

# SOLT Lay Formation Facilitator's Guide

IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD

## GUIDED HOLY HOUR – EUCHARIST #3

*Note to Facilitators: Please follow the guide for the Holy Hour provided in your facilitator's manual. The following meditation may be handed out to the participants and inserted as indicated in the aforementioned guide. If you are blessed to have a priest or deacon to lead the hour, please allow all decisions regarding meditations, and whether they should be read aloud or simply be available as a handout, to be made by the presiding priest or deacon.*

*In your personal prayer time before any facilitation regarding Living for the Triune God, you will make a Holy Hour in the days preceding the facilitation. You will prayerfully discern the meditation yourself before Our Lord in the Blessed Sacrament, and will spend time in intercession for all those who will be discerning later in the week. This time spent in personal discernment and in prayer for these Children of God is essential.*

### **Tabernacle Question:**

Pope Benedict XVI in **Sacramentum Caritatis** says:

“Emphasis on the intrinsic relationship between the Eucharist and mission also leads to a rediscovery of the ultimate content of our proclamation. The more ardent the love for the Eucharist in the hearts of the Christian people, the more clearly will they recognize the goal of all mission: *to bring Christ to others*. Not just a theory or a way of life inspired by Christ, but the gift of his very person. Anyone who has not shared the truth of love with his brothers and sisters has not yet given enough.<sup>1</sup>

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<sup>1</sup> Pope Benedict XVI – Sacramentum Caritatis, No. 86

## SOLT Lay Formation Program

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### GUIDED HOLY HOUR – Handout

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