Reflection Questions

o   How does the Eucharist challenge or change your understanding of love, desire, or union?

o   In what ways does your daily inventory help you stay honest and connected to your recovery?

o   What does it mean for you to receive, rather than grasp or consume, in your relationship with God and others?

Sunday Mass Readings this Week

First Reading: Genesis 14:18-20
Responsorial Psalm: Psalm 110:1, 2, 3, 4
Second Reading: 1 Corinthians 11:23-26
Gospel: Luke 9:11b-17

The Solemnity of the Most Holy Body and Blood of Christ

Catholic in Recovery

The Twelve Steps and the sacraments of the Catholic Church offer a daily pathway to spiritual awakening and inner freedom. While both begin with powerful moments of surrender and encounter, the transformation they offer is ongoing. For those of us recovering from lust addiction, our freedom doesn't come from a single moment—it is sustained by consistent action, prayer, and a growing relationship with Christ, especially in the Eucharist.

This Sunday, we celebrate the Solemnity of the Most Holy Body and Blood of Jesus Christ. It is a reminder that God desires to be close to us—so close that He gives us His very Body and Blood. In the second reading, Saint Paul recounts Christ's gift at the Last Supper (1 Corinthians 11:23–25):

I received from the Lord what I also handed on to you,
that the Lord Jesus, on the night he was handed over,
took bread, and, after he had given thanks,
broke it and said, "This is my body that is for you.
Do this in remembrance of me."
In the same way also the cup, after supper, saying,
"This cup is the new covenant in my blood.
Do this, as often as you drink it, in remembrance of me."

For those of us who have sought false intimacy and temporary escape in lust, the Eucharist offers a different kind of union—real, lasting, and holy. In the Eucharist, we are not taking or using; we are receiving. We are not hiding; we are known. We are not alone; we are united with the Body of Christ in truth.

Step 10 teaches us to take continual inventory—to stay honest, stay humble, and clean up our side of the street. This keeps our recovery from becoming a facade. It grounds us in truth and reminds us that holiness isn't about perfection—it's about daily surrender. The Eucharist complements this step by drawing us into deeper examination, where we are invited to ask: Am I growing in purity? Am I showing up in love, not lust?

This may sound like a lifestyle that is unreachable. Perseverance does not come on our own self-will. Remember, you are not alone and will find the necessary support from the strength of God, the fellowship of the Holy Spirit, and the group of individuals you find walking a similar journey. Even if you have not yet approached this stage of the Twelve Steps, there is still a lot of spiritual wisdom found in discussing these principles.

The Eucharist is not a reward for being clean—it's the food that helps us become clean. Christ, broken and poured out for us, teaches us how to live differently. We are called not just to abstain from lust, but to be transformed into people who love with our whole hearts, bodies, and souls. This takes time. It takes grace. And it requires spiritual nourishment.

As we receive the Eucharist, we're reminded that our bodies matter, our choices matter, and healing is possible. Jesus enters the broken places we once filled with fantasy or secrecy, and He replaces them with real communion. In His Body, we become whole.