



# Remain in Me

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

### The Eucharist is the Sacrament of the Lord's Abiding Presence

In this fifth reflection, based on chapter five of *Take, Bless, Break, Share: A Strategy for a Eucharistic Revival*, by Cardinal Blase Cupich, we are invited to pray about, contemplate, and discuss how Eucharistic Adoration, which flows from the Mass, highlights the abiding presence of the Lord in his sacrament. When we understand the Eucharist as more than a symbol and draw close to the Eucharist, we see the true love that Jesus has for each one of us, because “*The Eucharist is the Sacrament of the Lord's Abiding Presence.*”

#### Reflection Questions

- Have I had an experience in my life when I was able to say with conviction, “I have seen the Lord”?
- Is it easy or is it difficult for me to see the presence of Christ when I gather with the rest of my parish to celebrate Sunday Mass?
- How do I experience the connection between the celebration of the Mass and Eucharistic devotion? In my prayer life, what role does the practice of Eucharistic devotion play (e.g., Adoration, Exposition and Benediction of the Blessed Sacrament, etc.)?

#### 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 in your life when you were able to say with conviction, “I have seen the Lord.” Share how your experience of encountering the Lord impacts your daily life as a Christian.

- How do you experience the presence of Christ in the community when you gather for Mass? His presence in the proclamation of the Word? In the Presider of the Mass?
- Describe your experiences of Eucharistic devotions. How have they compelled you, as Pope Francis says, to share the experience of Christ's presence with others?

## **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.

***We encounter the risen Christ, his true and real presence, in the Eucharist and the other Sacraments.***

- Are you moved to discover anew the Lord's great gift of himself and to spend time with him in the celebration of the Holy Mass and in personal prayer and adoration before the Blessed Sacrament?
- Do you feel called to reflect on a time when you encountered, received and joyfully responded to the gift of Christ's presence in the Eucharist?
- 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.