

***The Mass, the Eucharist, and the Spiritual Exercises* by Fr. Thomas Krettek, SJ – Talking Points and Sample Questions**

Talking Points:

- *The Mass, the Eucharist, and the Spiritual Exercises* explores how each can lead us closer to Christ.
- The book shows how the movements of the Spiritual Exercises connect with the structure of the Mass.
- The Spiritual Exercises are not meant to end when a retreat is over. Their lessons can continue through the Mass and everyday life.
- The book encourages Catholics to see the Mass as more than a weekly obligation. It is part of an ongoing journey with Christ.
- Drawing on St. Ignatius of Loyola and St. John Paul II, Thomas Krettek, SJ, connects personal prayer with the sacramental life of the Church.
- The book offers practical guidance for bringing the fruits of a retreat into weekly participation at Mass.
- Readers do not need prior experience with the Spiritual Exercises to benefit from the book.
- The book invites readers to experience the Eucharist as an encounter with Christ that shapes how they live throughout the week.

Sample Interview Questions:

- What inspired you to write *The Mass, the Eucharist, and the Spiritual Exercises*?
- When did you first recognize a connection between the Spiritual Exercises and the Mass?
- Can you share an example of how a movement of the Spiritual Exercises connects with a part of the Mass?
- How can the Spiritual Exercises help Catholics participate more fully in the Mass?
- How can the Mass help people carry the fruits of a retreat into everyday life?
- How did St. Ignatius of Loyola and St. John Paul II influence the book?
- Can someone who has never experienced the Spiritual Exercises still benefit from this book?

- What is one simple way Catholics can bring what they experience at Mass into the rest of their week?