

And With Your Spirit

Scripture & The Mass

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Session Three

The Liturgy of the Eucharist (Part 1)

1. We're We've Been

- The Mass as an Intimate Encounter with the Body of Christ
 - The Mass is the heartbeat of the body
- An Interaction with the word of God that Leads Us into the World! (Mass=missa=sent)
- We're active and participative in the Mass
 - We're not bystanders. We are part of the conversation and as the priesthood of all believers, we're needed to complete the prayer.

2. Today: The Liturgy of the Eucharist

- The Sacrifice of the Mass (The mystery of faith)
- God With Us...Leads to God In Us

3. Elements of the Liturgy of the Eucharist

- Preparation of the Gifts
- The Eucharistic Prayer
- Communion Rite (Next Time)

4. Preparing for the Sacrifice

- There's no more intense encounter with Christ than in the Liturgy of the Eucharist because we realize the Word has become flesh and not only dwells among us, but lives in us.

- We are preparing for the ultimate experience in any spiritual encounter: communion with the God who intimately knows us and loves us!
- God doesn't need our sacrifice...it's for us.

1. Hosea 6:6

For it is loyalty that I desire, not sacrifice,
and knowledge of God rather than burnt offerings.

2. Psalm 50:7-15

“Listen, my people, I will speak;
Israel, I will testify against you;
God, your God, am I.

Not for your sacrifices do I rebuke you,
your burnt offerings are always before me.
I will not take a bullock from your house,
or he-goats from your folds.

For every animal of the forest is mine,
beasts by the thousands on my mountains.
I know every bird in the heights;
whatever moves in the wild is mine.
Were I hungry, I would not tell you,
for mine is the world and all that fills it,

Do I eat the flesh of bulls
or drink the blood of he-goats?

Offer praise as your sacrifice to God;
fulfill your vows to the Most High.

Then call on me on the day of distress.
I will rescue you, and you shall honor me.”

- Returning to God what God has given us: It puts us back into the right order of things.
- Jesus' sacrifice is greater than the animal sacrifices because it's once and for all. The Temple where God dwells is Jesus' Body. The altar of the Old Covenant is no longer needed. We're part of the New Covenant.

5. Bringing Up the Gifts of Bread & Wine

- A priestly offering: those who bring up the gifts of bread and wine represent the community who offers the sacrifice to God with the priest. (Priesthood of all Believers)
- The gifts of bread and wine and the monetary gift.

“Then someone brings bread and a cup of water and wine mixed together to him who presides over the brethren.

They who have the means and who are willing, give freely what they wish, according to each one's preference; and what is collected is place in reserve with the president, who provides help to the orphans, widows, and those who, through sickness or any other cause, are in need, and prisoners, and travelling strangers, in a word, he takes care of all who are in need.”

--Justin the Martyr, *First Apology* as cited in the CCC 1345

- *For Reflection: The Importance of Bread*
 - Leviticus 26:26
 - Psalm 105:16
 - Ezekiel 4:16
 - Exodus 29:2
- *For Reflection: The Importance of Wine*
 - Psalm 104:15
 - Sirach 31:27; 39:26-27

6. Prayers of Blessing: The Barakah Prayers

- The priest says the blessing over the bread:

*Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.*

Blessed be God forever.

- Preparing the Chalice: Mixing in water into the cup of wine. A “secret prayer” of the deacon or priest is said:

*By the mystery of this water and wine
may we come to share in the divinity of Christ
who humbled himself to share in our humanity.*

The wine symbolizes Jesus’ divinity; the water our humanity.

- Then the priest says the blessing of the cup:

*Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.*

Blessed be God forever.

7. Washing of the Hands

- Preparing one's own heart and soul—a cleansing—for what is about to take place. The priest is preparing to enter into the “holy of holies” and so says this “secret prayer” as he washes his hands:

*Wash me, O Lord, from my iniquity
and cleanse me from my sin.*

Psalm 51:3-5

Have mercy on me, God, in accord with your merciful love;
in your abundant compassion blot out my transgressions.

Thoroughly wash away my guilt;
and from my sin cleanse me.
For I know my transgressions;
my sin is always before me.

Psalm 24:3-4

“Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart.”

- In OT times, the priests needed to wash their hands and feet in a bronze basin of water before they entered the tabernacle or drawing near to the altar of incense “lest they die.” See Exodus 30:17-21

8. Prayer for Acceptance of the Gifts

- Before washing his hands, the priest prays this secret prayer:

*With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight this day
be pleasing to you.*

- See Daniel 3: “With humble spirit and contrite heart.”

- After the washing of hands, the ordained priest asks the priesthood of all believers to pray to God for acceptance of the gifts:

*Pray brethren
that my sacrifice and yours
may be acceptable to God
the almighty Father.*

We now stand and say:

*May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good
and the good of all his Holy Church.*

9. A Bible Study: John 6

- Just like the passage of the Two on the Road to Emmaus enlightens us to the experience of the Mass itself, John 6 opens us into the experience of the Eucharistic Prayer—the movement from gifts that are given to Christ, which are multiplied. Nothing is greater, though, than receiving the bread of life.
- Follow the movement between offering the gifts of bread and fish into Jesus' teaching about the bread that he will give us.

Exodus 16:2-4; 12-15

Manna in the Desert

The whole Israelite community grumbled against Moses and Aaron. The Israelites said to them,
"Would that we had died at the LORD's hand in the land of Egypt,
as we sat by our fleshpots and ate our fill of bread!
But you had to lead us into this desert
to make the whole community die of famine!"

Then the LORD said to Moses,
"I will now rain down bread from heaven for you.

Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.

"I have heard the grumbling of the Israelites.
Tell them: In the evening twilight you shall eat flesh,
and in the morning you shall have your fill of bread,
so that you may know that I, the LORD, am your God."

In the evening quail came up and covered the camp.
In the morning a dew lay all about the camp,
and when the dew evaporated, there on the surface of the desert
were fine flakes like hoarfrost on the ground.
On seeing it, the Israelites asked one another, "What is this?"
for they did not know what it was.
But Moses told them, "This is the bread that the LORD has given
you to eat."

10. Preface to the Eucharistic Prayer: Realizing It's not Just Us Worshipping God, but all in Heaven and on Earth

- "The Lord be with you!" The third time we are reminded that God accompanies us in all of life.
- "Lift Up Your Hearts!" Give to God all we have and are.
 - Lamentations 3:41
"Let us lift up our hearts and hands to God in heaven."
 - Colossians 3:1-2
"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth."

- What is right and just?

- Psalm 107:1-3

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

Let that be the prayer of the LORD’s redeemed,
those redeemed from the hand of the foe,
Those gathered from foreign lands,
from east and west, from north and south.

- The preface is a prayer of thanks and awe and wonder about how God helps us, moves in our life, works through others, and the Church and fulfills our life.
- The response is to sing with the angels and saints. It’s to join in their song that’s continually being sung in heaven!

*Holy, Holy, Holy Lord of hosts.
Heaven and earth are full of your glory.*

- Isaiah 6:1-4

In the year King Uzziah died, I saw the Lord seated on a high and lofty throne, with the train of his garment filling the temple. Seraphim were stationed above; each of them had six wings: with two they covered their faces, with two they covered their feet, and with two they hovered.

One cried out to the other:

“Holy, holy, holy is the LORD of hosts!
All the earth is filled with his glory!”

- Revelation 4:8

The four living creatures, each of them with six wings, were covered with eyes inside and out. Day and night they do not stop exclaiming:

“Holy, holy, holy is the Lord God almighty, who was, and who is, and who is to come.”

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

- Matthew 21:8-11

The very large crowd spread their cloaks on the road, while others cut branches from the trees and strewed them on the road. The crowds preceding him and those following kept crying out and saying:

“Hosanna* to the Son of David;
blessed is he who comes in the name of the Lord;
hosanna in the highest.”

And when he entered Jerusalem the whole city was shaken* and asked, “Who is this?” And the crowds replied, “This is Jesus the prophet,* from Nazareth in Galilee.”

11. The Eucharistic Prayer

- **The Epiclesis: Calling forth the Holy Spirit**

- Luke 1:34-38

But Mary said to the angel, “How can this be, since I have no relations with a man?”* And the angel said to her in reply, “The holy Spirit will come upon you, and the power of the

Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God.

And behold, Elizabeth, your relative, has also conceived* a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God.”

Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.”

- **The Institution Narrative:**
- **The Doxology: All things are done through Christ, with Him and in Him!**
- **The Great Amen!**

- 1 Chronicles 16:35-36

Say, “Save us, O God, our savior,
gather us and deliver us from among the nations,
That we may give thanks to your holy name
and glory in praising you.”

Blessed be the LORD, the God of Israel,
from everlasting to everlasting!
Let all the people say, Amen! Hallelujah.

- Nehemiah 8:5-6

Ezra opened the scroll so that all the people might see it, for he was standing higher than any of the people. When he opened it, all the people stood. Ezra blessed the LORD, the great God, and all the people, their hands raised high, answered, “Amen, amen!” Then they knelt down and bowed before the LORD, their faces to the ground.

- Revelation 5: 13-14

Then I heard every creature in heaven and on earth and under the earth and in the sea, everything in the universe, cry out:

“To the one who sits on the throne and to the Lamb be blessing and honor, glory and might, forever and ever.”

The four living creatures answered, “Amen,” and the elders fell down and worshiped.