



Remain in Me

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

The Imperative of Worship

In this first reflection, based on chapter one 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 Catholic Tradition of the Eucharist as the central act of worship that sustains the life of faith. As we grow in 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.

Reflection Questions

- 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?

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.

- Describe an experience of being moved to a sense of awe and surrender before something greater than yourself.
- Describe an experience of Mass in which you can say that you truly encountered Jesus.
- Consider the difference between the “obligation” to worship on Sundays and the “necessity.” What does this distinction suggest? How does our communal experience of the liturgy reflect this sense of its necessity to our Catholic living?

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.

Encounter with the risen Christ in the Eucharist is essential to our lives as followers of Jesus.

- 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 which steer you away from God?
- Do you sense a different invitation from Jesus in 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.

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.