



Ordinary Time Eucharistic Meditation 1: Beloved Children



This Eucharistic Meditation is designed to help you spend 30 minutes to an hour in meditation and silent prayer with Jesus during Eucharistic Adoration.

The grace I seek: to know I am a beloved child of God

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child ... rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

Ask for the grace: Jesus, help me to embrace my identity as a beloved child of God.

Scripture Meditation

Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.

"I, the Lord, have called you for justice, I have grasped you by the hand; I formed you, and set you as a covenant for the peoples, a light for the nations, to open the eyes of the blind, to bring out prisoners from confinement, and from the dungeon, those who live in darkness." Isaiah 42:6-7

Reflection Question: Through Baptism, we become adopted children of God! How does my heart respond when I recognize God is my loving Father who created me? What is it like to imagine Jesus grasping my hand, leading me through life as a beloved child of God? (Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.)

Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you in a personal way through this passage.

"After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, 'This is my beloved Son, with whom I am well pleased.'" Matthew 3:16-17

Reflection Question: Gazing upon the Eucharist, imagine God the Father speaking the same words to you that he spoke to Jesus: "You are my beloved (son or daughter), with whom I am well pleased." How does your heart respond to these words? Ask Jesus to help you believe you are God's beloved child, and that you are precious to him.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord is communicating to you during this time of prayer.

Closing Prayer: Almighty, ever-living God, who, when Christ had been baptized in the River Jordan and as the Holy Spirit descended upon him, solemnly declared him your Beloved Son, grant that your children by adoption, reborn of water and the Holy Spirit, may always be well pleasing to you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Feast of the Baptism of the Lord, observed this liturgical year on Monday, January 9)

Sunday Mass Connection: At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire to identify as a beloved child of God. Ask for a deepening of this Baptismal Grace: that you are a beloved child of God!