

Remain in Me

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

Session 3: *The Eucharist as a Summons to Participation*

7:00-7:05 Welcome – We are invited to pray about, contemplate, and discuss how the Eucharist, the Lord’s action in his Paschal Mystery, beckons us to active participation in the Mass. When we are open to the Eucharist as the invitation of Jesus Christ himself, we become much more than passive guests at Mass. We begin to recognize and appreciate *“The Eucharist as Summons to Participation.”*

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 Luke (Luke 24:30-34)

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that, their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning (within us) while he spoke to us on the way and opened the scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!”

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

- What word or phrase captures your attention?
- What do you feel 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.

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7:20-7:30 Reflection Video

7:30-7:45 Reflection Questions

- What helps me to prepare for the Eucharistic celebration? What is one small change that I can make today to better prepare to encounter Jesus in the Eucharistic celebration?
- Pope Francis notes that in participating in the celebration of the Eucharist, it is because Jesus has drawn us there. When I participate in Mass, do I feel as if I have been drawn there by Jesus Christ?
- In what ways do I externally participate in the celebration of the Mass? In what ways do I internally participate in the celebration of the Mass?
- In the end, the liturgy is about encountering the person of Jesus Christ. Which aspects of the liturgy most support this encounter for me? How could I enter more deeply into that personal encounter? How can I offer this encounter to others?

7:45-7:55 Personal Reflection Video

7:55--8:15 Small Group discussion

- "I don't get anything out of Mass!" Do you or someone you know feel this way at times? If so, what might shift that perspective?
- Why do I lack faith when it comes to the transubstantiation doctrine of the Church? Do I truly believe that the bread and wine turn into the Body and Blood of Jesus?
- What does full participation during the Eucharistic liturgy mean to you? In what ways might you engage more intentionally during the liturgy?

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.
- Has your heart become more aware of, or open to, the invitation of the Lord and the summons to active participation in the Mass?
- How can you prepare for Mass and reimagine your participation in the liturgy in new ways, so the experience may become more meaningful for you?
- Do you sense a different invitation from Jesus?

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- 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.

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.