

Jesus and the Eucharist Study PARTICIPANT HANDOUT SESSION 7: BREAD FOR THE JOURNEY



Just as manna was the bread for the Israelites on their journey to the Promised Land, so the Eucharist is the bread for our journey to heaven. The Eucharist is our daily bread, our sustenance, and our source of every grace and blessing. As Pope Francis highlighted in a homily on Corpus Christi in 2021: "To celebrate the Eucharist, we need first to recognize our thirst for God, to sense our need for him, to long for his presence and love, to realize that we cannot go it alone, but need the Food and Drink of eternal life to sustain us on our journey" (Corpus Christi, June 6, 2021).

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

LECTIO PRAYER

1. Matthew 28:16–20 | The Commissioning of the Disciples

"The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted.

"Then Jesus approached and said to them, 'All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And, behold, I am with you always, until the end of the age."

2. Litany to the Sacred Heart of Jesus, abridged. Please respond, "have mercy on us," or as noted.

- God our Father in heaven, have mercy on us.
- God the Son, Redeemer of the world, have mercy on us.
- God the Holy Spirit, have mercy on us.
- Heart of Jesus, Son of the eternal Father, have mercy on us.
- Heart of Jesus, holy temple of God, have mercy on us.
- Heart of Jesus, aflame with love for us, have mercy on us.
- Heart of Jesus, worthy of all praise, have mercy on us.
- Heart of Jesus, in whom the Father is well pleased, have mercy on us.
- Heart of Jesus, patient and full of mercy, have mercy on us.
- Heart of Jesus, atonement for our sins, have mercy on us.
- Heart of Jesus, source of all consolation, have mercy on us.
- Heart of Jesus, our life and resurrection, have mercy on us.
- Heart of Jesus, salvation of all who trust in you, have mercy on us.
- Jesus, gentle and humble of heart. Touch our hearts and make them like your own.



I. Food for the Journey

A. God gives the Israelites manna for their journey in the wilderness.

B. The Eucharist is true bread from heaven that sustains us on our spiritual journey.

C. The Eucharist is also a foretaste of heaven.

 We receive Christ, who is our ultimate Love.
 We are brought into communion with God and with everyone else who is in communion with God.
 In the Mass, we worship God together with all the angels and saints in heaven.

II. The Mass

- A. Liturgy of the Word
 - 1. We encounter God in Scripture.

2. We respond in faith through the Creed and the Prayers of the Faithful.

B. Liturgy of the Eucharist

 In the Liturgy, the bread and wine are changed into the Body and Blood of Jesus, and his whole Paschal Mystery is made present in the Eucharist
 The climax of the liturgy for each of us is when we worthily receive Jesus in Holy Communion, "who makes us sharers in his Body and Blood to form a single body" (CCC, no. 1331).

C. Story of Emmaus

 The story of Emmaus shows us the meaning and pattern of the Mass—Word and Sacrament.
 Liturgy of the Word—Jesus interprets the

Scriptures for the disciples.

3. Liturgy of the Eucharist—Jesus takes, blesses, breaks, and gives the bread.

 * Lesson content provided by the Augustine Institute's study, The Presence, Session 3

PART 1: TABLE DISCUSSION QUESTIONS

Table Facilitator, please read the following out loud: We will begin our table discussion with the "Process for Sharing." I will read the discussion questions out loud and pause for a moment to allow you 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 are some practical ways you are intentional about preparing for and participating in the sacrifice of the Mass?
- 3. From where do you derive your strength, meaning, and purpose in life? What role does the Eucharist play in this?



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.



II. The Mass - continued

III. Rules for receiving the Eucharist

A. Never receive the Eucharist in a state of mortal sin (see 1 Corinthians 11:27–29).

B. Fast from food and drink (except water or medicine) for at least one hour before receiving the Eucharist. (There is an exception for the elderly, the infirm, and those who care for them—see Code of Canon Law #919, para. 3).

C. Receive the Eucharist at least once a year during the Easter season.

IV. Our participation in Mass

A. We participate in Christ's sacrifice (see Colossians 1:24).

B. We intentionally give ourselves back to God when we prepare to receive the Eucharist.

C. The Eucharist is our offering of thanksgiving to God. The word "Eucharist" in Greek means "thanksgiving."

V. Eucharistic adoration

A. "I look at Jesus, and Jesus looks at me."

B. Jesus is present in every tabernacle, waiting for us, desiring us.

VI. Sent forth

A. Ite, missa est—we are sent out from Mass with a purpose.

* Lesson content provided by the Augustine Institute's study, The Presence, Session 3

B. The world needs us to share what we have received.

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. Reflecting on our seven sessions, what stood out to you the most? What is one thing you will take away from these sessions and begin to apply to your life?
- 2. What in your life can you bring to the altar to be transformed by God, like the bread and wine are?
- 3. Please share how you feel called to live out the mission we are given at the end of Mass, especially after receiving the gift of Jesus in the Eucharist.