



Eucharistic Talking Points

Inspired by St. Carlo Acutis

The Opportunity Before Us

Today's teenagers are searching for peace, purpose, identity, and authentic relationships. They have grown up in a world of constant noise, comparison, and distraction, yet their hearts are created for something infinitely greater.

The Eucharist is not simply another activity to add to their schedules—it is an invitation to encounter the living Jesus Christ.

The goal of this spiritual campaign is to help young people discover a lifelong friendship with Christ in the Blessed Sacrament.

Jesus is not an idea. He's a Person.

- The Eucharist isn't a symbol—it's Jesus waiting for you.
- Friendship requires spending time together.
- If Jesus is really present, He deserves our time.

All people are
born as
ORIGINALS
but many die as
PHOTOCOPIES
St. Carlo Acutis



Meet St. Carlo Acutis Who Changed the World

Highlights of His Life

- The first millennial saint
- He was born May 3, 1991. He died on October 12, 2006, at the age of 15 just four days after being diagnosed with an aggressive form of Leukemia.
- He was an ordinary teenager who loved:
 - computers
 - soccer
 - video games
 - friends
 - technology
- Yet what made him extraordinary was his love for Jesus in the Eucharist. He attended daily Mass whenever possible, spent time in Eucharistic adoration, and used his computer skills to evangelize the world.

- Yes, saints can play video games! Carlo enjoyed playing PlayStation, Nintendo Game Boy, Pokémon, and Xbox. And yet, Saint Carlo limited himself to one or two hours of gaming per week so that this fun hobby would not take away important time. *He is a role model for young people and indeed for all of us of how to use technology without being manipulated or controlled by it.*
- St. Carlo Acutis was a self-taught computer programmer who used his technological talents to evangelize and share his love for the Eucharist.
- Carlo Acutis is often regarded as the patron saint of computer programmers and the internet.
- One of St. Carlo's most significant contributions to the Church was the creation of both a portable exhibition and a related website cataloging Eucharistic miracles from around the world. He was able to catalog 187 Eucharistic miracles during a period of two-and-a-half years.
- So far, two miracles have been attributed to St. Carlo Acutis. Through St. Carlo's intercession, Matheus Vianna was cured from annular pancreas. Likewise, Valeria Valverde was cured from a severe head injury after visiting St. Carlo's tomb in Assisi.
- St. Carlo Acutis's feast day is celebrated on October 12.

Talking Points

- Carlo proves that holiness is possible in the digital age.
- He didn't reject technology.
- He simply refused to let technology replace his relationship with Jesus.

Carlo teaches:

- Holiness is possible in today's world.
- You do not become less yourself by following Christ—you become who you were created to be.

Why Eucharistic Adoration?

- Because friendship requires presence.
- Every meaningful relationship grows through spending time together.
- Jesus waits for us in the Blessed Sacrament simply because He desires our friendship.

Common Teen Questions

"Isn't God everywhere?"

- Yes. But Jesus is uniquely and truly present in the Eucharist—Body, Blood, Soul, and Divinity.

"What do I do for an hour?"

- Talk honestly with Jesus.
- Read a Gospel passage.

- Sit in silence.
- Pray for friends and family.
- Listen.
- Thank Him.
- There is no perfect formula. Prayer is a unique relationship.

"What if I'm bored?"

- Relationships aren't built by constant entertainment.
- Silence creates space for God to speak.
- Many students discover that what first feels uncomfortable becomes the most peaceful hour of their week.

Speaking the Language of Teenagers

- Jesus offers what your inner most self desires:
- peace instead of anxiety
- purpose instead of confusion
- identity instead of comparison
- rest instead of constant scrolling
- authentic friendship instead of loneliness

Homily & Conversation Starters

Screen Time

- "Your phone tells you exactly how many hours you spend online every week.
- What would happen if one of those hours belonged entirely to Jesus?"

Friendship

- "If Jesus texted you and asked to spend an hour together every week, would you make time?"

Athletics

- "You train your body to become stronger. Adoration trains your soul to become stronger."

Scripture Passages That Resonate with Teens

- Luke 10 – Martha & Mary
- Sometimes the most important thing we can do is simply sit with Jesus.
- Luke 19 – Zacchaeus
- Jesus notices us before we notice Him.
- Luke 24 – Emmaus
- Jesus walks with us even when we fail to recognize Him.
- John 6
- When many disciples left,
- Peter stayed.

- "Lord, to whom shall we go?"
- This is the fundamental question every teenager must answer.

Quotes from St. Carlo Acutis

- The Eucharist is my highway to Heaven.
- Throngs of people stand in interminable lines to buy tickets to rock concerts or soccer matches, but I don't see crowds of people lined up outside church waiting to see Jesus in the Eucharist. This should make us pause and reflect. To always be united with Jesus, this is my life plan.
- Our goal must be the infinite and not the finite. The Infinity is our homeland. We are always expected in Heaven.
- The more Eucharist we receive, the more we will become like Jesus, so that on earth we will have a taste of heaven.
- Sadness is looking at ourselves; happiness is looking towards God
- All people are born as originals, but many die as photocopies.

Common Objections

"I'm too busy."

- We always make time for what matters most.

"I don't know how to pray."

- Start with: "Jesus, I'm here."

"I'm not holy enough."

- Neither were the saints. Jesus transforms ordinary people by spending time with them.

"None of my friends do this."

- Every saint had the courage to take the first step. One student can inspire an entire school.

Final Encouragement for Priests

- Today's young people are not looking for another program. They are looking for meaning, belonging, purpose, and authentic relationships. St. Carlo Acutis is a compelling witness that a joyful, adventurous, fully Catholic life is possible in every generation.
- The invitation is simple: Spend one hour each week with Jesus in the Blessed Sacrament.
- In His presence, students discover that true happiness is not found in achievement, popularity, athletics, or social media, but in the One who knows them completely and loves them without limit.

By standing
in front of the
Eucharistic Christ

St. Carlo Acutis

WE
BECOME
HOLY

