

With the Rerouting mission behind us I want to offer some steps we can take in our spiritual lives to know Jesus better. I say that because what's often lacking in our relationship with Christ is the Divine Power. What I mean is that we often don't feel the power of God in our lives, we can't identify that. God doesn't seem real. And even if we believe in him intellectually, we don't experience Him concretely – therefore we don't trust Him to act in our lives with power.

We're living among the walking wounded. The Church is the field hospital of Desmond Doss from "Hacksaw Ridge." Remember him, the World War II combat medic? The Gospel isn't simply a message to be shared – that God loves you and died for you so that you might live His life forever, although it is that. But the Gospel itself communicates divine life and power. It IS a healing and powerful contact with Jesus Himself.

The action step I want to preach about today in order to keep our spiritual momentum going is very ancient and traditional, but timeless.

I've spoken about it before. Some of you have felt its impact. One of you will offer testimony to it in just a moment. I'm talking about Eucharistic adoration: adoring Jesus in a consecrated host in a monstrance as a focus for our meditation and prayer. We're blessed to have a 24-7 Eucharistic adoration chapel at Holy Family. Right in our own small chapel Jesus is present – for you as an individual beloved by that same Jesus. And He's waiting for you to show up.

This is the Feast of the Corpus Christi – the Body and Blood of Christ. It is the firm and infallible teaching of the Catholic Church that Jesus is physically present in a host consecrated at mass. We read today in the Gospel Jesus himself saying it, "Take it; this is my body . . . this is my blood . . . which will be shed for many." We proclaim this belief every time we receive the Eucharist and respond to the minister's words, "The Body of Christ," by saying "Amen," and when we process in public behind the monstrance through the streets, as we'll do after the 11:00 mass today.

But we also proclaim our belief in the Real Presence of Jesus in the Eucharist when we worship and praise Him in adoration. I'm blessed to have a small chapel in the rectory, so I know it's easier for me, but I spend at least an hour a day in adoration, and so I can witness to you that adoring Jesus present in the Host has real power, a power that will be given to you if you show up.

We naturally want to feel Jesus' power in our lives, but deep down we may be skeptical. So, I dare you to try this. If, during Rerouting, you signed that title-deed of your life over to Jesus (or even if you didn't) – but do not yet spend an hour a week in our chapel with Him – then that's one concrete way to follow through on your pledge and make it real.

Every single person in this church should spend at least one hour a week, beyond mass time, in Jesus' presence in this way. Every single one of us! I challenge you to faithfully spend that weekly appointment with Him for just six months. You will slowly be changed. You will know

more peace and less anxiety. You will begin to pray differently. Jesus will work on you in such a way that you can feel the difference.

Become a Eucharistic person, who starts to treat Jesus as a real Person. That's what healing really is – being touched by Jesus' power. And when we know we've been touched and changed by Him, we'll share that with others. Before that happens . . . well, it's really difficult to share someone you don't know is real.

To spend this time with Jesus is a beautiful thing. Even physically its beautiful to be in that small chapel, in the cool and quiet atmosphere with Him. But it's also beautiful spiritually. It is a beautiful way to live your life. Yes, it requires sacrifice. All good things do. But it's worth it. He's worth it. Commit more fully to Him today (by signing up for an hour in the east narthex. You need to be registered in a parish). Or if you can't do that, commit to your own time – but keep the commitment! [Here's Luke Walters to share his own experience of adoration]