



Remain in Me

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

The Eucharist as a Matter of Life and Death

In this second reflection, based on chapter two 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 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.*"

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?

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 does your participation in Sunday Eucharist strengthen you for the many challenges we face in our lives?
- Jesus says that anyone who does not partake of his body and blood will not have life within. How does participation in the liturgy affect your own "inner life"?
- In the Gospel of John, Jesus refers to himself as the "Bread of Life." How do you understand this? Can you identify how your participation in the celebration of Mass and your reception of Communion are "life-giving"?

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.

Jesus, in the Eucharist, is the living bread which came down from heaven to give life to the world.

- 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.

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.