

Lesson 5 – Eucharist and Reconciliation

Eucharist

At the Last Supper the Lord himself directed his disciples' attention toward the fulfillment of the Passover in the kingdom of God: "I tell you I shall not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom." Whenever the Church celebrates the Eucharist she remembers this promise and turns her gaze "to him who is to come."

Sacred Meal: to unite us in peaceful, life giving, holy and eternal communion with Himself and with one another as faithful people.

Sacrifice: taking an aspect of creation and returning it to God.

Real Presence: the body and blood together with the soul and divinity of our Lord Jesus Christ, and consequently the whole Christ, is truly, really and substantially contained in the Sacrament of the Most Holy Eucharist.

Becoming the Eucharist We Celebrate - How can we offer our body and blood along with Jesus in the Eucharist? Have you ever noticed that no matter which Eucharistic Prayer we are using the words of consecration always contain the same four verbs, **Jesus took, Jesus blessed, Jesus, broke, and Jesus shared.**

These four verbs are found in gospel accounts of the last supper and in most of the accounts where Jesus multiplied the loaves and fishes, obviously the gospel writers and Paul too saw a great meaning in these four gestures of Jesus, taking, blessing, breaking, and sharing. When we look carefully at these four verbs we discover they contain 100% of the action of the Eucharist, they teach us how to do what Jesus did.

First verb: Jesus "took" the bread

In many ways the bread Jesus takes at the last supper is far more than that single loaf of bread, in many ways that loaf of bread represents what Jesus did to the whole human race when he took on the bread of our human flesh in the womb of Mary and was born in a Bethlehem stable.

Second verb: Jesus "blessed" the bread

Claiming our own blessedness always leads to a deep desire to bless others. The blessings that we give to each other are the expressions of the blessing that rests on us as children of God. It is the deepest affirmation of our true self.

Third verb: Jesus "broke" the bread

We are chosen and blessed, when we have truly owned this, have said, "Yes" to it, then we can face our own and others' brokenness with open eyes.

Fourth verb: Jesus "shared" the bread, "gave" the cup

Sharing is always the conclusion of Eucharistic action. Because you have celebrated Eucharist and said amen to his broken body in you, you can no longer live for yourself alone, offer your body as a pleasing sacrifice to God.

This week's assignment: Read "My Heart: Christ's Home, by Robert Munger

Reconciliation

The Definition of Sin

- An offense against reason, truth, and right conscience
- A failure in genuine love for God and neighbor. An act of disobedience: revolt against God

The Definition of Virtue - amounts to habitual goodness. The virtuous life is, in its purest form, and honest attempt to imitate Christ. Virtue allows us to be detached from the attraction to sin, so that we can focus on deeper and deeper unity with God, wherein lies true joy.

Seven Deadly Sins	Seven Lively Virtues
Pride - The proud rely on themselves, not on God, for consolation and happiness. Pride also blocks right worship because it <i>is</i> a disordered worship: worship of oneself.	Humility - Humility must be present for us to ask for forgiveness, pray in submission to God's will and allow God's love and the potential for change to "break through."
Envy – Pleasure in the sorrow of another and resentment in their happiness or success. It is the fountain from which flow the various acts of evil (theft, betrayal, murder)	Admiration – the deliberate act of one's will to consciously rejoice in and proclaim the goodness and merits of others
Anger - It only becomes sinful when it is accompanied by the desire for revenge and the wish for misfortune to befall one's neighbor, or even less severe, with the desire to restore one's own sense of self-worth.	Forgiveness The promise is: if we humble ourselves in forgiveness, our Father will do the same for us, but if we do not, so will we be denied forgiveness.
Sloth Psalm 73 portrays spiritually slothful people as being carefree and not caring about the spiritual life or the things of God.	Zeal - Give food to the hungry, Give drink to the thirsty, Give shelter to the homeless, Visit the imprisoned, Care for the sick, Clothe the naked, Bury the dead.
Greed Wealth is good (like all of creation), but it is not to be worshipped or put at a higher level than God. Christian discipleship demands a spirit of detachment from earthly things so that your attachment is to Christ.	Generosity -God gives us riches in order that we may share them, allowing us to imitate his perfect generosity.
Gluttony is a disordered appetite to satisfy our physical nature and appetites.	Asceticism - Fasting and prayer challenge our will to focus on the true object of our desire, God. Fasting and prayer are practices that will direct our desires to things of God, not things of the earth.
Lust John defines lust as love for things of the flesh and what we see in the world. Lust is using a person as means to your own end, rather than desiring what is best for that person.	Chastity Christ is the model of chastity because his sexuality was perfectly ordered to His mission to love.

Act of Contrition

God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to confess my sins, do penance, and to amend my life. Amen.

“The Beginning of Being in Right Relationship” – An Examination of Conscience

Beginning with a practical Examination of Conscience can be of tremendous value in starting anew in the spiritual life. We invite you to use this tool to help you call to mind the ways in which you have sinned and set yourself apart from God, before approaching a priest in the holy Sacrament of Reconciliation.

I. I am the Lord your God; you shall not have strange gods before me.

- Have I valued any finite thing or reality above and beyond my relationship with God, such as wealth, pleasure, or power? Have I made my career, my family, specific material goods, or even another person my highest priority?
- Have I reduced God to a thing that I seek to manipulate or control? Do I put God to the test or try to fit Him into my own pre-conceived notions about what He should be or do for me?

II. You shall not take the name of the Lord your God in vain.

- Have I treated sacred or holy things with contempt or indifference? Do I give proper and due reverence to God by respecting His name, His Word and Church, and his creation as a whole?
- Have I taken false oaths or offered empty promises? Do I needlessly swear in the name of God? Have I reduced the dignity of the name of God or of the saints by using their names in a profane or demeaning way?

III. Remember to keep holy the Lord's Day.

- Have I attended Mass on Sundays and Holy days? Have I made an honest attempt to be truly present in the celebration, offering it my full attention and reverence?
- Have I respected the Sabbath by dedicating time for the renewal of mind, body and soul?
- Have I sought to commune with God in prayer and participate in the corporal and spiritual works of mercy?
- Have I willfully engaged in activities that deprive others of the opportunity to worship the Lord? Have I carelessly participated in unnecessary commerce or work?

IV. Honor your father and mother.

- Have I contributed to the well being (physical, spiritual, and psychological) of my parents and the other members of my family?
- Have I respected legitimate authority (family, civil, religious, and vocational) and sought to contribute to the common good?
- Have you been just and honest in terms of my personal roles and responsibilities?

V. You shall not kill.

- Have I done violence to others (bodily, spiritually, or psychologically) by participating in physical or emotional brutality or consciously leading others toward sin and falsehood?
- Have I damaged the reputation or livelihood of another person through gossip or false accusation?
- Have I willfully disregarded the sanctity of human life from conception to natural death by using contraceptives and abortifacients, procuring or assisting in an abortion, or supporting the administration of euthanasia procedures?

VI. You shall not commit adultery.

- Have I lived with an attitude of reverence and respect for the Sacrament of Marriage, especially the promise of fidelity to one's spouse? Do I seek to love and honor my spouse (or future spouse) as Christ loves the Church?
- Have I sought sexual gratification outside of the Sacrament of Marriage through sexual infidelity, pre-marital sexual relations, or self-gratification?
- Have I demeaned the marriage covenant through the lustful objectification of an individual for my pleasure, including pornographic habits?

VII. You shall not steal.

- Have I deliberately taken another person's property?
- Have I refused to compensate another person for a loss that was caused by my intentional neglect or carelessness?
- Have I fairly and rightly compensated others for goods or services that I have received?

VIII. You shall not bear false witnesses against your neighbor.

- Have I lied or withheld the truth in order to serve my own personal gain?
- Have I misrepresented the character or reputation of another person?
- Have I intentionally led others to believe something about the Church's teaching or practices that was simply not true?

IX. You shall not covet your neighbor's wife.

- Have I willfully objectified another person as a means toward my own sexual gratification?
- Have I sought sexual relations with someone who was married or who was outside of my own marital covenant (or future marital covenant)?
- Have I sought emotional intimacy with another person in such a way that endangers my own or the other persons marital commitment?

X. You shall not covet your neighbor's goods.

- Have I allowed the meaning and purpose of my life to be dominated by the pursuit and attainment of material goods?
- Have I been pre-occupied with envy of another person's success? Have I taken pleasure in the misfortune of others?
- Have I lived with a disposition of gratitude to God for the goods and blessings received?

Outline and Talk Notes

1. Is the bread and wine, ... just bread and wine?
 - a. Transubstantiation, it comes down to a remarkable faith
 - b. Jesus' words at the Last Supper; Jesus's presence abides in our presence
 - c. John Chapter 6; I am the Bread of Life
2. Rec-on-cil-i-a-tion: the restoration of friendly relations.
 - a. Like a present that never gets unwrapped
3. Sin is not who we are. Sin is who we are NOT
 - a. Examination of Conscience
 - b. Upon entering the confessional
 - i. In the name of the Father, Son, and Holy Spirit
 - ii. It has been (how long) since my last confession
 - iii. If you need help, ask the priest
 - iv. Name your sins
 - v. You may receive advice/ counsel from the priest
 - vi. You will be given penance – prayers
 - vii.** You will receive absolution – In the name of Christ