

Holy Thursday Reflection/Meditation

By: Abby Vall

Today we celebrate the Last Supper and the Institution of the Eucharist. This moment The Lord gives himself fully to his disciples that were there, and to each one of us every time we receive him in the mass. The Lord wants to be in full communion with us, and He knows as humans we need tangible things in our faith. He gives his whole body and blood to be within us, so we can be living tabernacles of Christ.

Take this time to reflect on God's love for us, that he gave His only Son without hesitation. Ask the Lord to give you the grace of conviction during the start of the Tridium. Recently I have been asking Jesus for the grace of conviction of His love for me. It is a hard concept to wrap our minds around, that Jesus loves us unconditionally with no strings attached. But it's true. It is the pure truth that you are a beloved son and daughter of Jesus Christ.

And whether you are convicted of this truth or not, it doesn't change anything because we don't have to do anything to receive Him. He wants us to receive him, He wants us to know Him, He wants us to love Him. Spend time reflecting on the Eucharist this day, reflect on the moments you have allowed Jesus to fully enter you in communion. What made you invite Him in? What was stirring in your heart? How did He come in? Did you let him transform you? Will you let him transform you this Holy Week?

Jesus is knocking at the door of your heart. He is saying here I am, can I come in? Can I be fully present in your heart through my body and my blood? Through my sacrifice for you?

What is your answer?