

LIVING THE EUCHARISTIC DAY - THE HEART OF EYM

I. THE HEART OF THE EUCHARISTIC YOUTH MOVEMENT (EYM)

A. Live in Friendship with Jesus, which is Nourished and Modelled by the Eucharist

1. The Heart of the EYM is Friendship with Jesus.
 - Our three periods of daily prayer, our times of formation, our meetings and the various activities in the EYM all help us to live in friendship with Him.
2. The heart of the EYM is to live out this friendship, nourished and modelled by the Eucharist.
 - Participate in the sacraments, especially the Eucharist and Reconciliation

B. Share the Life and Mission of Jesus

The heart of the EYM is to share the life and mission of Jesus, as Church, serving the justice of the Kingdom of God

II. EUCHARISTIC YOUTH MOVEMENT SPIRITUALITY

The spirituality of the Eucharistic Youth Movement is Living the Eucharistic Spirituality.

A. Eucharistic Spirituality

1. To live a Eucharistic spirituality is to live the spirituality of the Heart of Jesus
 - Encourages a personal friendship with Jesus, in union with His Heart, through:
 - Prayer
 - teaching us to find God in all thing
 - Listening to the Word of God
 - The word of God is the light showing us the right path, the guide in a life of darkness.
 - Celebrating the Eucharist
 - By participating in Mass, we participate in Christ's Passion, suffering, death, and resurrection, and we unite with Him in heart, body, and soul.
 - Invites us to model our life according to the Life and the Heart of Christ
 - Eucharistic way of life sprung from the ideal of love and humanity residing in Jesus' own Heart
2. Summons us to be apostles in the day-to-day by a missionary zeal and a desire to serve the Church
 - To experience our service as an offering:
 - To the Church
 - To the world



B. Basic Practices

1. Holiness (*Ultimate goal*)
 - Living the Eucharist Day
 - A simple and profound way to live The Eucharist
 - Ecclesial and missionary dimensions of Ignatian Spirituality
2. Apostleship
 - Become apostles
 - Through prayer & through daily offerings of our lives.
 - Praying for the Pope's monthly intentions (*Specific task of apostolic work*)

III. EUCHARIST – THE HEART OF THE SPIRITUALITY

A. The Eucharist Serves as the Instrument and the Essential Way to Become Holy

1. Source & zenith of the Christian life. (Catechism)
2. Noblest sacrament
3. Best spirituality

B. The Establishment of the Eucharist

1. **Matthew** 26: 26 – 29
2. **Mark** 13: 22 – 25
3. **Luke** 22: 14 – 20
4. **I Corinthians** 11: 23 - 27

C. The Meaning of the Eucharist

1. **Memory:** The passion & Resurrection of Christ
2. **Gift:** From God to man
3. **Food:** Spiritual nourishment
4. **Way:** Destroy sin
5. **Warranty:** Eternal life
6. **Presence:** Jesus' true presence
7. **New Covenant:** Love covenant
8. **Union:** With God & neighbors
9. **Thanksgiving:** Jesus offers for us



IV. LIVING THE EUCHARIST DAY

A. Meaning of Living the Eucharist Day

Through Day Offerings, to put the whole day and all we do

1. In God's hands
 - To live a day in graces
 - To be in union with God
 - To love God
 - To do everything for the love of God
2. To the service of the Church

B. EYM Members & Living the Eucharistic Day

1. Most marvelous method training EYM members
 - Method to become holy each day
2. EYM members' duty
 - EYM members must live the Eucharistic Day
3. Youth-Leader's duty
 - 99.99% of a Youth Leader's duty is to live and help the youths to live the Eucharistic Day

V. DAY OFFERING – THE HEART OF LIVING THE EUCHARISTIC DAY

A. The Ways to Offer our Lives to God

1. Martyrdom
2. Becoming a priest, a nun...
3. **The daily Offering of our lives to the Father** (EYM's way)
 - “I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy, and pleasing to God, your spiritual worship.”* (Romans 12:1)
 - Day offering helps us to live the Eucharistic Day.
 - Through Day Offering, we offer our day, our lives to God and ask God to help us live our day according to His will.

B. Importance of Day Offering

1. The gravest importance (*saints & holy writers*)
2. The Core of the Eucharistic Youth Movement
 - “The whole life of a Christian is to be in union with Jesus in all things to serve the Church”*
3. The beginning of the TNTT spirituality's practice
 - Be a Knight for Christ (Honorable and wonderful path)
4. Being faithful and courageous
 - Re-offer many times throughout the day

C. The Purpose of Day Offering

1. Offer up our day to God
 - Offer each and every day to God (pray the whole life).
 - Declare our decision and our willingness that the whole day would be for God.
 - Turning the words of the offering into reality becomes a beautiful challenge which gives new meaning to our life as it motivates:
 - to find God in all things
 - to love and serve in all things
2. Offer freely our life to God
 - Our life is freely given to us. With thanksgiving and gratefulness, we offer it back to God so God can change and transform us to be better.
 - Allow God to enter into our life so the life of God shine in us.

3. Offer all things to God
 - Everything we do is prayer (ACTS of LOVE)
 - Adoration, Contrition, Thanksgiving, Supplication, and Love
4. With contemplation and reflection, see God's graces and God's work in our own life through daily activities
 - Anything we do: it is not about us; but, in the background, it is about God
 - *"Whatever you do in word or work, do all in the Name of Our Lord Jesus Christ."*
 - *"Whether you eat or whether you drink, or whatever else you do, do all for Our Lord Jesus Christ."*
 - Offer oneself to God so He can come to work in us and through us
 - *"khi nào con nên toàn thiện như Chúa, khi nào con hoàn toàn thuộc về Chúa, để Chúa làm mọi sự trong con."* (Kinh Huynh Trưởng)
 - So God can be with you and you become greater each day
5. Seek God's will and follow Him
 - Routine tasks of lives are now filled with the presence of God in a new way
 - Live a life with different perspective
 - The day becomes precious & well living
6. Become Christ-like (Imitate Him)
 - How He lives & how He loves
 - *"Tôi sống không phải là tôi sống nhưng Chúa Kitô sống trong tôi."* (St. Paul)



VI. THE BIBLE

A. Word of God

1. Very important in the Living the Eucharistic Day Method.
2. To follow Jesus' example, we must read the Bible every day.

B. Bible Verse of the Day

A verse from the Bible each day serves as a guide for our daily life.

VII. DO EVERYTHING ACCORDING TO THE WILL OF GOD

A. The day belongs to God.

1. As we offer our day to God, the day belongs to Him.
2. He uses it at His will.

B. The will of God:

1. Everybody knows, loves, and serves God
2. To save souls
 - Without day offering, many souls will be at risk

I. OFFER WITH HELP

A. To Remind Us

1. Ask Mary, angels, and souls for help
2. Have the cross, images of Jesus & Mary

B. Through Mary

1. Mediator between us and Jesus
2. Live and offer like Mary

