



# Remain in Me

## A Process of Reflection on Take, Bless, Break, Share

### From the Sacrifice of Jesus to Our Sacrificial Living

In this fourth reflection, based on chapter four of *Take, Bless, Break, Share: A Strategy for a Eucharistic Revival*, by Cardinal Blase Cupich, we are invited to pray about, contemplate, and discuss the ways that active participation in the Mass is also fruitful participation that strengthens us for daily living. As we encounter the One who gave everything for us, we are invited to re-imagine how true participation in the Eucharist will lead us “*From the Sacrifice of Jesus to Our Sacrificial Living.*”

#### Reflection Questions

- When have I sacrificed myself for another? What did I give up or change and how did it affect me? How did I feel when making this sacrifice?
- How has another person sacrificed himself or herself for me during my life? What did they give up or change and how did that affect me? How did I feel when they made that sacrifice on my behalf?
- What do the words for the dismissal at the end of Mass: “Go and announce the Gospel of the Lord” mean to me?

#### Small Group Discussion

In small groups, share and discuss your reactions to the video presentations and your responses to the following discussion questions. Some people in your group may also want to share their thoughts and experiences related to the personal reflection questions. Allow the Holy Spirit to guide your conversation with one another.

- How can participation in the Eucharist help you to live out the charge of the dismissal of Mass (to “go and announce the Gospel of the Lord”); influencing your most important relationships, your circle of friends, and your wider community?

- In the Mass we hear the words, “Pray brothers and sisters, that my sacrifice and yours may be acceptable to God, the Almighty Father.” What does this mean for you? What is your sacrifice?
- What are some things that you might do that would allow you to be more open to the transforming power of the Mass?

## **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.

***As we join ourselves to the self-sacrificing love of Jesus manifested on the Cross, we are called to replicate his sacrifice in our daily lives.***

- Do you feel inspired to reflect more deeply upon the ways in which the Eucharist leads you out of the liturgy and into ordinary life?
- Have you felt moved to consider how receiving the Eucharist will strengthen you to imitate Christ’s self-sacrificial love as you serve others in your family, community, and society?
- 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.***

## **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.