

# Jesus and the Eucharist Study

## PARTICIPANT HANDOUT SESSION 2: WHO IS JESUS?



It is without question that no person has changed the world like Jesus of Nazareth. Time is measured from his birth, churches were built to worship him in every corner of the world, cities were named after his followers, and his life has captured countless works of art and literature. Is he a legend, a liar, a lunatic? Or is he who he claimed to be - God in the flesh? Jesus asked Simon Peter, "Who do you say that I am?" (Matthew 16:15). He invites us to answer the question too.

### LECTIO PRAYER

#### 1. Mark 4: 35-41 | The Calming of a Storm at Sea

"On that day, as evening drew on, he said to them, 'Let us cross to the other side.' Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion.

They woke him and said to him, 'Teacher, do you not care that we are perishing?' He woke up, rebuked the wind, and said to the sea, 'Quiet! Be still!' The wind ceased and there was great calm. Then he asked them, 'Why are you terrified? Do you not yet have faith?' They were filled with great awe and said to one another, 'Who then is this whom even wind and sea obey?'"

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#### 2. Litany of the Most Holy Name of Jesus, abridged. Please respond, "have mercy on us."

- ◆ God the Father of heaven, **have mercy on us.**
- ◆ God the Son, Redeemer of the World, **have mercy on us.**
- ◆ God the Holy Spirit, **have mercy on us.**
- ◆ Jesus, Son of the living God, **have mercy on us.**
- ◆ Jesus, King of Glory, **have mercy on us.**
- ◆ Jesus, Son of the Virgin Mary, **have mercy on us.**
- ◆ Jesus, most powerful, **have mercy on us.**
- ◆ Jesus, most patient, **have mercy on us.**
- ◆ Jesus, most obedient, **have mercy on us.**
- ◆ Jesus, meek and humble of heart, **have mercy on us.**
- ◆ Jesus, God of Peace, **have mercy on us.**
- ◆ Jesus, Author of Life, **have mercy on us.**
- ◆ Jesus, the Good Shepherd, **have mercy on us.**
- ◆ Jesus, eternal Wisdom, **have mercy on us.**
- ◆ Jesus, infinite Goodness, **have mercy on us.**
- ◆ Jesus, our Way and our Life, **have mercy on us.**

### STUDY OVERVIEW

- 1: What's Our Story?
- 2: Who Is Jesus?
- 3: Am I Saved?
- 4: Why a Church?
- 5: God is with Us
- 6: The Story of the Eucharist
- 7: Bread for the Journey

**PART 1: LESSON** \* (Selected quotes from the lesson are provided below for your reference.



As you listen, feel free to write notes in the space provided.)

1. Jesus Christ is easily the most dominant figure in all of history. That makes no sense at all. A guy that had no money, no armies, no power - the most dominant figure in all of history? Who was this man? **Chris Stefanick**
2. [Jesus asked his disciples], "But who do you say that I am?" . . . He didn't care what the world said . . . He cared what they said in their hearts. He cares what you say. **Chris Stefanick**
3. At the center of Christianity is the claim that God came looking for us. **Chris Stefanick**
4. To redeem us, he came and entered our experience of life. He was born into a world of death; he was born behind enemy lines. And from within, he changed everything it means to be a human being." **Chris Stefanick**
5. We have more historical evidence about Jesus of Nazareth than we have about most other ancient historical figures that people never call into question. **Dr. Brant Pitre**
6. These people died, one after another, to uphold an eye-witness testimony [that Jesus rose from the dead]. It makes no sense to do that, if you know what you are testifying about isn't true. **Chris Stefanick**
7. 7. After Jesus of Nazareth died, was crucified, and then rose from the dead . . . one by one, pagan cities, pagan towns, pagan peoples . . . began to convert. **Dr. Brant Pitre**

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\* Lesson content provided by the Augustine Institute's study, The Search, Session 5

**PART 1: TABLE DISCUSSION QUESTIONS**

**After reading the Table Discussion Guidelines on page 3, Facilitator please read the following out loud:**

I will read the discussion questions out loud and pause for a moment to allow time for reflection, and then I will share first.

**For the first discussion, each person is invited to share on one or both of the following questions:**

1. What stood out to you in the time of prayer or in the lesson?
2. What or who helped foster your faith, and how?
3. What is one struggle or doubt that you have experienced in your faith journey, and how have you grown to believe and trust in Jesus?



## 1. General Discussion Guidelines (read by the table facilitator)

- ◆ My job as a facilitator is simply to make sure that everyone at the table has an opportunity to contribute, the time is shared amongst all table members, and the discussion stays on track. As a member of the small group, I will be involved in the table discussion.
- ◆ Note that table facilitators are not necessarily theologians or experts.

## 2. Respectful Discussion Guidelines (read by a member of the group who volunteers)

- ◆ Everyone's input is valued. We are here to listen to each other and to the promptings of the Holy Spirit with a disposition of the heart that we all have something to learn. As it says in 1 Thessalonians 5:11, "Therefore, encourage one another and build one another up, as indeed you do."
- ◆ The purpose of the table discussions is to build relationships and exchange perspectives among table members. We are not here to debate or to try to reach a table consensus. Expect differing viewpoints and presume the good will of the other.
- ◆ People may share personal experiences. Please be sensitive to this vulnerability and do not share others' private information outside this group.

## 3. Process for Sharing (read by another member of the group who volunteers)

- ◆ To open our table discussion, we will use the "Process for Sharing," which offers everyone an opportunity to comment.
  - **The table facilitator will read the discussion questions out loud and pause for a moment to allow time for reflection, and then the facilitator will share first.**
  - **After the facilitator is done, he or she invites another to share. You can invite anyone at the table, whether they are next to you or across from you. After that person has shared, they invite another. You will do this until everyone at your table has been asked to share.**
  - **All are encouraged to share but no one should feel pressured to speak. If you don't want to share, simply say "pass," and ask another to share.**
  - **We ask you to listen and not immediately respond to someone's sharing during this process. Listening is one of the greatest gifts we can give to each other.**
  - **Please limit your sharing to a couple of minutes to allow time for all to share.**
- ◆ Once this process is complete, the table facilitator will initiate an open table discussion. Now, please turn to Page 2 and your Table Facilitator will open the table discussion.

## PART 2: LESSON \* (Selected quotes from the lesson are provided below for your reference.



As you listen, feel free to write notes in the space provided.)

1. There is something different about Jesus. Something that sets him apart - He claimed divinity.  
**Chris Stefanick**
2. These are the three options. Jesus was either a liar, or a lunatic, or he was, in fact, the Lord. And you have to make your choice. **Dr. Brant Pitre**
3. There are prophecies in the Jewish Scriptures about Jesus being born in Bethlehem, his being raised in Nazareth, his going into Jerusalem riding on a donkey - prophecies even about his suffering and his death on Good Friday. . . . God was preparing humanity to understand who this man was when he would show up on the scene. **Dr. Edward Sri**
4. “Christianity is not a collection of truths to be believed, or laws to be obeyed. . . . Christianity is a person, one who loved us so much, one who calls for our love. Christianity is Christ.” **St. Oscar Romero**
5. Jesus reflects a perfect humanity - not less human for being more perfect, but precisely more human for being the perfect expression of what God had willed for the human race from the beginning. **Dr. Sean Innerst**
6. All the stuff we do as Christians is not about adding to-dos to our already overwhelmingly busy lives. The stuff we do as Christians is about drawing near to the source of life itself. **Chris Stefanick**
7. How do we respond to the radical claims of Christianity, the radical claims that Jesus made for himself? The way you answer that question changes everything. So, who do you say he is? **Chris Stefanick**

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\* Lesson content provided by the Augustine Institute's study, The Search, Session 5

## PART 2: TABLE DISCUSSION QUESTIONS

### Table Facilitator, please read the following out loud:

We will once again begin our table discussion with the “Process for Sharing.” I will read the discussion questions out loud, and pause for a moment to allow time for reflection, and then I will share first.

### For the discussion, each person is invited to share on one or two of the following questions:

1. What stood out to you or was an “aha” moment in the video lesson?
2. How do you answer the question Jesus posed: “Who do you say I am?”
3. What habit or practice have you found helpful in growing your relationship with the Lord? How might you make Jesus a constant presence and priority in your life?