



The Power of Daily Mass: How Frequent Participation in the Eucharist Can Transform Your Life

Bert Ghezzi

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Bestselling author, speaker, editor, and media personality Bert Ghezzi has been a leading figure in American Catholic life for more than forty years. In *The Power of Daily Mass*, he reveals how the Eucharist is the center of his daily life and calls him to witness the Real Presence of Christ to others in his work and relationships. Ghezzi shows how frequent participation in the Mass offers participants courage and hope to face everyday challenges, provides direction and encouragement through the scriptures, allows time to reflect and talk to the Lord, and is an opportunity to intercede for family and friends.

Using quotations from saints and testimonies from fellow daily Mass attendees, Ghezzi encourages Catholics to grow closer to Jesus and receive Christ's power for daily Christian living through the Eucharist. Ghezzi highlights how more frequent participation in weekday Mass is a wonderful way to grow in love for the Lord and receive the guidance for living that can only come from scripture and the Eucharist.



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