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7 LESSONS IN HOLINESS FROM BL. CARLO ACUTIS

HOW TO LIVE A HAPPY LIFE ON THE ROAD TO HEAVEN

7 LESSONS IN HOLINESS FROM BL. CARLO ACUTIS



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Introduction

*“It is Jesus that you seek when you dream of happiness;
He is waiting for you when nothing else you find satisfies you;
He is the beauty to which you are so attracted;
it is He who provoked you with that thirst for fullness
that will not let you settle for compromise;
it is He who urges you to shed the masks of a false life;
it is He who reads in your hearts your most genuine choices,
the choices that others try to stifle.”*

- St. John Paul II

Bl. Carlo Acutis (1991-2006)

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Carlo Acutis once said, “All people are born as originals but many die as photocopies.” Far from being a photocopy, Carlo was unique – and an inspiration to all of us. Even though Carlo Acutis had a short life, his legacy has profoundly influenced the world.

Born in 1991, Carlo fell in the middle of the Millennial generation. With a love for video games, films, sports, and normal “kid” activities, he shows us that everyday people can become holy.

With wisdom far beyond his 15 years, Carlo continues to teach us about Eucharistic devotion, evangelization, and love of the saints. In this eBook, we have listed seven lessons that this holy young man has taught the world.

May God bless you, and may the lessons of Carlo Acutis bring you closer to our Eucharistic Lord. It is our prayer that you discover how much you are loved by Christ and that you live to love Him in return.



Receiving and Adoring the Most Holy Eucharist

Carlo Acutis's love for the Eucharist cannot be overstated. Even though his parents were not particularly religious, Carlo encouraged them to go to Mass frequently as a family. He would also ask his mom to take him to Eucharistic Adoration.

Just after he made his First Communion, Carlo encouraged his family to consecrate themselves to the Sacred Heart. Carlo understood that Jesus' Sacred Heart and the Holy Eucharist are one and the same.

When he was eleven years old, Carlo wanted to teach the world about the Eucharist, so he created a website that catalogued all of the approved Eucharistic miracles, such as the miracle of Lanciano.

Prayer: *Please intercede for me, Blessed Carlo, that I might love our Eucharistic Lord more each day, just as you did.*

Bl. Carlo Acutis's Quotes on the Holy Eucharist

"The Eucharist is the highway to Heaven."

"You go straight to Heaven if you participate in the Mass each day."

"The more we receive the Eucharist, the more we will become like Jesus, so that on this earth we will have a foretaste of Heaven."

"When we face the sun we get a tan ... but when we stand before Jesus in the Eucharist we become saints."

"By standing before the Eucharistic Christ, we become holy."



Confessing Sins Regularly

Carlo Acutis once said, "Our soul is like a hot air balloon. If by chance there is a mortal sin, the soul falls to the ground. Confession is like the fire underneath the balloon enabling the soul to rise again. ... It is important to go to Confession often."

Confession was very important to Carlo. He would confess even small sins, knowing that sins keep us from having a closer relationship with Our Lord.

Carlo said, "What does it matter if you can win a thousand battles if you cannot win against your own corrupt passions? It doesn't matter. The real battle is with ourselves."

Carlo understood that Jesus is always waiting to forgive us for each one of our sins, and he knew that we should trust in Our Lord's Divine Mercy. As Pope St. John Paul II said, "Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God."

Prayer: *Blessed Carlo, Please intercede for me that I might not fear Confession. Help me to see that Our Lord wants to forgive my sins if I will only go to Him in contrition.*



Honoring the Saints

Carlo Acutis had a strong love for the saints, especially the Blessed Mother. In fact, he once said, “The Virgin Mary is the only woman in my life.”

Carlo also had a devotion to St. John, especially because this “beloved disciple” leaned his head on Jesus – near His Sacred Heart – at the Last Supper. Carlo understood this as an act of Eucharistic worship. Since Carlo had a great love for the Most Holy Eucharist, he had a strong devotion to this great Apostle.

Carlo enjoyed spending time in Assisi, mostly because of his love of St. Francis. For this reason, Carlo was buried in Assisi. Also, he was devoted to the angels and once said, “Continuously ask your guardian angel for help. Your guardian angel has to become your best friend.”

Prayer: *Blessed Carlo, please show me how to love the Blessed Mother and the saints even more. And help me to imitate them in my daily life.*

Praying Regularly

Prayer was extremely important in Carlo's life. Mostly, he had a strong love of praying in the presence of the Eucharist. He also had a strong devotion to the Most Holy Rosary.

His gaze was always looking upward. He once said, "Sadness is looking at ourselves. Happiness is looking towards God."

As someone who was always striving to grow closer to the Lord, he said, "The only thing we have to ask God for, in prayer, is the desire to be holy."

Prayer: *Blessed Carlo, you once said, "To always be close to Jesus, that's my life plan." Teach me to grow in my faith and to realize more fully that I am a child of God.*



Loving Others

Carlo Acutis was known among his friends and family as being incredibly humble and kind. He was approachable and friendly – not proud and distant. He wanted to reach people where they were in their journey of faith.

Rajesh Mohur, an employee of the Acutis family, said, “When [Carlo] started to explain to me the Word of God, the Bible, he did so with sweetness. It was as if we had already gone up to Heaven.” Carlo’s witness to Mohur prompted him to be baptized.

Carlo had a special love for the homeless. In fact, he asked his parents to give them sleeping bags, and he would often spend his own money. He would also bring food to them – not leftovers, but the hot meals that his family was eating for dinner.

He also loved his friends and family. Most importantly, he would tell them about the Faith and the love of God. As one example, he frequently went to Mass on First Fridays – and he told his friends about the importance of participating in this devotion. He also encouraged his mother and father to attend church, and due to his example, they became more fervent in their faith.

Prayer: *Blessed Carlo, please intercede that I might love others more – and that I might lead them to Christ in the Eucharist.*



Evangelizing

Due to Carlo's love for God and for others, he had a deep desire to evangelize the world. Pope St. John Paul II called Christians to a new evangelization. He said, "I sense that the moment has come to commit all of the Church's energies to a new evangelization and to the mission *ad gentes*. No believer in Christ, no institution of the Church can avoid this supreme duty: to proclaim Christ to all peoples."

When he was only eleven years old, Carlo answered this call to the new evangelization by designing a website that included 150 Eucharistic miracles. He completed the website the year before he died. Since that time, his website has been turned into a traveling exhibition that has been to many countries on five continents.

Countless people have been strengthened in their faith due to this website and exhibition. Even as a teenager, Carlo was able to reach the world with the message of Jesus.

Prayer: *Blessed Carlo, teach me how I can tell others about Jesus, His Church, and the Most Holy Eucharist. Show me how I can proclaim His Holy Name to everyone I meet.*



Accepting Suffering

Carlo Acutis experienced much suffering at the end of his life. As Carlo was dying of leukemia, a doctor asked him about his pain. He responded, "There are people who suffer much more than me."

With his selfless concern for others – even when he was in such pain – we can learn the lesson of accepting our suffering while also uniting our problems with our Crucified Lord.

Prayer: *Blessed Carlo, please show me how to accept my sufferings – no matter the problem. Show me that my daily sufferings can bring me closer to our dear Lord. And please ask the Lord to intercede that I might quietly accept any pain that I might have.*

Bl. Carlo Acutis's Quotes on Suffering and Death

"Our goal must be infinite, not the finite. The infinite is our homeland. Heaven has been waiting for us forever."

"I offer all the suffering I will have to suffer for the Lord, for the Pope, and the Church."

"Do not be afraid because with the Incarnation of Jesus, death becomes life, and there's no need to escape: in eternal life, something extraordinary awaits us."



Official Prayer for Bl. Carlo Acutis

O God our Father, we thank You for giving us Carlo, a model of life for young people and a message of love for all. You made him fall in love with Your Son Jesus, making the Eucharist his “highway to Heaven.” You gave him Mary as a beloved mother, and You made him, through the Rosary, a cantor of her tenderness. Receive his prayer for us. Look above all upon the poor, whom he loved and assisted.

Grant me too, through his intercession, the grace that I need (*mention your intention*). And make our joy full, raising Carlo among the saints of Your Church, so that his smile shines again for us to the glory of Your name. Amen.

Our Father, Hail Mary, Glory Be

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