

## Eucharist Reflection

*Imagine yourself at the Last Supper. You have been invited, along with the apostles, to celebrate the Jewish feast of Passover with the man they call the Messiah. You find yourself sitting at the table with Jesus. As He quiets the room, He looks you in the eyes, knowingly, and says, "Take this, and divide it among yourselves; for I tell you that from now on I shall not drink of the fruit of the vine until the Kingdom of God comes."*

*Then, He takes up the bread, says a blessing over it, and breaks it apart, handing it to each of you saying, "This is my body which is given up for you. Do this in remembrance of me." Next, He raises the cup, saying, "This cup that is poured out for you is the New Covenant in my blood."*

*Now imagine that you are the only one in the room with Jesus. You and He are having a conversation, one on one. Imagine that He is saying these words directly and only to you: "given up for you," "poured out for you," "do this in memory of me." Let those words wash over you. Weigh them one at a time. What do they mean to you?*

*How many times have you sat at Mass and let those words pass right through your ears? How many times have you heard those phrases and not paid attention? What is God trying to reveal to you in this moment about His sacrifice?*

*As we close with some of the prayers from the sacred liturgy, really listen to each word and think about its true meaning.*

*Open our eyes Lord, help us to see the Mass with the eyes of heaven, through the saints and angels. Send down your spirit upon us like the dewfall. Just as you gave to our ancestors in the desert in their time of need, please remember us in our time of need.*

*Lord, have mercy on us. Christ, have mercy on us. Lord, have mercy on us. It is through your goodness that you give us the bread and wine, which will become for us the bread of life and the cup of salvation.*

*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. Humbly we pray that, partaking of the body and blood of Christ, we may be gathered into one by the Holy Spirit.*

*Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity. Remember all of your people, especially those we pray for now.*

*Lord, we are not worthy that you should enter under our roof, but only say the word and our souls shall be healed. Let us end with the prayer that Christ taught us, our Father...*