

Why is the Holy Mass the “main event” of the Church?



PRAY

My Lord and my God!

We praise you, Lord, because you turned yourself into earthly, edible, humble gifts for us. We eat the bread and taste your holy body. We drink the wine and take in your blood. Transform us. Amen.



CONTEMPLATE

One person reads the Bible passage aloud.
Short silence.

Exchange: *What particularly appealed to you?*



STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



DISCUSS

Also discuss your own questions on this topic!

Treasure Book: *Take five minutes to write down what you don't want to forget.*



CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at feedback@youcat.org.

#YOUCATChallenge: *Share your experience on Facebook or Instagram.*



1 Cor 11:23-24

The Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me."

217 *What happens in the Church when she celebrates the Eucharist?*

Every time the Church celebrates the Eucharist, she stands before the source from which she herself constantly springs anew. By “eating” the Body of Christ, the Church becomes the Body of Christ, which is just another name for the Church. In the sacrifice of Christ, who gives himself to us, body and soul, there is room for our whole life. We can unite everything—our work and our sufferings, our joys— with Christ’s sacrifice. If we offer ourselves in this way, we are transformed: We become pleasing to God and like good, nourishing bread for our fellow man. [1368–1372, 1414]

Again and again we grumble about the Church, as though she were just an association of more or less good people. In reality the Church is what happens daily in a mysterious way at the altar. God gives himself to each one of us individually, and he wants to transform us through communion with him. Once we are transformed, we are supposed to transform the world. Everything else that the Church is besides this is secondary.

1. What do you give when you celebrate the Holy Mass? What does Jesus give?
2. How should I prepare to receive Holy Communion, and why are some not permitted to receive communion at certain times?
3. Why is Communion (lat. “communio”) called community?
4. Some people say “I don’t need Mass, I can find God in the forest.” What should we tell them?

Take some time in the following days to attend a church service and to consciously receive Jesus in the Holy Eucharist. Before receiving the Holy Eucharist, say this prayer: “Devote yourself to me. I devote myself to you.”

Do you accept this challenge?

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