

## Opening Prayer

Lord, I believe in you: **increase my faith.**

I trust in you: **strengthen my trust.**

I love you: **let me love you more and more.**

I am sorry for my sins: **deepen my sorrow.**

I worship you as my first beginning.

**I long for you as my last end.**

I praise you as my constant helper.

**And I call you as my loving protector.**

I want to do what you ask of me:

**In the way you ask, for as long as you ask, because you ask it.**

Let me love you Lord as my God.

**And see myself as I really am: a pilgrim in this world.**

**A Christian called to respect and love all those lives**

**I touch. AMEN.**

Agenda:

1. Intro - Eucharist
2. Video
3. Discussion/Reflections
4. Questions & Answers

## Reflections:

► St. Augustine told us that we are to become what we have received.

- What does that mean to you?
- What does it mean that you are to become the body and blood of Christ?
- What are the implications of Augustine's statement for the way you live your Christian life? Give concrete examples.
- How might you become what you receive?

► Who in your life right now needs you to be the body and blood of Christ for them?

► What is going on in your local world right now that cries out for you to go forth and be bread, to go forth and shed your blood?

## Assess the way you encounter the people in your world throughout the week.

- What is your attitude toward them?
- Do you nourish them or do you starve them?
- What are some core issues that need to be healed if you are to be an effective Christ-bearer in your world?



## Eucharist

### Closing Prayer:

#### Our Blessing Cup

Refrain: Our blessing cup is a communion with the blood of Christ;  
And the bread we break, it is a sharing in the body of the Lord.

1. How can we make a return  
For all the goodness God has shown?  
We will take the cup of life, and call upon God's name.
2. Precious indeed in Your sight,  
The life and death of those You love.  
We are your servants, for You have set us free.
3. Gracious and merciful God,  
We give you thanks and bless Your name:  
With all your people, praise and glory to Your name.
4. For you have heard my voice,  
For you have heard my pleading.  
Though death surrounded me, You heard and answered me.

