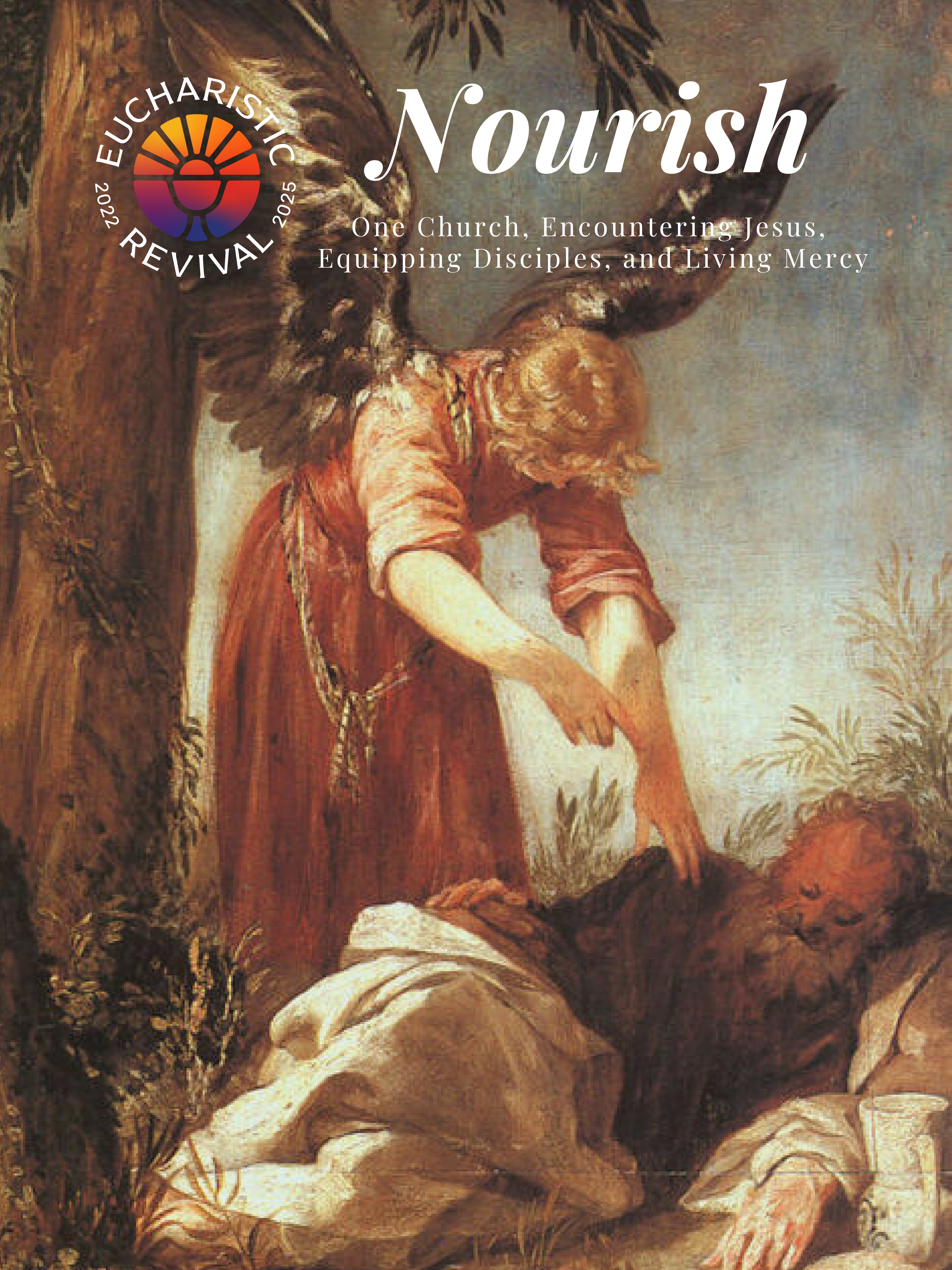




Nourish

One Church, Encountering Jesus,
Equipping Disciples, and Living Mercy



Week One: God Provides for Me

Psalm 34:5, 9-11

℟ Taste and see the goodness of the Lord.

I sought the LORD, and he answered me, delivered me from all my fears. **℟**

Taste and see that the LORD is good; blessed is the stalwart one who takes refuge in him. **℟**

Fear the LORD, you his holy ones; nothing is lacking to those who fear him. **℟**

The rich grow poor and go hungry, but those who seek the LORD lack no good thing. **℟**

Conversation Starter

1. What is a food you never get sick of?
2. What is one of the best gifts you have received? What made it so special?



Still Life, New Britain Museum of American Art

Week One:
God Provides for Me

WRAP with Scripture – Isaiah 25:1,6–9

The Lord promises a time when we will see him clearly and he will provide for our every need.

O LORD, you are my God, I extol you, I praise your name; For you have carried out your wonderful plans of old, faithful and true. On this mountain the LORD of hosts will provide for all peoples a feast of rich food and choice wines, juicy, rich food and pure, choice wines. On this mountain he will destroy the veil that veils all peoples, The web that is woven over all nations. He will destroy death forever. The Lord GOD will wipe away the tears from all faces; The reproach of his people he will remove from the whole earth; for the LORD has spoken. On that day it will be said: “Indeed, this is our God; we looked to him, and he saved us! This is the LORD to whom we looked; let us rejoice and be glad that he has saved us!”

Write

Reflect

Apply

Pray

Week One:
God Provides for Me

Going Deeper Questions

1. Describe your relationship with God as you were growing up. What does it look like now?
2. How has God provided for you in the last three-six months?

Group Action

Commit to making a list of all the ways in your life you have been provided for (e.g. family, friends, career, experiences, shelter, meals, etc.), Put it in a place where you will see it often.

Psalm 34:5, 9-11

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I sought the LORD, and he answered me, delivered me from all my fears. **R**

Taste and see that the LORD is good; blessed is the stalwart one who takes refuge in him. **R**

Fear the LORD, you his holy ones; nothing is lacking to those who fear him. **R**

The rich grow poor and go hungry, but those who seek the LORD lack no good thing. **R**

Week Two: Food of Angels

Psalm 78:2, 24-25

℟ I am the salvation of the people, says the Lord. I will be their Lord forever.

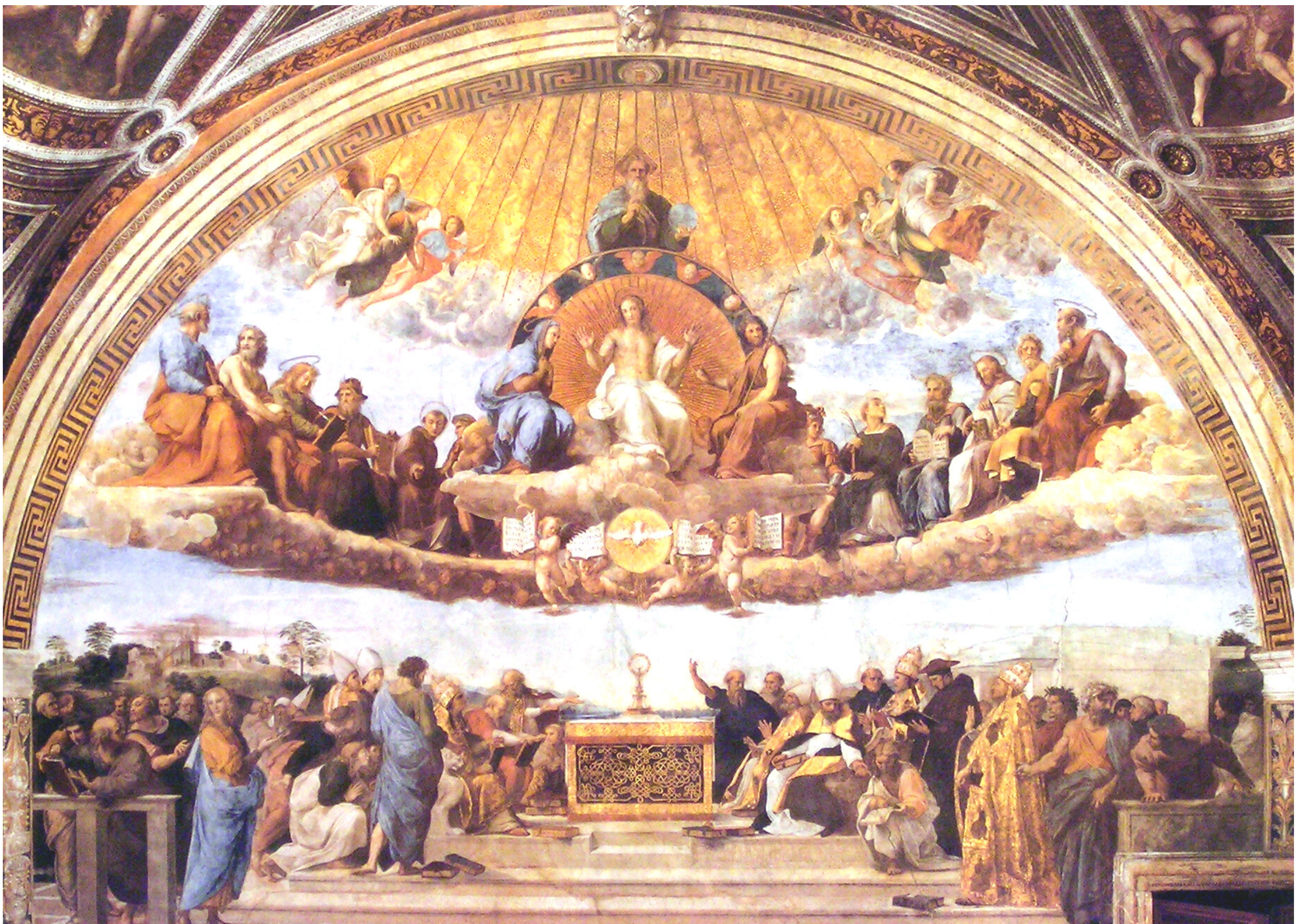
I will open my mouth in a parable, unfold the puzzling events of the past. ℟

God rained manna upon them for food; grain from heaven he gave them. ℟

Man ate the bread of the angels; food he sent in abundance. ℟

Conversation Starter

1. What was something you worked hard to save up for as a kid?
2. When in your life do you remember being encouraged by another person?



Disputation of the Holy Sacrament, c. 1509-1510 (Raphael)

Week Two:
Food of Angels

WRAP with Scripture - Wisdom 16:20-21, 25-26

The Lord provides for each of us in the way we need it most.

For the wicked who refused to know you were punished by the might of your arm, were pursued by unusual rains and hailstorms and unrelenting downpours, and were consumed by fire. Instead of this, you nourished your people with food of angels and furnished them bread from heaven, ready to hand, untroubled-for, endowed with all delights and conforming to every taste. For this substance of yours revealed your sweetness toward your children, and serving the desire of the one who received it, was changed to whatever flavor each one wished. Therefore at that very time, transformed in all sorts of ways, it was serving your all-nourishing bounty according to what they needed and desired; That your children whom you loved might learn, O LORD, that it is not the various kinds of fruits that nourish, but your word that preserves those who believe you!

Write

Reflect

Apply

Pray

Week Two: **Food of Angels**

Going Deeper Questions

1. What is your experience of receiving Jesus in the Eucharist?

2. What is one grace you desire to receive from the Lord? (Examples: to be seen and known by the Lord, to know the mercy of Jesus, peace within relationships, courage in a difficult situation, etc.)

Group Action

Write down the grace you desire and pray for it each day over the next week.

Psalm 78:2, 24-25

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I will open my mouth in a parable, unfold the puzzling events of the past. **℟**

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Man ate the bread of the angels; food he sent in abundance. **℟**

Week Three: Strength for the Journey

Psalm 107:5-9

✠ Give thanks to the LORD for he is good, his mercy endures forever!

They were hungry and thirsty; their life was ebbing away. ✠

In their distress they cried to the LORD, who rescued them in their peril, Guided them by a direct path so they reached a city to live in. ✠

Let them thank the LORD for his mercy, such wondrous deeds for the children of Adam. ✠

For he satisfied the thirsty, filled the hungry with good things. ✠

Conversation Starter

1. When do you get "Hangry" (Hungry and angry)?
2. How do you take care of yourself when you are feeling discouraged?



The Prophet Elijah, c. 1550-1560 (Daniele da Volterra)

Week Three:
Strength for the Journey

WRAP with Scripture - 1 Kings 19:3-8

The Lord cares for our physical and spiritual needs before sending us to proclaim his word.

Elijah was afraid and fled for his life, going to Beer-sheba of Judah. He left his servant there and went a day’s journey into the wilderness, until he came to a solitary broom tree and sat beneath it. He prayed for death: “Enough, LORD! Take my life, for I am no better than my ancestors.” He lay down and fell asleep under the solitary broom tree, but suddenly a messenger touched him and said, “Get up and eat!” He looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the LORD came back a second time, touched him, and said, “Get up and eat or the journey will be too much for you!” He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

Write

Reflect

Apply

Pray

Week Three: **Strength for the Journey**

Going Deeper Questions

1. How does the Lord care for you when you are ready to give up?
2. When was a time you experienced hardship and the care of the Lord? Where in your life do you need to be strengthened by the Lord now?

Group Action

The next time you receive the Eucharist, ask for strength in the area you need it most.

Psalm 107:5-9

Re Give thanks to the LORD for he is good, his mercy endures forever!

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In their distress they cried to the LORD, who rescued them in their peril, Guided them by a direct path so they reached a city to live in. **R**

Let them thank the LORD for his mercy, such wondrous deeds for the children of Adam. R

For he satisfied the thirsty, filled the hungry with good things. **R**

Week Four:
Your Word is Sweet as Honey

Psalm 63:6-9

☞ My soul is thirsting for you, O Lord my God.

My soul shall be sated as with choice food, with joyous lips my mouth shall praise you! ☞

I think of you upon my bed, I remember you through the watches of the night ☞

You indeed are my savior, and in the shadow of your wings I shout for joy. ☞

My soul clings fast to you; your right hand upholds me. ☞

Conversation Starter

1. What is the strangest thing you have ever eaten?
2. When was a time you didn't know what words to use?



Illuminated manuscript, c.1146. From the Lambeth Bible, London, Lambeth Palace Library

Week Four:
Your Word is Sweet as Honey

WRAP with Scripture - Ezekiel 3:1-4, 10-11

The nourishment of the Lord provides us with the words to speak.

[The Lord] said to [Ezekiel]: Son of man, eat what you find here: eat this scroll, then go, speak to the house of Israel. So I opened my mouth, and he gave me the scroll to eat. Son of man, he said to me, feed your stomach and fill your belly with this scroll I am giving you. I ate it, and it was as sweet as honey in my mouth. Then he said to me, Son of man, go now to the house of Israel, and speak my words to them.

Then he said to me, Son of man, take into your heart all my words that I speak to you; hear them well. Now go to the exiles, to your own people, and speak to them. Say to them, whether they hear or refuse to hear: Thus says the LORD God!

Write

Reflect

Apply

Pray

Week Four:
Your Word is Sweet as Honey

Going Deeper Questions

1. What is your experience of talking about your faith with other people?
2. How has the Lord provided courage when you needed it most?

Group Action

Who is someone you wish could experience God's encouragement? Pray for that person by name the next time you are at Mass, then ask the Lord for the words to say to them and commit to texting, calling, or writing a letter this week.

Psalm 63:6-9

℟ My soul is thirsting for you, O Lord my God.

My soul shall be sated as with choice food, with joyous lips my mouth shall praise you! **R**

I think of you upon my bed, I remember you through the watches of the night \bar{R}

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My soul clings fast to you; your right hand upholds me. **R**

Week Five: All Were Satisfied

Psalm 23:2-3,5

℟ The LORD is my shepherd; there is nothing I lack.

In green pastures he makes me lie down; to still waters he leads me; ℟

he restores my soul. He guides me along right paths for the sake of his name. ℟

You set a table before me in front of my enemies; You anoint my head with oil; my cup overflows. ℟

Conversation Starter

1. What was the best party you have ever been to?
2. Describe an experience of not having enough of something you needed.



The Miracle of the Loaves and Fishes, c. 1886-1896 (James Tissot)

Week Five:
All Were Satisfied

WRAP with Scripture - Matthew 15:32-38

As Jesus feeds the crowds, he invites us to help him. But we will also walk away satisfied.

Jesus summoned his disciples and said, “My heart is moved with pity for the crowd, for they have been with me now for three days and have nothing to eat. I do not want to send them away hungry, for fear they may collapse on the way.” The disciples said to him, “Where could we ever get enough bread in this deserted place to satisfy such a crowd?” Jesus said to them, “How many loaves do you have?” “Seven,” they replied, “and a few fish.” He ordered the crowd to sit down on the ground. Then he took the seven loaves and the fish, gave thanks, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied. They picked up the fragments left over—seven baskets full. Those who ate were four thousand men, not counting women and children.

Write

Reflect

Apply

Pray

Week Five:
All Were Satisfied

Going Deeper Questions

1. How have you been surprised by the way the Lord provided for you?
2. How is Jesus inviting you to feed the spiritually hungry in your life alongside him?

Group Action

This week, visit Jesus in the Eucharist and pray for the person you reached out to last week.

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he restores my soul. He guides me along right paths for the sake of his name. **R**

You set a table before me in front of my enemies; You anoint my head with oil; my cup overflows. **R**

Week Six:

Made Known in the Breaking of the Bread

Psalm 40:2,10-11

℟ Here am I, Lord; I come to do your will.

Surely, I wait for the LORD; who bends down to me and hears my cry, **℟**

When I sing of your righteousness in a great assembly, See, I do not restrain my lips; as you, LORD, know. **℟**

I do not conceal your righteousness within my heart; I speak of your loyalty and your salvation. I do not hide your mercy or faithfulness from a great assembly. **℟**

Conversation Starter

1. What is something you are always excited to talk about with others?
2. What was a moment you suddenly recognized the presence of Christ in the Eucharist?



Landscape with Christ and his Disciples on the Road to Emmaus, c. 1640s (Jan Wildens)

Week Six:

Made Known in the Breaking of the Bread

WRAP with Scripture - Luke 24:13-16, 28-33, 35

Jesus reveals himself to us in the Eucharist, and we can't help but share the good news with others.

Now that very day two [disciples] were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them. Then the two recounted what had taken place on the way and how [Jesus] was made known to them in the breaking of the bread.

Write

Reflect

Apply

Pray

Week Six:

Made Known in the Breaking of the Bread

Going Deeper Questions

1. How has your relationship with Jesus deepened through the reception of the Eucharist?
2. The immediate response of the disciples was to share what they had seen with the eleven. Who in your life needs to hear what you have experienced?

Group Action

Commit to sharing the story of what Christ has done in your life with someone who needs to hear it. Make a plan for when and how you will do so. Share the fruit of that conversation with the others in your group.

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Surely, I wait for the LORD; who bends down to me and hears my cry, **R**

When I sing of your righteousness in a great assembly, See, I do not restrain my lips; as you, LORD, know. **R**

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Archdiocese *of* Omaha