



Why do you receive the Eucharist? What do you hope for or expect this sacrament to accomplish in you?

Read John’s vision of the Tree of Life in the heavenly Jerusalem.

Then he showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month; and the leaves of the tree were for the healing of the nations. There shall no more be anything accursed, but the throne of God and of the Lamb shall be in it, and his servants shall worship him; they shall see his face, and his name shall be on their foreheads. And night shall be no more; they need no light of lamp or sun, for the Lord God will be their light, and they shall reign for ever.

Blessed are those who wash their robes, that they may have the right to the tree of life and that they may enter the city by the gates. ... The Spirit and the Bride say, “Come.” And let him who hears say, “Come.” And let him who is thirsty come, let him who desires take the water of life without price.”

—Revelation 22:1-5, 14, 17



What stands out to you in this passage?

Consider the fruits of the Eucharist, listed in the Digging Deeper section. With which fruit(s) are you most familiar? Which one do you feel you need the most at this time in your life? Spend some time in prayer, asking our Lord especially for this fruit the next time you receive the Eucharist.



DIGGING DEEPER

FRUITS OF THE EUCHARIST (CCC 1391-1397)

What does the Eucharist do for us?

It draws us closer to Christ. It is called “communion” because it brings us into an intimate union with our Lord.

It nourishes and replenishes the life of grace we received in Baptism, just as regular food nourishes our physical life.

It cleanses us from past sins and helps us to avoid sin in the future.

It strengthens us in love.

It unites us more closely to the Church, the Body of Christ.

It helps us to see Christ in the poor and to care for them.