

Walking in the *Foot Prints* of Jesus

A Discipleship Journey



Discipleship Habit #3: Attend Mass Often

Week 19

Eucharist: Receiving, Physically & Spiritually the
Body & Blood of Christ

This weekly material is offered to support our Discipleship Journey as we walk in the foot prints of Jesus.

We encourage you to use this material as a part of your daily prayer practice as follows:

- ❖ Begin with the Opening Prayer.
- ❖ Reflecting on the Real Presence of Christ.
- ❖ Close with the Closing Prayer.

Let us pray for each other that we are transformed, as individuals and as community, by this Discipleship Journey.

Opening Prayer

Lord Jesus, You are good, for You are a faithful God. By offering us the sacrifice of Your Body and Blood, You lovingly give us Your grace and invite us into deep relationship. Forgive us for the times that we've failed to recognize that You desire to be truly present with us and in us through the Eucharist. In Your Scripture you tell us of the first Eucharist, "I have eagerly desired to eat this Passover with you before I suffer." (Luke 22:15) Thank You for giving Yourself to us in the Eucharist so freely and so completely. Help us to know that You eagerly await us at every Mass. Lord, inspire us to grow in intimate union with You be receiving You in the Eucharist often. Jesus we trust in You. We make this prayer in the name of the Father and of the Son and of the Holy Spirit.

AMEN

Reflection: Reflecting on the Real Presence of Christ in the Eucharist

(Excerpt from *The Catholic Faith Handbook* (St. Mary's Press))

Why does the Eucharist hold such an esteemed place in Catholic life? It is because the Eucharist brings together in a single ritual all of the important elements of the Catholic faith. In it we recall what God has revealed to us through history in the Liturgy of the Word. Through the power of the Holy Spirit, we remember and make present the life, death, and resurrection of Jesus Christ. We actually receive Jesus Christ – physically and spiritually – when we receive the consecrated bread and wine, which become the Body and Blood of Jesus Christ.

One way to participate more fully in the Eucharist is to spend time reflecting on what the celebration means. Give some prayerful thought to the insights quoted below:

- ❖ Jesus said to them, “I am the bread of life. Whoever comes to Me will never be hungry, and whoever believes in Me will never be thirsty.” (John 6:35)
- ❖ God has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which He is to go about doing good. Yours are the hands with which He is to bless His people. (Saint Teresa of Avila)
- ❖ This holy Mass, this Eucharist is clearly an act of faith...This Body broken and this Blood shed for human beings encourage us to give our body and blood up to suffering and pain, as Christ did – not for self, but to bring justice and peace to our people. (Oscar Romero)
- ❖ Be what you see, and receive what you are. (Saint Augustine)

How do you experience Jesus Christ’s presence in the Eucharist?

How has your life been changed by receiving the Eucharist over the years?

Closing Prayer

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
and with Thy angels
Forever and ever
Amen.

Anima Christi