

recollect at home





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The Bread of Life



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Contemplating the Passion
of the Lord

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Introduction

“Love, as a source of joy, is manifested in a special way in giving ourselves to others, striving to be, despite our defects, ‘sowers of peace and joy’ (Furrow, no. 59). Moreover, in this way we rejoice in seeing the joy of others and, like our Father, we can truly say to them: ‘My joy is your joy’ (Letter 14, no. 1).

“True love demands going out of ourselves, giving ourselves. Genuine love brings joy in its wake, a joy that has its roots in the shape of the Cross’ (The Forge, no. 28). Especially, the Cross accepted out of love for God is a source of happiness” (Msgr. Fernando Ocariz, Letter on Joy, 10 March 2025).

In this recollection, we want to immerse ourselves in the Paschal mystery, which is at

the very heart of Jesus' unconditional love for each of us. As we reflect on the Last Supper and the Lord's Passion, we rediscover how each Mass and every moment of our daily lives can become an offering of love. This gathering invites us to live with the joy that comes from knowing we are deeply loved and to take an active part in the redemption that Christ has accomplished for us.

A recollection is a period of time dedicated exclusively to God, with periods of mental and vocal prayer (the meditations and recitation of the Rosary), spiritual reading, and silence with God. As the name implies, it's an opportunity to recollect who we are in front of our loving Father, God, and to bring our whole selves and full attention to Him.

You may wish to pause between the different parts of the recollection to allow each one to make an impression. The Holy Spirit speaks quietly.

Paying full attention can be a challenge. It may be helpful to find a quiet place to sit, stand, or kneel before starting; somewhere you're not likely to be interrupted. Take some time to turn off any background noises, pause your notifications, and calm the chatter in your own mind. It can be helpful to make paper or digital notes to focus in the moment and to be able to come back to any ideas the Holy Spirit inspires later on.

Spiritual Reading

In his general audience on 31 March 2021, Pope Francis spoke about the meaning of the Paschal Triduum.



Afterwards, you can spend a few minutes with the New Testament. Click for today's Gospel and a short commentary.



Spiritual reading means thoughtfully reading spiritual texts like Sacred Scripture and the lives and writings of the saints in order to "build up a store of fuel" that later feeds our prayer (cf. *The Way*, no. 117).

 15 min

Meditation

In the Mass, we see Jesus' desire to give Himself to us, when we so often find it difficult to give ourselves to others.



A meditation is short period of guided mental prayer with the preacher, a priest, talking to God out loud on a set topic, usually a theme from the Gospels. What matters most is your personal conversation with God. The preacher's goal is to inspire your prayer by giving you light and moving your heart. You may find it helpful to spend more time on certain ideas, follow your own train of thought when the priest's words inspire something particular in you, or choose an image to keep pondering after the recollection or in your next time of prayer.

L 30 min

Examination of Conscience

"While they were conversing and discussing, Jesus himself came and walked with them" (Lk 24:15-16). Do I share my life with Christ? Do I ask the Holy Spirit for help so that my practices of piety may be an encounter with the living Jesus?

"Jesus came and stood among them and said to them, 'Peace be with you'" (Jn 20:19-20). Do I face the challenges of each day with peace? How do I try to create an atmosphere of serenity around me, with my spouse, children, colleagues, etc.?

"Whoever is born of God overcomes the world" (1 Jn 5:4). How do I approach the challenges of our society? Is Jesus always the point of

reference in my commitment to transform the world?


"Hope does not disappoint, because God's love has been poured into our hearts through the Holy Spirit who has been given to us" (Rm 5:5). What projects in my family, professional and social life can I entrust more fully to the Holy Spirit, so that He may help me bring them to reality?

"He went in to stay with them. And when they were at table together, he took bread, blessed it, broke it, and gave it to them. Then their eyes were opened, and they recognized him" (Lk 24: 29-31). Do I try not to lose my amazement at the Eucharist? How do I share this great gift with my family and friends?

The Resurrection of Christ gives us new life. How is this reality

transformed into joy and optimism in my family when difficulties arise?

Pope Francis describes examining our conscience as “the good habit of calmly rereading what happens in our day, learning to note in our evaluations and choices what we give most importance to, what we are looking for and why, and what we eventually find” (Audience, 5-X-2022). The questions in this examination of conscience are related to the themes of this month’s recollection and are meant to help us look past the surface and ask God how we have responded to his love for us. It can help to start by calling on the Holy Spirit, asking for light, and to end with an act of contrition, expressing sorrow for our sins and asking for help to stay close to God.

 5-10 min

Holy Rosary

The Rosary is a traditional Catholic prayer to the Blessed Virgin Mary, our Mother, asking her to pray for all her children in their time of need. Through the different prayers that make up the Rosary, we tell our Lady that we love her and we contemplate Jesus' life.

Click the button below to go to a guide for praying the Rosary.



 20 min

Meditation

“Do you want to accompany Jesus closely, very closely?... Open the Holy Gospel and read the Passion of Our Lord. But don't just read it: live it. There is a big difference” (The Way of the Cross, 9th Station, St. Josemaria).



In this meditation, the preacher is praying aloud in order to inspire your personal conversation with God.

The touchstone of true prayer is that it changes us and makes us better, but not being able to carry your resolutions out immediately or even discovering new weaknesses is not a reason for discouragement: we grow over time, and falls can help us be humble and grateful to God. With perseverance in prayer, you will notice more peace and joy throughout the day, because you are sure God is with you even when the struggle is difficult.

L 30 min