

DISCUSSION

QUESTIONS

1. WHAT IS YOUR FAVORITE THING ABOUT BEING CATHOLIC?

2. WHICH OF JESUS' TEACHINGS DO YOU FIND MOST DIFFICULT TO LIVE?

3. IF YOU HAD TO SPEND THE REST OF YOUR LIFE ON A DESERT ISLAND AND YOU COULD ONLY TAKE FIVE PEOPLE WITH YOU, WHOM WOULD YOU TAKE?



Discussion Questions

1. IS THERE A PERSON IN YOUR LIFE WHOSE PRESENCE JUST MAKES YOU FEEL CALM AND SAFE?

2. WHEN DID YOU FIRST LEARN ABOUT JESUS BEING PRESENT IN THE EUCHARIST?

3. HOW DO YOU THINK YOUR LIFE WOULD CHANGE IF YOU SPENT ONE HOUR EACH WEEK SITTING QUIETLY IN JESUS' PRESENCE?



“The holy Eucharist contains the whole spiritual treasure of the Church, that is, Christ himself. . . . He who is the living bread, whose flesh, vivified by the Holy Spirit and vivifying, gives life to men.”

—VATICAN II

“FROM THE EUCHARIST COMES STRENGTH TO LIVE THE CHRISTIAN LIFE AND ZEAL TO SHARE THAT LIFE WITH OTHERS.”

—POPE JOHN PAUL II



7.3 THE POWER OF THE EUCHARIST

When was the last time you did something that you knew wasn't good for you? Why did you do it? Think of reasons, come up with excuses, but at the end of the day it comes down to this: You have disordered desires that are very difficult to control.

Have you ever tried to quit a bad habit and failed? If you haven't already, the day will come when you will try to end a self-destructive habit and find yourself powerless over it. You will use all the willpower you can summon, but you will find yourself failing over and over again. These moments in life can be very humbling—and that's good, because they make us realize our need for God and his grace.

Grace is the assistance God gives us to do what is good, true, noble, and right. And there is no better way to receive God's grace than through the Eucharist.

There is a lot of talk these days about superfoods. Superfoods are high in nutrients and rich with antioxidants, and they keep your immune system strong to fight off disease. Some examples include pomegranate juice, salmon, alfalfa sprouts, sweet potatoes, kale, prunes, beets, apples, and beans.

The Eucharist is the ultimate superfood for the soul, loaded with grace to keep you spiritually healthy, give you the wisdom and strength to choose the right path, and fight off diseases like selfishness and other related vices and bad habits. And that is just a tiny fraction of the power the Eucharist holds.

When you go to Mass next Sunday, keep in mind, the Eucharist is not just a symbol. This is Jesus. The same Jesus who healed people with a touch. The same man who taught with more wisdom than any person who ever walked the earth. This is the guy who fed five thousand people with five loaves and two fishes. The same Jesus who rose from the dead.

We've all got problems. We all have struggles. But whatever you've got, he can handle. You need grace. You may not know it yet, but the sooner you realize it the better. And the Eucharist is the supreme source of the grace you need.

Isn't it time you allowed God to unleash the power of grace in your life?



discussion questions

1. WHEN WAS THE LAST TIME YOU DID SOMETHING THAT YOU KNEW WASN'T GOOD FOR YOU? WHY DID YOU DO IT IF YOU KNEW IT WASN'T GOOD FOR YOU?

2. HAVE YOU EVER TRIED TO QUIT A BAD HABIT AND FAILED?

3. WHEN YOU'RE IN A SITUATION AND YOU WANT TO DO WHAT IS GOOD AND RIGHT BUT ARE ATTRACTED TO THE WRONG CHOICE, DO YOU CALL ON GOD AND ASK FOR HIS HELP?





discussion questions



1. IF YOU COULD VISIT ONE OF THE BEAUTIFUL CHURCHES MENTIONED IN THIS SECTION, WHICH WOULD YOU CHOOSE?

2. AT THIS TIME IN YOUR LIFE, WHAT QUESTION WOULD YOU LIKE JESUS TO ANSWER FOR YOU? (YOUR QUESTION SHOULD BE ABOUT SOMETHING THAT APPLIES DIRECTLY TO YOU.)

3. WHAT QUIET PLACES HAVE YOU FOUND TO SPEND A FEW MINUTES IN EACH DAY?





Tem·per·ance
[tem-per-uh ns]

Controlling your thoughts, words, actions, and feelings.

Who do you know who exemplifies this virtue?

In what area of your life do you find it most difficult to practice temperance?

What is one way you can become more temperate this week?

7.5 DECISION point

Every Sunday morning you make a decision. It's the biggest decision of your week. To go or not to go, that is the question.

You might say that Mass is boring. I was bored at Mass for a long time, but then something happened. I started listening to what God was trying to say to me. I got myself a little journal and took it to Mass with me, and each week I wrote down the one thing that I felt God was saying to me. I have been doing this for fifteen years now. Each year I get a new journal. At home in my study, where I write, I have these fifteen journals on a shelf. When I get writer's block I pick one up and just start reading. Some days when I don't feel like praying I take one of these journals and just talk to God about some of the things he has said to me over the years. It is amazing the things God will say to us when we start listening.

I hope you go to Mass every Sunday for the rest of your lives so that God can nourish you with the Eucharist, but I also hope you will start to appreciate the bigger picture.

God has declared Sunday—the Sabbath day—as a day of rest. In Genesis 2:2 we read about God resting on the seventh day. Why? Why did God rest? Was he tired? No. God is a pure spirit and as such does not experience fatigue like we human beings do. So, why did he rest? He rested because he foresaw our need for rest. He wanted to show us how to live. He wanted to demonstrate that rest is a good thing, and something that we all need.

You have a legitimate need for rest. The Sabbath is God's response to your physical and spiritual need for rest and renewal. And nothing will renew you like receiving the Eucharist. It is literally food from Heaven.

On average you will live for another seventy years. That means you have 3,640 Sundays left. Don't waste a single one. It may seem like a lot, but you will be amazed at how quickly life passes. It feels like six months ago I was sitting where you are preparing for Confirmation . . . but that was twenty-five years ago.

You have a lot of decisions to make. Getting yourself to Mass on Sunday and receiving the Eucharist will help you make better decisions in every area of your life.



What do you think Mary had planned for her life before the angel appeared to her?



1. WHY DO YOU THINK OUR CULTURE HAS REJECTED THE SABBATH?

2. HOW CAN YOU HONOR THE SABBATH AS A DAY OF REST?

3. HOW WOULD THE WORLD BE DIFFERENT IF EVERYONE TOOK ONE DAY EACH WEEK TO REST AND TURN THEIR ATTENTION TOWARD GOD?

