

Remain in Me

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

Session 2: The Eucharist as a Matter of Life and Death

7:00-7:05 Welcome – We are invited to pray about, contemplate, and discuss the great importance of worship and how the Eucharist is vital to our lives as Catholics. As we ponder the Bread of Life as God’s response to the deepest hunger of the human heart, may we grow in the desire to receive “The Eucharist as a Matter of Life and Death.”

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 John (John 6:53-58)

Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood have eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink.

Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”

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

- In addition to basic human needs (nourishment, clothing, shelter, etc.), what sort of things do I consider “essential” to my life?
- What are the various ways that participation in Sunday Mass *nourishes* me?
- Have I ever thought of the Eucharist as a matter of life and death before? How does this notion challenge or resonate with me?
- As I look back, do I recognize a time when Jesus was in my midst, nourishing and consoling me? In what ways might that experience have sustained me on my journey?

7:45-7:55 Personal Reflection Video

7:55--8:15 Small Group discussion

- What are your reactions to what you have seen, reflected on and heard so far tonight?
- How do you react to St. Augustine’s admonition to “receive what you are and be what you receive?”
- Wheat and grapes are crushed to make bread and wine. What does this say about Eucharistic transformation?

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 been moved to contemplate the ways in which the Eucharist is an important gift for your life?
- Do you feel inspired to consider the ways in which the Eucharist, the Bread of Life, can console and sustain you in the midst of the difficulties of life?
- Do you sense a different invitation from Jesus?
- 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.

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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.