

Remain in Me

A Process of Reflection on
Take, Bless, Break, Share: A Strategy for Eucharistic Revival
By Cardinal Blase Cupich

Session 1: *The Imperative of Worship*

7:00-7:05 Welcome – We are invited to pray about, contemplate, and discuss the Catholic Tradition of the Eucharist as the central act of worship that sustains the life of faith. As we grow our understanding and appreciation of “The Imperative of Worship,” we will draw closer to God as the very source of our strength, joy and peace.

7:05-7:20 Lectio-Divina Prayer – Take a moment to quiet ourselves – take a few deep breaths and rest in God’s loving presence as we begin our time together in prayer. As we slowly read this Scripture passage, thoughtfully imagine yourself in the scene. What word or phrase stands out to you?

A reading from the Holy Gospel according to Matthew (Matthew 11:25-30)

At that time Jesus exclaimed: “I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except for the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

- What word or phrase captures your attention?
- What do you feel that God is saying to you?
- What feelings are arising within you?
- Respond to God from your heart.

Lord, Jesus, you continually invite us into the mystery of your life, death, and resurrection. We come to you now and we praise you, and the Father, and the Holy Spirit. Open our hearts to your presence among us, helping us to find rest in you. We ask you to also open our hearts and minds to your presence in the Eucharist, that we may come to better appreciate the necessity of the Eucharist in our lives as Catholics. We ask this in your name. Amen.

Remain in Me

A Process of Reflection on
Take, Bless, Break, Share: A Strategy for Eucharistic Revival
By Cardinal Blase Cupich

7:20-7:30 Reflection Video

7:30-7:45 Reflection Questions – for journals

- On any given Sunday, what are the things to which I normally give my time and attention? If I were to prioritize this list, where does Sunday Mass fall?
- Finish these sentences: When I participate in Sunday Mass, I experience...My spirit is nourished by...I feel connected to the others who are there through...
- Do I experience Sunday as a communal celebration; that is, as something I am doing *with others*? Or do I experience it as my own personal prayer time?
- How can participation in worship help me to refocus my attention on what truly matters in my life as well as in the lives of others?

7:45-7:55 Personal Reflection Video

7:55--8:15 Small Group discussion

- Share and discuss your reactions to what you have seen, reflected on, and heard so far tonight.
- What does it mean to SHARE the Eucharist?
- What are you looking for in the Eucharist?
- How can the encounter of the Eucharist be more powerful for you?

8:15-8:25 Go Forth

- Take a moment to reflect on the ways in which God has moved your heart and inspired you during this time of prayer and conversation.
- Do you feel inspired to better appreciate or reflect more deeply upon the Eucharist as the “source and summit” of your life in Christ?
- Are you moved to place God, the very source of peace and joy, above other things in your life or re-prioritize worship over those things that steer you away from God?
- Do you sense a different invitation from Jesus at this moment?
- Write down a key “take-away” from today’s reflection and discussion, and then consider your first next-step to grow closer to Jesus in the Eucharist.

Remain in Me

A Process of Reflection on
Take, Bless, Break, Share: A Strategy for Eucharistic Revival
By Cardinal Blase Cupich

8:25-8:30 Closing Prayer

As we close in prayer, let us pause to reflect on the inspirations that have come to us during this time together...(pause)...if you have any personal prayers or intentions to lift up at this time, I invite you to share them now...(after each intention, say, “We pray to the Lord,” and all respond, “Lord, hear our prayer).”

Lord, Jesus, help us to be open to your invitation, and to remain mindful of what the Eucharist means – not only for our practice of worship, but also for how we leaven the world you have made for us. May our love for one another be strengthened and nourished by our celebration of the Eucharistic mystery together, and may this love be a source of unity and healing for the life of the world. We ask this through Christ, our Lord.

Amen.