participate in every day.
2. A Mass participated with devotion is greater than anything in the world.
3. If possible, go to Mass today.

### B. Give power to daily offerings

Unite Day Offerings with the offering of the Mass will elevate the power of the Day Offering:

1. Unite the offering of our lives to God, day by day, in the same way that Jesus offered his life to the Father.
2. Unite with the sacrifice of the altar has the same power as unite with the sacrifice of the Cross
  - Unite with the passion of Christ
  - Become a pleasing gift to God the Father
  - Have the power to be saved from sin

### C. Participate with all the Mass celebrated

1. Prayer

*Lạy Chúa, con xin dâng Lễ Misa, các thầy cả khắp tứ phương thiên hạ làm trong ngày hôm nay, để Chúa con thương đến các kẻ có tội, đang mong sinh thì bây giờ và sẽ chết trong ngày hôm nay. Chớ gì máu Châu Báu Chúa Giêsu là Đấng Chuộc Tội làm cho Chúa con thương đến các kẻ ấy.*

2. Participate in Mass through Divine Mercy

*Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.*

*For the sake of His sorrowful Passion. Have mercy on us and on the whole world.*

*Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

#### **IV. HOLY COMMUNION**

##### **A. Receive Holy Communion**

1. We can approach Jesus in prayer, meditation, reading, reflecting, confession, and in various sacraments. The most excellent way, however, is Holy Communion.
  - Other sacraments are signs of grace. In Holy Communion, we receive the source of all grace (Jesus Himself).
  - No event in earthly life is more important than receiving Jesus in Holy Communion.
2. Witnessing and receiving the greatest gift of love
  - Let the Eucharist sink into our heart and deepen our experience and our love
3. Receiving Actual Communion and Spiritual Communion
  - Great privilege to have Jesus to be with us, inside us, and be part of us
    - so He can slowly draw us and transform us to become like Him

##### **B. Receive Actual Communion**

1. Requirements
  - True desire
  - No mortal sin
  - Fasting for 1 hour
2. Receive once daily and one more if participate at that Mass.

##### **C. Receive Spiritual Communion**

1. Requirements
  - True desire
2. Receive as many as you want
3. Can never replace nor equal to Holy communion but an excellent method of prayer

##### **D. VEYM's Spiritual Communion Prayer**

*Lạy Chúa Giêsu Thánh Thể,  
Con yêu mến Chúa.  
Xin Chúa ngự vào tâm hồn con,  
Và ở lại với con luôn mãi.*

## V. IMPROVE & BECOME HOLY EACH DAY WITH HOLY MASS & HOLY COMMUNION

1. Must be in union with the sacrifice of the altar (Jesus)
  - Nothing is more pleasing God the Father than Jesus Himself
2. Ask for the grace so you can let your own heart united with the Sacred Heart of Jesus, be blessed, broken, and given away freely in daily life.
  - Offer ourselves to God
  - Receive Jesus in communion
  - Offer ourselves to the world

## DAY OFFERING AT NIGHT *(Night Offering)*

The third moment of Day Offering is at Night.

### I. VEYM'S SECOND MOTTO

Thiếu Nhi thực hiện hoa thiêng  
Chép ghi mỗi tối cộng biên mỗi tuần

*Thiếu Nhi biên kho mỗi tối.  
Thật thà không dối cộng góp hàng tuần*

### II. DAY OFFERING AT NIGHT

#### A. Purpose

1. Thank God for the day
2. Ask God to have a good night

#### B. Most Important Things to Do

1. Examination of conscience
2. Perfect contrition

### III. EXAMINATION OF CONSCIENCE

#### A. Ignatius' Steps for Examen

After quiet yourself and rest in God's presence for a few moment

1. Give thanks
2. Ask for light from the Holy Spirit
3. Review the events of your day
4. Repent for harm done
5. Ask for help tomorrow

## B. Review the Events of Your Day

Stop and look through every activity

1. What did happen (Memory)
  - Reflection
2. How do we feel (Emotion)
  - Use our emotion and feeling to embrace our spirit
  - What is significant in all the noise
3. What does it mean to us (Understanding)
  - Open up our imagination
    - Seeing and contemplating how God at work with us
    - See the possibility to turn thing around
    - Review the day, see the insights and improve tomorrow

## C. St. Pope John XXIII's Examination of Conscience



Past	Present	Future
<ul style="list-style-type: none"><li>• Sins committed</li><li>• Works omitted</li><li>• Time wasted</li></ul>	<ul style="list-style-type: none"><li>• Life is short</li><li>• Hard to be saved</li><li>• Few are saved because few choose the narrow path</li></ul>	<ul style="list-style-type: none"><li>• Death</li><li>• Judgment</li><li>• Heaven</li><li>• Hell</li></ul>

## IV. PERFECT CONTRITION

### A. Contrition

There are two kinds of contrition:

1. Imperfect Contrition
  - Contrition because of fear
  - Sin is not forgiven. Must go to confession in order to have sin forgiven.
2. Perfect Contrition
  - Contrition because of love
  - Sin is forgiven but must go to confession as soon as possible as a condition
  - Cannot receive actual communion until go to confession
  - Good to do every night before going to sleep, especially with mortal sin and can not go to confession.

### B. Perfect Contrition with the Act of Contrition Prayer

*Lạy Chúa Con, Chúa là Đấng trọn tốt trọn lành vô cùng. Chúa đã dựng nên con và cho Con chúa ra đời, chịu nạn chịu chết vì con, mà con đã cả lòng phản nghịch lỗi nghĩa cùng Chúa, thì con lo buồn đau đớn, cùng chê ghét mọi tội con trên hết mọi sự. Con dốc lòng chừa cải, và nhờ ơn Chúa, thì con sẽ lánh xa dịp tội cùng làm việc đền tội cho xứng. Amen.*



## V. SPIRITUAL TREASURE SHEET AND BOUQUET – A PART OF EYM’S NIGHT OFFERING

### A. Virtuous Training to Reflect on Our Day

Fill in the Spiritual Treasure Sheet and offer the bouquet of spiritual flower to God at night is a method to help VEYM members to strengthen their spiritual life.

1. Help to live the Eucharistic Day
2. Help to live the 4 mottos
3. Help to practice virtues and advance spiritual life
4. Help moderate our life
5. Help to become holy



### B. Treasure sheet (Bookkeeping)

Record of all goodies daily

### C. Spiritual Bouquet (Offering)

1. Offering of spiritual flowers of prayers, sacrifices, and devotional acts.
2. Offering of our mistakes to ask for God’s forgiveness and help

## VI. PRAYER

### A. Day Offering Prayer at Night

*Trời đã xé chiều, Giêsu ơi con nhờ tay Mẹ Maria, mà dâng lên Chúa, dâng chúc lời cảm ơn, dâng trót cả xác hồn. Các việc con làm, các lời con xin, cùng với mọi khó nguy con chịu trót một ngày qua. Cùng với bóng chiều tà, Giêsu Maria, con hòa ca, dâng về nơi bao la. Chúa ban phép lành, một đêm ngủ an bình, hồn trong xác tươi xinh.*

### B. Day Offering at Night Sample

1. Sign of the Cross
2. Examination of Conscience
3. Act of Contrition
4. Spiritual Communion
5. Fill in the Treasure Sheet or write Spiritual Journal (*if possible*)
6. The Our Father
7. 3 Hail Mary (*for the reparation of sins of yourself, of your relatives, and of the whole world*)
8. The Glory Be
9. Night Offering Prayer
10. Sign of the Cross

## VII. IMPROVE & BECOME HOLY EACH DAY WITH DAY OFFERING AT NIGHT

1. Remember the events of the day  
*In making the Examen, we recall each day lived with God, precisely because Jesus has lived the same day with his heart opened up to each one of us.*
2. WWJD

3. Spiritual bouquet offered to God
4. Prepare for tomorrow with resolution

## VIII. OTHER HOURS OF THE EUCHRISTIC DAY

### A. Holy Hour

- Eucharistic adoration & visitation

### B. Other Hours

- Bible reading, spiritual communion, short prayers, holy rosary, divine mercy, the Angelus, stations of the cross, spiritual reading, virtue practice...

## IX. SUMMARY

### A. Day Offerings as easy as 1, 2, 3

Sign of the Cross			
1	Day Offering Prayer	Night Offering Prayer	3
2	The Our Father 3 Hail Mary The Glory Be	The Our Father 3 Hail Mary The Glory Be	2
3	Examination of Conscience Act of Contrition Spiritual Communion	Examination of Conscience Act of Contrition Spiritual Communion	1
Sign of the Cross			

### B. The Way of Our lives

1. God give us all kinds of gifts, especially our lives
2. We offer them back to God with thanksgiving and to be sanctified
3. We receive them back anew, especially in Holy Communion
4. We offer our lives to the world

### C. Three Moments of the Eucharistic Day

1. Day Offering in the morning
  - Live through the lens of the Sacred Heart of Jesus
  - Offer oneself as the best gift to God
2. Day Offering at Holy Mass & Holy Communion
  - Offer ourselves to God
  - Receive Jesus in communion
  - Offer ourselves to the world
3. Day Offering at night
  - Remember the events of the day
  - WWJD
  - Prepare for tomorrow with resolution