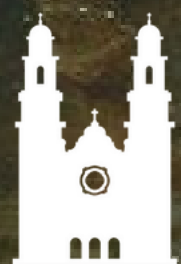
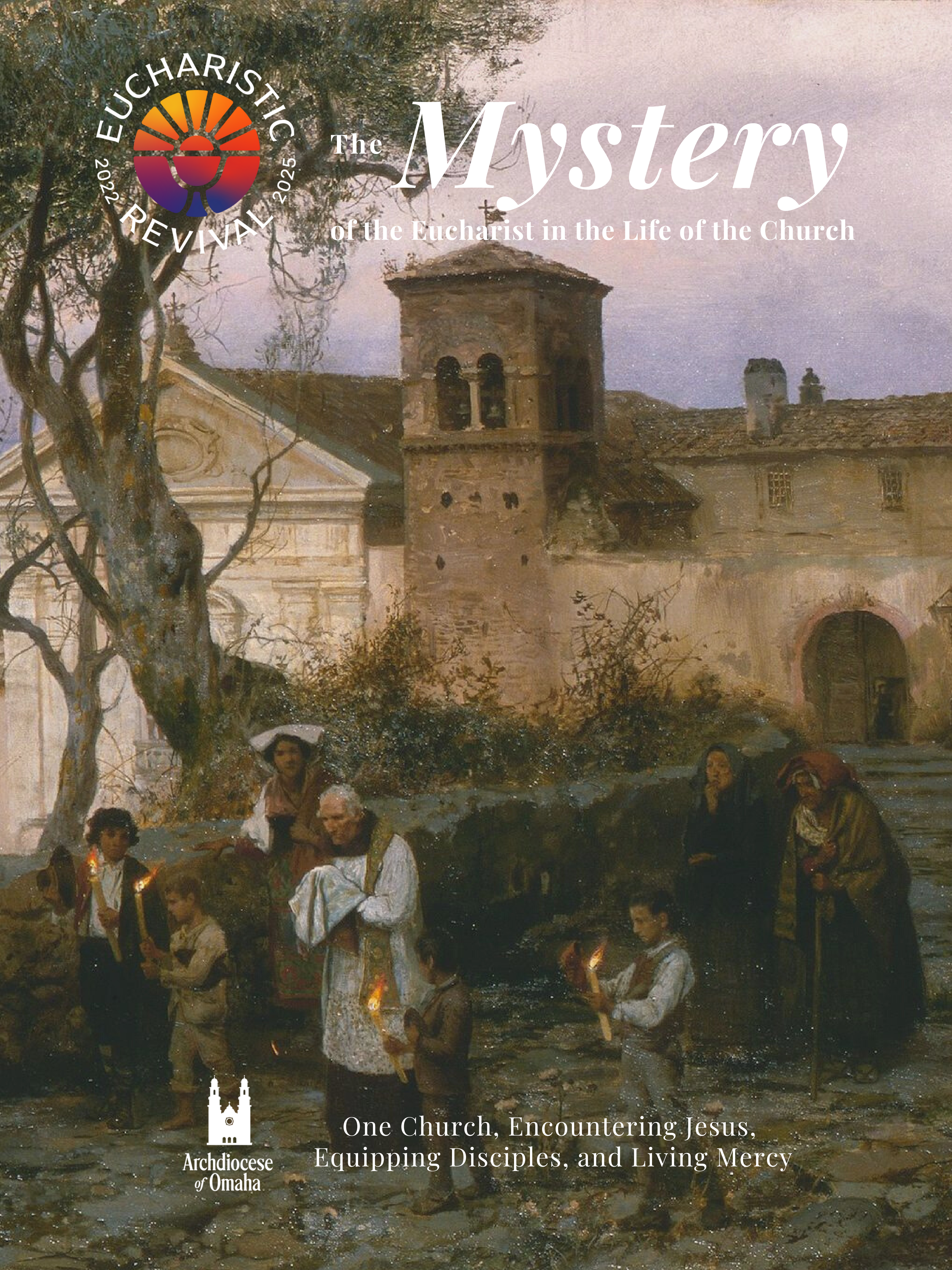




# The *Mystery*

of the Eucharist in the Life of the Church



Archdiocese  
of Omaha

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



## Week One: The Sacrifice of Christ

### Hymn

Sing, my tongue, the Savior's glory, of His flesh the mystery sing; of the Blood, all price exceeding, shed by our immortal King, destined, for the world's redemption, from a noble womb to spring.

On the night of that Last Supper, seated with His chosen band, He the Pascal victim eating, first fulfills the Law's command; then as Food to all his brethren gives Himself with His own hand.

*Pange Lingua Gloriosi (vs. 1 & 3), St. Thomas Aquinas*

### Conversation Starter

1. What is a gift you have received that deeply impacted you?
2. How have you been taken by surprise by the way someone took care of you in a time of need?



*La Última Cena, c.1605 (Bartolomeo Carducci)*

*Week One:*  
**The Sacrifice of Christ**

**WRAP with Scripture - Luke 22:14-20**

*At the last supper, Jesus makes it clear that he is freely offering his life as a sacrifice for the forgiveness of our sins.*

When the hour came, he took his place at table with the apostles. He said to them, “I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it [again] until there is fulfillment in the kingdom of God.” Then he took a cup, gave thanks, and said, “Take this and share it among yourselves; for I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of God comes.” Then he took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.” And likewise the cup after they had eaten, saying, “This cup is the new covenant in my blood, which will be shed for you.

**Write** .....

**Reflect** .....

**Apply** .....

**Pray** .....

\*WRAP is an acronym and method for Lectio Divina from the book WRAP Yourself In Scripture © by Karen & Lawrence Dwyer published by The Institute for Priestly Formation (2011, 2018). The WRAP Method involves four steps: Write, Reflect, Apply, and Pray with Scripture.

*Week One:*  
**The Sacrifice of Christ**

## **Going Deeper Questions**

1. What does it say about the problem of sin that the solution is Jesus' sacrifice?
2. What is the significance of Jesus' sacrifice in your life?

## **Group Action**

This Sunday at Mass, pay attention as the Deacon and/or Priest prepares the Altar for the Liturgy of the Eucharist. Make a personal offering to join in the sacrifice of the Mass.

## **Hymn**

Sing, my tongue, the Savior's glory, of His flesh the mystery sing; of the Blood, all price exceeding, shed by our immortal King, destined, for the world's redemption, from a noble womb to spring.

On the night of that Last Supper, seated with His chosen band, He the Pascal victim eating, first fulfills the Law's command; then as Food to all his brethren gives Himself with His own hand.

Pange Lingua Gloriosi (vs. 1 & 3), St. Thomas Aquinas



## Week Two: The Real Presence of Christ

### Hymn

Godhead here in hiding whom I do adore, Masked by these bare shadows, shape and nothing more. See, Lord, at thy service low lies here a heart, Lost, all lost in wonder at the God thou art.

O thou, our reminder of the Crucified, Living Bread, the life of us for whom he died, Lend this life to me, then; feed and feast my mind, There be thou the sweetness man was meant to find.

*Adoro Te Devote (vs. 1 & 5), St. Thomas Aquinas*

### Conversation Starter

1. What is it like when you see a friend or family member in person after a year or more of phone conversations?
2. Share a time when someone told you something that was hard to hear of believe.



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

*Week Two:*

**The Real Presence of Christ**

**WRAP with Scripture - John 6:52-58**

*In the Eucharist, with the eyes of faith we see before us Jesus Christ made flesh, who gave himself up for our sins.*

The Jews quarreled among themselves, saying, “How can this man give us [his] flesh to eat?” Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”

Write .....

Reflect .....

Apply .....

Pray .....



*Week Two:*  
**The Real Presence of Christ**

## Going Deeper Questions

1. What does it tell you about Jesus' love that he would desire to be really present in the Eucharist?
  
2. What do you find difficult about relating to Jesus in the Eucharist?

## Group Action

This week spend ten minutes in silent prayer before Jesus in the Eucharist, before or after Mass.

## Hymn

Godhead here in hiding whom I do adore, Masked by these bare shadows, shape and nothing more. See, Lord, at thy service low lies here a heart, Lost, all lost in wonder at the God thou art.

O thou, our reminder of the Crucified, Living Bread, the life of us for whom he died, Lend this life to me, then; feed and feast my mind, There be thou the sweetness man was meant to find.

*Adoro Te Devote (vs. 1 & 5), St. Thomas Aquinas*



## *Week Three:* **Communion with Christ and the Church**

### **Hymn**

Let all mortal flesh keep silence, and with fear and trembling stand; Ponder nothing earthly-minded, for with blessing in His hand, Christ our God to earth descendeth, our full homage to demand.

King of kings, yet born of Mary, as of old on earth He stood, Lord of lords, in human vesture, in the body and the blood; He will give to all the faithful his own self for heav'nly food.

*Let All Mortal Flesh Keep Silence (vs. 1 & 2), Ancient Greek Chant, trans. by Gerard Moultrie*

### **Conversation Starter**

1. Who is someone you think like and who thinks like you?
2. Describe a time you felt like a bystander and a time you felt like you belonged.



*The Communion of the Apostles, c. 1886-1894 (James Tissot)*

*Week Three:*

**Communion with Christ and the Church**

**WRAP with Scripture - 1 Corinthians 10:15-18**

*The Eucharist is called Holy Communion because by being placed in intimate communion with the sacrifice of Christ, we are unified with Christ and each other.*

I am speaking as to sensible people; judge for yourselves what I am saying. The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf. Look at Israel according to the flesh; are not those who eat the sacrifices participants in the altar?

Write .....

Reflect .....

Apply .....

Pray .....

*Week Three:*  
**Communion with Christ and the Church**

## Going Deeper Questions

1. Describe your experience belonging to the community of the Catholic Church.
  
2. What do you want for community in the Church?

## Group Action

This Sunday at Mass, meet at least two new people who sit in the pews around you. Come prepared to share their names and any stories with your group next week.

## Hymn

Let all mortal flesh keep silence, and with fear and trembling stand; Ponder nothing earthly-minded, for with blessing in His hand, Christ our God to earth descendeth, our full homage to demand.

King of kings, yet born of Mary, as of old on earth He stood, Lord of lords, in human vesture, in the body and the blood; He will give to all the faithful his own self for heav'nly food.

*Let All Mortal Flesh Keep Silence (vs. 1 & 2), Ancient Greek Chant, trans. by Gerard Moultrie*



## Week Four: Thanksgiving

### Hymn

O Jesus, we adore thee, Who in thy love divine, Conceal thy mighty Godhead In forms of bread and wine.

O Jesus, we adore thee, Our Victim and our Priest, Whose precious blood and body Become our sacred feast.

O Sacrament most holy, O Sacrament divine, All praise and all thanksgiving Be every moment thine!

*O Jesus, We Adore Thee (Vs 1, 3, 4), Irvin M. Udulutsch*

### Conversation Starter

1. When was a time you experienced an answer to prayer?
2. How do you typically express gratitude: to strangers? To friends? To family? To God?



*Thanksgiving Sacrifice After Flood, c.1675. (A. Kircher)*

*Week Four:*  
**Thanksgiving**

**WRAP with Scripture - Psalm 116:1-4, 12-14, 17-19**

*The word "Eucharist" literally means thanksgiving; it is only natural that we give thanks to the Lord for all that he has given us.*

I love the LORD, who listened to my voice in supplication, Who turned an ear to me on the day I called. I was caught by the cords of death; the snares of Sheol had seized me; I felt agony and dread. Then I called on the name of the LORD, "O LORD, save my life!"

How can I repay the LORD for all the great good done for me? I will raise the cup of salvation and call on the name of the LORD. I will pay my vows to the LORD in the presence of all his people.

I will offer a sacrifice of praise and call on the name of the LORD. I will pay my vows to the LORD in the presence of all his people, In the courts of the house of the LORD, in your midst, O Jerusalem. Hallelujah!

Write .....

Reflect .....

Apply .....

Pray .....





*Week Four:*  
**Thanksgiving**



## **Going Deeper Questions**

1. What are some of the good things the Lord has done for you throughout your life?
2. How have you experienced worship as a response of gratitude to God?

## **Group Action**

This week, dedicate a longer period to prayer in front of the Blessed Sacrament, ideally 20–30 minutes. Spend time remembering the blessings in your life and thanking God for them.

## **Hymn**

O Jesus, we adore thee, Who in thy love divine, Conceal thy mighty Godhead In forms of bread and wine.

O Jesus, we adore thee, Our Victim and our Priest, Whose precious blood and body Become our sacred feast.

O Sacrament most holy, O Sacrament divine, All praise and all thanksgiving Be every moment thine!

*O Jesus, We Adore Thee (Vs 1, 3, 4), Irvin M. Udulutsch*



*Week Five:*  
**Transformation in Christ**

## Hymn

Jesus, my Lord, my God, my All, How can I love thee as I ought? And how revere this wondrous gift, So far surpassing hope or thought?

Thy Body, Soul, and Godhead, all, O mystery of love divine. I cannot compass all I have, For all thou hast and art are mine.

Sweet Sacrament, we thee adore; Oh, make us love thee more and more. Oh, make us love thee more and more.

*Jesus, My Lord, My God, My All (v1, 3, & chorus), Frederick W. Faber*

## Conversation Starter

1. What do you do when you see someone in need?
2. Have you ever had to ask another person for forgiveness? If so, share a story of a reconciled relationship you have experienced.



*The Conversion of Saint Paul, c. 1600-1601 (Caravaggio)*

*Week Five:*  
**Transformation in Christ**

**WRAP with Scripture - 1 Corinthians 11: 23-28**

*The person who shares worthily in the Eucharist is more and more able to live the new law of love given by Christ.*

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup.

**Write** .....

**Reflect** .....

**Apply** .....

**Pray** .....

*Week Five:*  
**Transformation in Christ**

## Going Deeper Questions

1. Mother Teresa once said, “Unless we believe and see Jesus in the appearance of bread on the altar, we will not be able to see him in the distressing disguise of the poor.” What does this quote mean to you?
  
2. How has your relationship with Jesus in the Eucharist transformed the way you relate to others in the world?

## Group Action

Examine your conscience and go to confession this week. If possible, find a time when your group can go together.

## Hymn

Jesus, my Lord, my God, my All, How can I love thee as I ought? And how revere this wondrous gift, So far surpassing hope or thought?

Thy Body, Soul, and Godhead, all, O mystery of love divine. I cannot compass all I have, For all thou hast and art are mine.

Sweet Sacrament, we thee adore; Oh, make us love thee more and more. Oh, make us love thee more and more.

*Jesus, My Lord, My God, My All (v1, 3, & chorus), Frederick W. Faber*



## *Week Six:* **Food for the Journey**

### Hymn

Behold the Bread of Angels, For us pilgrims food, and token Of the promise by Christ spoken, Children's meat, to dogs denied.

Jesu, shepherd of the sheep: Thou thy flock in safety keep, Living bread, thy life supply: Strengthen us, or else we die, Fill us with celestial grace.

Thou, who feedest us below: Source of all we have or know: Grant that with Thy Saints above, Sitting at the feast of love, We may see Thee face to face.

*Lauda Sion, or Sequence from the Feast of Corpus Christi (v 21, 23, & 24), St. Thomas Aquinas*

### Conversation Starter

1. What food do you pack when you are beginning a long road trip?
2. What tends to tire or exhaust you?



*Viaticum*, c. 1889 (Henryk Siemiradzki)

*Week Six:*  
**Food for the Journey**

**WRAP with Scripture - Luke 24:13-18, 25-33**

*“Growth in Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.” (CCC 1392)*

Now that very day two of them 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. He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?” And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. 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.

**Write** .....

**Reflect** .....

**Apply** .....

**Pray** .....







**Archdiocese *of* Omaha**