

MY PROGRESS

1 2 3 4 5 6 7 8

9 10 11 12 13 14 15 16

17 18 19 20 21 22 23 24

25 26 27 28 29 30 31 32



"Voces Teens" is a youth group apostolate of the
Religious Family of the Incarnate Word.



32 days.
32 visits to the Jesus in the Eucharist.
32 acts of faith, adoration, reparation and love.
32 opportunities to rediscover Christ's love for you.



The number of days “Little Li” visited Jesus in the Blessed Sacrament before giving her life as a young martyr of the Eucharist.

Her example so inspired the Ven. Fulton Sheen, that he committed himself to make a daily Holy Hour before Jesus in the Eucharist.

Knowing that you are a generous soul, we want to challenge you to show your Eucharistic love for Christ.

Like Little Li and Fulton Sheen, commit yourself to 32 visits to Jesus in the Blessed Sacrament. The amount of time spent in adoration is not as important as making this resolution and sticking to it.

God will reward your generosity!

On the next page we provide you with a simple way of making your daily visit.

DECISION.

Begin by deciding each day when and where you will make your visit to the Blessed Sacrament.

PREPARATION.

Enter the church or chapel in silence.
Genuflect before Jesus in the Eucharist.
Find a pew. Kneel. Make the sign of the Cross.

ACT OF FAITH.

I most firmly believe, O Jesus, that in this Holy Sacrament You are present; that here are Your Body and Blood, Your soul and Your divinity. I believe that You, my Savior, true God and true Man, are really here.

ACT OF ADORATION & LOVE.

Jesus, My God, who for love of us did institute this Blessed Sacrament and offer Yourself daily for the sins of men, I adore You. Jesus, for You I live. Jesus, for You I die. Jesus, I am Yours in life and death.

ACT OF REPARATION.

I offer to You, O Eucharistic Lord, my adoration, prayer, study, and good works, my hardships, humiliations, temptations, and daily crosses. I accept them and offer them up to You in reparation for countless offenses against the Holy Eucharist.

CONCLUSION.

Finally, take a moment to speak to Jesus in *your own words*. Bring to Him your joys and sorrows, your difficulties and successes, your hopes and fears.
....Before leaving pray: “Blessed be Jesus in the Holy Sacrament of the Altar, both now and forever.”