

54 days to change the world. Day 34.

Today is the thirty-fourth day of this novena. We will be praying the Joyful Mysteries in a spirit of thanksgiving.

The word Eucharist means thanksgiving in Greek. We should use the Mass and the Eucharist as reminders of the immense gifts we have been given. The highest form of thanksgiving we can give is to offer up our Holy Communion in thanksgiving.

If you are looking for a prayer to pray while offering your Holy Communion in thanksgiving, here is a beautiful one to Our Blessed Mother:

"O Mary, most holy Virgin and Mother, behold, I have received thy most beloved Son, Jesus Christ, whom thou conceivedst in thy spotless womb, bore, nursed, and held with thy sweet embraces. Behold Him at whose sight thou wiltst rejoice and be filled with every delight. With love I humbly return Him and offer Him to thee, to hold once more, to love with all thy heart, and to offer to the Holy Trinity as our supreme act of worship for thy honor and glory and for my good and the good of all the world. Therefore, I ask thee, most loving Mother, to ask God for forgiveness of all my sins, abundant graces to help me serve Him more faithfully, and for that final grace that I may praise Him with thee for ever and ever. Amen."