

Embrace God's Presence

SESSION 3

BREAD FOR THE

JOURNEY

Embrace God's Presence

Opening Prayer – pg. 32

Stay with me, Lord,
for it is necessary to have You present so that I do not
forget You.
You know how easily I abandon You.
Stay with me, Lord,
because I am weak and I need Your strength, that I may
not fall so often.
Stay with me, Lord,
for You are my life, and without You, I am without fervor.
Stay with me, Lord,
for You are my light, and without You, I am in darkness.
Stay with me Lord,
to show me Your will.
Stay with me, Lord, so that I hear Your voice and follow
You.

Stay with me, Lord,
for I desire to love You very much, and always to be in
Your company.
Stay with me, Lord,
if You wish me to be faithful to You.
Let me recognize You as Your disciples did at the
breaking of the bread, so that the Eucharistic Communion
be the light which disperses the darkness, the force which
sustains me, the unique joy of my heart.
Stay with me, Lord
for it is You alone I look for, Your Love, Your Grace, Your
Will, Your Heart, Your Spirit, because I love You and ask
no other reward
but to love you more and more.
Amen.

adapted from the Prayer of Saint Padre Pio After Communion

SESSION OBJECTIVES

- Understand that the manna in the wilderness prefigures the Eucharist.
- Recognize that the Eucharist sustains us on our spiritual journey.
- Understand that the Eucharist unites us to Jesus and to everyone else who is in communion with God.
- Understand that the Liturgy of the Word is an encounter with God through Scripture that prepares us for the greater encounter with God in the Liturgy of the Eucharist.
- Know the main parts of the Liturgy of the Word and the Liturgy of the Eucharist.
- Recognize that we participate in the Mass by offering ourselves to God united to the sacrifice of Christ.

Food is one of our most basic needs.

- Have you ever experienced a time when you were traveling or on a journey and were really hungry and tired?
- What was the experience like?
- What is your favorite part of the Mass? Why?

“ If Christ did not want to dismiss the Jews without food in the desert for fear that they would collapse on the way, it was to teach us that it is dangerous to try to get to heaven without the Bread of Heaven.” — Saint Jerome

Our Participation In The Mass:

- By coming together with the community of the faithful and participating in the Mass, we give public witness that we belong to Jesus and to His Body, the Church. It is also a public testimony of our faith in God and our hope of salvation.
- But sometimes it might seem like the priest and deacon—and perhaps the choir, lectors, and altar servers - are the ones “doing” the Mass, and the rest of us are just the audience.
- We have different roles to play, but we are all called to participate in a profound way at each and every Mass.

Our Participation In The Mass [Cont'd]:

- Christ himself who presides over the Eucharist; the priest is His visible representative, acting in persona Christi capitis (in the Person of Christ the head) and not by his own authority or power. The Eucharistic celebration is the highest purpose of the ordained priesthood.
- The laity participates in the Mass by actively listening to the readings and liturgical prayers and by reciting the responses of the congregation, but most of all by consciously and intentionally uniting themselves to the sacrifice of Christ.
- Jesus doesn't offer this sacrifice so that we don't have to, but rather He offers it in order to draw us into His sacrifice so that we can make an offering to the Father with Him.
- Watch Presence Video: Bread for the Journey