

Food for the Soul

God has blessed you in so many ways, but he isn't finished blessing you. There are still thousands of blessings God wants to shower upon you. One of the great blessings God wants to share with you is the Eucharist. Every day you are getting closer to receiving Jesus in the Eucharist! Are you excited?

The Eucharist is food for the soul. That's right, your soul gets hungry just like your body gets hungry. It's easy to tell when your body gets hungry because your tummy growls and you feel weak and tired. But how do you know when your soul is hungry? When our souls are hungry we become restless, impatient, angry, and selfish. But most of all, we find it harder to do what we know we should do.

When our souls get hungry we need to feed them. The Eucharist is the ultimate soul food, but we can also feed our souls with prayer, the Scriptures, and serving other people.

You feed your body every day. You don't wait until it is starving before you feed it. You have a regular routine of meals and snacks to make sure your body has the food and energy it needs to thrive. We need a routine like that for feeding our souls too. This routine includes daily prayer, grace before meals, service to others, and of course, Sunday Mass.

The Mass is an incredible blessing because it feeds your soul in many ways. The Word of God feeds your soul, receiving the Body and Blood of Jesus in the Eucharist feeds your soul, and participating in a community of faith feeds your soul.

We've already talked about the Word of God and how important it is to listen to God. Now let's talk about how he feeds us with the Eucharist.

