

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.**



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.

