



# JESUS AND THE EUCHARIST

## *Session 1: What's Our Story?*

### Introduction

We all love a good story—from the characters to the twists and turns of a captivating plot, from the dynamics of a conflict to the resolution at the end. Perhaps we love stories because they give us insight into ourselves, animating a deeper sense of meaning in our lives. The Bible is the story of God's love for us. It begins with him creating us out of love, redeeming us by that love, and finally transforming us in his love. This divine author is love—an exchange of love withing the life of the blessed Trinity: Father, Son, and Holy Spirit. What a story!

### *Overview*

- Opening Prayer and Icebreaker
- Video Introduction
- Scripture Reflection and Discussion
- Video Segment 1  
Watch and Discuss
- Video Segment 2  
Watch and Discuss
- Closing Prayer and Weekly Challenge—  
*pray the Litany of Trust everyday this week*

### *Scripture*

#### Jeremiah 29:11-13

11 For I know well the plans I have in mind for you—oracle of the Lord—plans for your welfare and not for woe, so as to give you a future of hope. 12 When you call me, and come and pray to me, I will listen to you. 13 When you look for me, you will find me. Yes, when you seek me with all your heart.



#### For Reflection

1. What stood out to you in this Scripture passage?
2. How do you feel God is speaking to you in love in this passage?

## Video Questions



### Video Segment 1

1. What stood out to you in this video reflection?
2. Share an experience where you felt God's immense love for you.

### Video Segment 2

1. What stood out to you in this video reflection?
2. What is it like for you to know Jesus personally vs. knowing about him?
3. Are you living by a "to-do" list?
4. What does it look like to live out Christian joy in the messiness of daily life?

## Closing Prayer

### Litany of Trust\*

That You are continually holding me,  
sustaining me, loving me  
**Jesus, I trust in you.**

That Your love goes deeper than my sins and  
failings, and transforms me  
**Jesus, I trust in you.**

That not knowing what tomorrow brings is an  
invitation to lean on You  
**Jesus, I trust in you.**

That You are with me in my suffering  
**Jesus, I trust in you.**

That my suffering, united to Your own, will  
bear fruit in this life and the next  
**Jesus, I trust in you.**

That You will not leave me orphan, that You  
are present in Your Church  
**Jesus, I trust in you.**

That Your plan is better than anything else  
**Jesus, I trust in you.**

That You always hear me, and in Your  
goodness always respond to me  
**Jesus, I trust in you.**

That You give me the grace to accept  
forgiveness and to forgive others  
**Jesus, I trust in you.**

That You give me all the strength I need for  
what is asked  
**Jesus, I trust in you.**

That my life is a gift  
**Jesus, I trust in you.**

That You will teach me to trust You  
**Jesus, I trust in you.**

That You are my Lord and my God  
**Jesus, I trust in you.**

That I am Your beloved one  
**Jesus, I trust in you.**

## Credits

Adapted from Jesus and the Eucharist Study created by the [National Eucharistic Revival](#).

\*From the Litany of Trust written by the Sisters of Life. See [sistersoflife.org/litany-of-trust](https://sistersoflife.org/litany-of-trust) for the full prayer.



# JESUS AND THE EUCHARIST

## *Session 1: Timing Sheet*

### Resource adapted for our C2C small groups

We are offering an adapted version of the resource that more closely aligns with how a C2C small group flows. This modified and shortened version of the resource is intended for groups that normally meet for 60–90 minutes. It includes suggestions for watching only segments of the video, and allowing more time for prayer and discussion. However, we encourage C2C small group leaders to watch the entire video as you prepare for your C2C small group discussion.

Session 1: What's Our Story?	Video Time	~60–90 minutes
Opening Prayer and Icebreaker		10 min
Video Intro: Bishop Andrew Cozzens from the Diocese of Crookston, MN	0:30–8:00	8 min
Scripture and Reflection Questions Jeremiah 29:11-14		10-20 min
Video Segment 1: The Search	24:49–31:11	5 min
Video Witness*: Matthew Zemanek (All Ages)	34:08–36:50	n/a
Discussion: Video Segment 1		10-15 min
Video Segment 2: The Search	1:05:20–1:18:10	13 min
Video Witness*: Christina Vu (Young Adults)	1:18:12–1:21:47	3 min
Discussion: Video Segment 2		10-15 min
Closing Prayer and Weekly Challenge		10 min
* only watch one of the video witness stories		



# JESUS AND THE EUCHARIST

## Session 2: Who is Jesus?

### Introduction

It is without question that no person has changed the world like Jesus of Nazareth. Time is measured from His birth, churches were built to worship Him in every corner of the world, cities were named after His followers, and His life has captured countless works of art and literature. Is He a legend, a liar, or a lunatic? Or is He who He claimed to be—God in the flesh? Jesus asked Simon Peter, “Who do you say that I am? (Matthew 16:15). He invites us to answer that question too.

### Overview

- Opening Prayer and Icebreaker
- Video Introduction
- Scripture Reflection and Discussion
- Video Segment 1  
Watch and Discuss
- Video Segment 2  
Watch and Discuss
- Closing Prayer and Weekly Challenge—  
*pray the Litany of the Most Holy Name of Jesus everyday this week*

### Scripture

#### Mark 4:35-41

**35** On that day, as evening drew on, he said to them, “Let us cross to the other side.” **36** Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him. **37** A violent squall came up and waves were breaking over the boat, so that it was already filling up. **38** Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?” **39** He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm. **40** Then he asked them, “Why are you terrified? Do you not yet have faith?” **41** They were filled with great awe and said to one another, “Who then is this whom even wind and sea obey?”



### For Reflection

1. What stood out to you in this Scripture passage?
2. What does this encounter say to you personally about who Jesus is?

## Video Questions



### Video Segment 1

1. What stood out to you in this video reflection?
2. What or who helped foster your faith, and how?
3. What is one struggle or doubt that you have experienced in your faith journey, and how have you grown to believe and trust in Jesus?

### Video Segment 2

1. What stood out to you in this video reflection?
2. How do you answer the question Jesus posed: "Who do you say I am?"
3. What habit or practice have you found helpful in growing your relationship with the Lord? How might you make Jesus a constant presence and priority in your life?

## Closing Prayer

### Litany of the Most Holy Name of Jesus\*

God the Father of heaven,  
**have mercy on us.**

God the Son, Redeemer of the World,  
**have mercy on us.**

God the Holy Spirit,  
**have mercy on us.**

Jesus, Son of the living God,  
**have mercy on us.**

Jesus, King of Glory,  
**have mercy on us.**

Jesus, Son of the Virgin Mary,  
**have mercy on us.**

Jesus, most powerful,  
**have mercy on us.**

Jesus, most patient,

**have mercy on us.**

Jesus, most obedient,  
**have mercy on us.**

Jesus, meek and humble of heart,  
**have mercy on us.**

Jesus, God of Peace,  
**have mercy on us.**

Jesus, Author of Life,  
**have mercy on us.**

Jesus, the Good Shepherd,  
**have mercy on us.**

Jesus, eternal Wisdom,  
**have mercy on us.**

Jesus, infinite Goodness,  
**have mercy on us.**

Jesus, our Way and our Life,  
**have mercy on us.**

## Credits

Adapted from Jesus and the Eucharist Study created by the [National Eucharistic Revival](#).

\*See [usccb.org/prayers/litany-holy-name-jesus](https://usccb.org/prayers/litany-holy-name-jesus) for the full prayer.



# JESUS AND THE EUCHARIST

## *Session 2: Timing Sheet*

### Resource adapted for our C2C small groups

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Session 2: Who is Jesus?	Video Time	~60–90 minutes
Opening Prayer and Icebreaker		10 min
Video Intro: Archbishop Jose H. Gomez from the	0:33–2:43	2 min
Scripture and Reflection Questions Mark 4:35-41		10-20 min
Video Segment 1: The Search	12:17-22:00	9 min
Video Witness*: Damon Owens (All Ages)	22:17-24:19	2 min
Discussion: Video Segment 1		10-15 min
Video Segment 2: The Search	57:35–1:10:47	13 min
Video Witness*: Ashley Kraker (Young Adults)	1:13:59–1:16:45	3 min
Discussion: Video Segment 2		10-15 min
Closing Prayer and Weekly Challenge		10 min
* only watch one of the video witness stories		



# JESUS AND THE EUCHARIST

## Session 3: Am I Saved?

### Introduction

What Jesus did for us through His death and resurrection was the greatest act of love in history. Through this act He saved us. And then, desiring that we encounter Him allowing His Paschal Mystery to reach each of us, He gave us Himself in the Eucharist. He did this for each one of us. Individually. But it is easy to feel unworthy of this gift of love, We may feel we have too much baggage. We may feel unlovable, But God didn't come to reveal Himself to us on a pedestal; He came to enter into our messy condition, no matter how messy! He came to fix us from within—to transform us from the inside out. Some might be surprised by how generous and abundant the love of God really is. We don't deserve God's love, but that is the incredible reality of God's mercy. This relationship with God isn't all about our love for Him. It's about His love for us that changes our lives forever.

### Overview

- Opening Prayer and Icebreaker
- Video Introduction
- Scripture Reflection and Discussion
- Video Segment 1 Watch and Discuss
- Video Segment 2 Watch and Discuss
- Closing Prayer and Weekly Challenge—*Pray the Litany to Divine Mercy every day this week.*

### Scripture

#### Mark 10:46-52

**46** They came to Jericho. As He was leaving Jericho with His disciples and a sizeable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging. **47** On hearing it was Jesus of Nazareth, he began to cry out and say, "Jesus, son of David, have pity on me." **48** And they rebuked him, telling him to be silent. But he kept calling out all the more, "Son of David, have pity on me." **49** Jesus stopped and said, "Call him." So they called the blind man, saying to him, "Take courage; get up, he is calling you." **50** He threw aside his cloak, sprang up, and came to Jesus. **51** Jesus said to him in reply, "What do you want me to do for you?" The blind man replied, "Master, I want to see." **52** Jesus told him, "Go your way, your faith has saved you." Immediately, he received his sight and followed him on the way.



### For Reflection

1. What stood out to you in this Scripture passage?
2. Has discouragement or disapproval from others ever been an obstacle to you getting closer to Jesus?
3. Did you imagine yourself in the scene? Who were you? What happened during your time of prayer?

## Video Segment 1

1. What stood out to you in this video reflection?
2. Like Peter, what is holding you back from living in the full freedom and happiness God has to offer?
3. How can you respond to Jesus' invitation to discipleship?

## Video Segment 2

1. What stood out to you in this video reflection?
2. How many crosses do you own (think about your home, car, office)? What does Jesus' cross mean to you?
3. Share an experience when you gave your "yes" to God's call? How has that lead to a fuller and more abundant life?
4. Share an experience where something seemed impossible at first but was made possible by God.

## Closing Prayer

### Litany to Divine Mercy\*

Divine Mercy, greatest attribute of God,  
**I trust in you.**

Divine Mercy, fountain gushing forth from the  
mystery of the Most Blessed Trinity,  
**I trust in you.**

Divine Mercy, from which wells forth all life and  
happiness,  
**I trust in you.**

Divine Mercy, source of miracles and wonders,  
**I trust in you.**

Divine Mercy, which flowed out from the open  
wound of the Heart of Jesus,  
**I trust in you.**

Divine Mercy, unfathomed in the institution of the  
Sacred Host,  
**I trust in you.**

Divine Mercy, in our justification through Jesus  
Christ,  
**I trust in you.**

Divine Mercy, accompanying us through our  
whole life,  
**I trust in you.**

Divine Mercy, embracing us especially at the hour  
of death,  
**I trust in you.**

Divine Mercy, shielding us from the fire of hell,  
**I trust in you.**

Divine Mercy, lifting us out of every misery,  
**I trust in you.**

Divine Mercy, source of our happiness and joy,  
**I trust in you.**

Divine Mercy, in calling us forth from nothingness  
to existence,  
**I trust in you.**

Divine Mercy, repose of hearts, peace amidst fear,  
**I trust in you.**

Divine Mercy, inspiring hope against all hope,  
**I trust in you.**

## Credits

Adapted from Jesus and the Eucharist Study created by  
the [National Eucharistic Revival](#).

\*From The Congregation of the Sisters of our Lady of  
Mercy. See [saint-faustina.org/litany-to-the-divine-mercy/](http://saint-faustina.org/litany-to-the-divine-mercy/) for the full prayer.



# JESUS AND THE EUCHARIST

## *Session 3: Timing Sheet*

### Resource adapted for our C2C small groups

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Session 3: Am I Saved?	Video Time	~60–90 minutes
Opening Prayer and Icebreaker		10 min
Video Intro: Cardinal Wilton D. Gregory from the Archdiocese of Washington, DC	0:34–2:50	2 min
Scripture and Reflection Questions Mark 10:46-52		10-20 min
Video Segment 1: The Search	13:23-23:00	10 min
Video Witness*: Andrew Chauvin (All Ages)	23:16-24:55	2 min
Discussion: Video Segment 1		10-15 min
Video Segment 2: The Search	59:55–1:12:56	13 min
Video Witness*: Sister Alicia Torres (Young Adults)	1:15:00–1:18:20	3 min
Discussion: Video Segment 2		10-15 min
Closing Prayer and Weekly Challenge		10 min
* only watch one of the video witness stories		



# JESUS AND THE EUCHARIST

## *Session 4: Why a Church?*

### Introduction

We uniquely encounter the love of God in the Church Jesus established for us. Jesus did not simply leave us a message or instructions to follow. Jesus offers us the Church, His Mystical Body, so that through her we may share with Him in His divine life. She makes Jesus present to us through a profound, unbreakable, mysterious continuity with Him. She offers trustworthy and authoritative teaching, handing on all that God has revealed, and helps us apply it to our lives today. She contains and communicates His grace, manifesting God's love for us and helping us on our earthly pilgrimage to the heavenly Jerusalem. What a gift.

### Overview

- Opening Prayer and Icebreaker
- Video Introduction
- Scripture Reflection and Discussion
- Video Segment 1 Watch and Discuss
- Video Segment 2 Watch and Discuss
- Closing Prayer and Weekly Challenge—*Pray the Litany of Saints every day this week.*

### Scripture

#### John 15:5, 7-9, 12-14

5 "I am the vine, you are the branches. Whoever remains in me and I in Him will bear much fruit, because without me you can do nothing. 7 If you remain in Me and My words remain in you, ask for whatever you want and it will be done for you. 8 By this is my Father glorified, that you bear much fruit and become My disciples. 9 As the Father loves Me, so I also love you. Remain in my love. 12 This is my commandment: love one another as I have loved you. 13 No one has greater love than this, to lay down one's life for one's friends. 14 You are my friends if you do what I command you."



### For Reflection

1. What stood out to you in this Scripture passage?
2. Share about a time when you did not "remain" with God and chose instead to rely on yourself?
3. Share about a time when you did "remain" with God and together we're able to bear much fruit?

## Video Segment 1

1. What stood out to you in this video reflection?
2. Please share a time when the Church's teaching has provided you direction and freedom?
3. How do your Christian friends challenge you and build you up in your faith?
4. Please share an experience where you faced a difficult situation and members of your C2C small group or Church community supported you?

## Video Segment 2

1. What stood out to you or was an "aha" moment in this lesson?
2. How do you remain "in the Church" in the midst of the sex abuse scandal and cover-up?
3. What saints inspire you the most and why?
4. What are some ways the Church and the Sacraments enrich your faith?

## Closing Prayer

### Litany of Saints\*

Lord, have mercy, **Lord, have mercy.**  
Christ have mercy, **Christ have mercy.**  
Lord, have mercy, **Lord, have mercy.**  
Holy Mary, Mother of God, **Pray for us.**  
Saint Michael, **Pray for us.**  
Holy Angels of God, **Pray for us.**  
Saint John the Baptist, **Pray for us.**  
Saint Joseph, **Pray for us.**  
Saint Peter and Saint Paul, **Pray for us.**  
Saint Andrew, **Pray for us.**  
Saint John, **Pray for us.**  
Saint Mary Magdalene, **Pray for us.**  
Saint Stephen, **Pray for us.**  
Saint Ignatius, **Pray for us.**  
Saint Lawrence, **Pray for us.**  
Saint Perpetua and Saint Felicity, **Pray for us.**  
Saint Agnes, **Pray for us.**  
Saint Gregory, **Pray for us.**  
Saint Augustine, **Pray for us.**  
Saint Athanasius, **Pray for us.**  
Saint Basil, **Pray for us.**  
Saint Martin, **Pray for us.**  
Saint Benedict, **Pray for us.**  
Saint Francis and Saint Dominic, **Pray for us.**  
Saint John Vianney, **Pray for us.**  
Saint Catherine of Siena, **Pray for us.**

Saint Teresa of Jesus, **Pray for us.**  
Saint Manuel Gonzalez Garcia, **Pray for us.**  
Blessed Carlo Acutis, **Pray for us.**  
All holy men and women, **Pray for us.**  
Lord, be merciful, **Lord, deliver us, we pray.**  
From all evil, **Lord, deliver us, we pray.**  
From every sin, **Lord, deliver us, we pray.**  
From everlasting death, **Lord, deliver us, we pray.**  
By Your Incarnation, **Lord, deliver us, we pray.**  
By Your death and Resurrection, **Lord, deliver us, we pray.**  
By Your outpouring of the Holy Spirit, **Lord, deliver us, we pray.**  
Be merciful to us sinners. **Lord, we ask You, hear our prayers.**  
Jesus, Son of the Living God. **Lord, we ask You, hear our prayer.**  
Christ, hear us. **Christ, hear us.**  
Christ, graciously hear us. **Christ, graciously hear us.**

## Credits

Adapted from Jesus and the Eucharist Study created by the [National Eucharistic Revival](#).

\*See [ewtn.com/catholicism/devotions/litany-of-the-saints-250](http://ewtn.com/catholicism/devotions/litany-of-the-saints-250) for the full prayer.



# JESUS AND THE EUCHARIST

## Session 4: Timing Sheet

### Resource adapted for our C2C small groups

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Session 4: Why a Church?	Video Time	~60–90 minutes
Opening Prayer and Icebreaker		10 min
Video Intro: Aux. Bishop Jorge Rodriguez from the Archdiocese of Denver	0:30–4:20	4 min
Scripture and Reflection Questions John 15:5, 7-9, 12-14		10-20 min
Video Segment 1: The Search	18:30–26:29 26:30-31:29	8 min- <i>optional</i> 5 min
Discussion: Video Segment 1		10-15 min
Video Segment 2: The Search	1:02:35–1:21:54	20 min
Video Witness*: Alex Dee (Young Adults)	1:22:20–1:24:50	3 min
Video Witness*: Melissa Dee (All Ages)	1:24:58–1:26:49	2 min
Discussion: Video Segment 2		10-15 min
Closing Prayer ( <i>is sung in the video; play if you have time; if not just say it together</i> ) and Weekly Challenge	10:43–16:50	6 min- <i>optional</i>
* only watch one of the video witness stories		



# JESUS AND THE EUCHARIST

## Session 5: God is with Us

### Introduction

From the very beginning, God desired to be with His people. From the Garden of Eden to the Exodus, from the tabernacle in the wilderness to the temple in Jerusalem, the God of the universe has chosen to accompany His people and dwell with them. The Sacrament of the Eucharist, as the gift par excellence, is the gift of Christ Himself. Under the humble species of bread and wine there is a sacramental reality of Christ's Body, Blood, Soul, and Divinity. God gives Himself to us in the Eucharist to give us strength for our journey and to accompany us along our way.

### Overview

- Opening Prayer and Icebreaker
- Video Introduction
- Scripture Reflection and Discussion
- Video Segment 1 Watch and Discuss
- Video Segment 2 Watch and Discuss
- Closing Prayer and Weekly Challenge—*Pray the Litany of the Blessed Sacrament every day this week.*

### Scripture

#### John 6:32-35, 47, 51

**32** Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. **33** For the bread of God is that which comes down from heaven and gives life to the world." **34** So they said to Him, "Sir, give us this bread always." **35** Jesus said to them, "I am the bread of life, whoever comes to me will never hunger, and whoever believes in me will never thirst... **47** Amen, amen, I say to you, whoever believes has eternal life... **51** I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."



### For Reflection

1. What stood out to you in this Scripture passage?
2. What do you think it means that those who believe in Jesus will never hunger or thirst?
3. Share a word or phrase in this Scripture passage that challenges you, or comforts you?

### Video Segment 1

1. What stood out to you in this video reflection?
2. Share a time you had a memorable encounter with Jesus in the Eucharist (different from the one you shared in your synod discussion)?
3. Share an example of what “God is with us” means to you personally?

### Video Segment 2

1. What stood out to you or was an “aha” moment in this lesson?
2. What difference does attending Mass make in your life?
3. Outside of Mass, what are some ways you can prioritize your relationship with Jesus in the Eucharist?
4. What inspires you to believe in the Real Presence of Christ in the Eucharist? What does that mean for your life?

## Closing Prayer

### Litany of the Blessed Sacrament\*

God the Father of Heaven, **have mercy on us.**

God the Son, Redeemer of the world, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Living Bread, that came down from heaven, **have mercy on us.**

Perpetual Sacrifice, **have mercy on us.**

Lamb without spot, **have mercy on us.**

Food of angels, **have mercy on us.**

Hidden manna, **have mercy on us.**

Word made Flesh, dwelling in us, **have mercy on us.**

Most holy of all sacrifices, **have mercy on us.**

Heavenly antidote against the poison of sin, **have mercy on us.**

Most wonderful of all miracles, **have mercy on us.**

Most holy Commemoration of the Passion of Christ, **have mercy on us.**

Medicine of immortality, **have mercy on us.**

Sweetest Banquet, at which angels minister, **have mercy on us.**

Priest and victim, **have mercy on us.**

Viaticum of such as die in the Lord, **have mercy on us.**

Pledge of future glory, **have mercy on us.**

## Credits

Adapted from Jesus and the Eucharist Study created by the [National Eucharistic Revival](#).

\*See [ewtn.co.uk/prayer-litany-of-the-most-blessed-sacrament](http://ewtn.co.uk/prayer-litany-of-the-most-blessed-sacrament) for the full prayer.



# JESUS AND THE EUCHARIST

## Session 5: Timing Sheet

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Session 5: God is with Us	Video Time	~60–90 minutes
Opening Prayer and Icebreaker		10 min
Video Intro: Bishop Joseph A. Espallat from the Archdiocese of New York, NY	0:29–5:59	5 min
Scripture and Reflection Questions John 6:32-35, 47, 51		10-20 min
Video Segment 1: Presence — The Mystery of the Eucharist	17:39-29:20	12 min
Video Witness*: Valerie Delgado (Young Adults)	31:42-33:36	2 min- <i>optional</i>
Discussion: Video Segment 1		10-15 min
Video Segment 2: Presence	1:01:05-1:07:35 1:07:36-1:17:13	7 min- <i>optional</i> 10 min
Video Witness*: David Rinaldi (All Ages)	1:17:28-1:19:29	2 min
Video Witness*: Alyssa Breen (Young Adults and RCIA)	1:19:40-1:22:22	3 min
Discussion: Video Segment 2		10-15 min
Closing Prayer and Weekly Challenge	10:43–16:50	6 min
* only watch one of the video witness stories		



# JESUS AND THE EUCHARIST

## Session 6: The Story of the Eucharist

### Introduction

God is the Master Storyteller. His great love story is authored not only with words but also with deeds. All of God's mighty deeds throughout history make up one beautiful narrative of salvation, which culminates in the Paschal Mystery. Jesus's teachings and actions throughout His ministry prepare for the fulfillment of His promise that "My flesh is true food, and My blood is true drink." (John 6:55)

### Overview

- Opening Prayer and Icebreaker
- Video Introduction
- Scripture Reflection and Discussion
- Video Segment 1 Watch and Discuss
- Video Segment 2 Watch and Discuss
- Closing Prayer and Weekly Challenge—*Pray the Litany of the Most Holy Eucharist every day this week.*

### Scripture

#### Luke 24:13-16, 27-32

**13** Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, **14** and they were conversing about all the things that had occurred. **15** And it happened that while they were conversing and debating Jesus Himself drew near and walked with them, but their eyes were prevented from recognizing Him.



**27** Then beginning with Moses and all the prophets, He interpreted to them what referred to Him in all the Scriptures. **28** As they approached the village to which they were going, He gave the impression that He was going on farther. **29** But they urged Him, "Stay with us, for it is nearly evening and the day is almost over." So He went in to stay with them.

**30** And it happened that, while He was with them at table, He took bread, said the blessing, broke it, and gave it to them. **31** With that their eyes were opened and they recognized Him, but He vanished from their sight. **32** Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the Scriptures to us?"

### For Reflection—what stood out to you in this passage?

1. What might it have been like to be the first to celebrate the Eucharist with the Risen Lord?
2. Related to Scripture, share a time when your eyes were opened or your heart was burning.

## Video Questions

### Video Segment 1

1. What stood out to you in this video reflection?
2. Of the three groups listening to Jesus' Bread of Life Discourse—the crowd, the disciples, and the Twelve—who do you relate to the most? Why?
3. How do you answer the question Jesus posed: "Do you also want to leave?" (John 6:67)

### Video Segment 2

1. What stood out to you in this video reflection?
2. Why do you receive the Eucharist? What do you hope for or expect when you receive the Eucharist?
3. How does the foreshadowing of the Eucharist in the Old Testament help you appreciate the gift of the Eucharist in your life today?

## Closing Prayer

### Litany of the Most Holy Eucharist\*

Jesus, Eternal High Priest of the Eucharistic Sacrifice, **have mercy on us.**  
 Jesus, Divine Victim on the Altar of our salvation, **have mercy on us.**  
 Jesus, hidden under the appearance of bread, **have mercy on us.**  
 Jesus, dwelling in the tabernacles of the world, **have mercy on us.**  
 Jesus, really, truly, and substantially present in the Blessed Sacrament, **have mercy on us.**  
 Jesus, abiding in Your Fullness, Body, Blood, Soul, and Divinity, **have mercy on us.**  
 Jesus, Bread of Life, **have mercy on us.**  
 Jesus, Bread of Angels, **have mercy on us.**  
 Jesus, with us always until the end of the world, **have mercy on us.**  
 Sacred Host, summit and source of all worship and Christian life, **have mercy on us.**

Sacred Host, sign and cause of the unity of the Church, **have mercy on us.**  
 Sacred Host, adored by countless angels, **have mercy on us.**  
 Sacred Host, spiritual food, **have mercy on us.**  
 Sacred Host, Sacrament of love, **have mercy on us.**  
 Sacred Host, greatest aid to holiness, **have mercy on us.**  
 Sacred Host, in which we are given a pledge of future glory, **have mercy on us.**

### Credits

Adapted from Jesus and the Eucharist Study created by the [National Eucharistic Revival](#).

\*See [ewtn.co.uk/prayer-litany-of-the-most-blessed-sacrament/](http://ewtn.co.uk/prayer-litany-of-the-most-blessed-sacrament/)



# JESUS AND THE EUCHARIST

## Session 6: Timing Sheet

### Resource adapted for our C2C small groups

We are offering an adapted version of the resource that more closely aligns with how a C2C small group flows. This modified and shortened version of the resource is intended for groups that normally meet for 60–90 minutes. It includes suggestions for watching only segments of the video, and allowing more time for prayer and discussion. However, we encourage C2C small group leaders to watch the entire video as you prepare for your C2C small group discussion.

Session 6: The Story of the Eucharist	Video Time	~60–90 minutes
Opening Prayer and Icebreaker		10 min
Video Intro: Cardinal Timothy M. Dolan from the Archdiocese of New York, NY	0:34–4:39	4 min
Scripture and Reflection Questions Luke 24:13-16, 27-33		10–20 min
Video Segment 1: Presence—The Mystery of the Eucharist	14:36–17:58 19:00–29:00	3 min- <i>optional</i> 10 min
Video Witness*: Tanner Kalina (Young Adults)	29:16–31:39	2 min
Discussion: Video Segment 1		10–15 min
Video Segment 2: Presence [Passover] <b>Last Supper</b> New Creation, Road to Emmaus	1:01:53–1:07:31 <b>1:07:36–1:12:52</b> 1:12:52–1:23:16	6 min- <i>optional</i> <b>5 min</b> 9 min- <i>optional</i>
Video Witness*: Nickolas Hall (All Ages)	1:23:30–1:25:10	2 min
Discussion: Video Segment 2		10–15 min
Closing Prayer and Weekly Challenge	10:43–16:50	6 min
*only watch one of the video witness stories		



# JESUS AND THE EUCHARIST

## Session 7: Bread for the Journey

### Introduction

Just as manna was bread for the Israelites on their journey to the Promised Land, so the Eucharist is the bread for our journey to heaven. The Eucharist is our daily bread, our sustenance, and our source of every grace and blessing. As Pope Francis highlighted in a homily on Corpus Christi in 2021: “to celebrate the Eucharist, we need first to recognize our thirst for God, to sense our need for Him, to long for His presence and love, to realize that we cannot go it alone, but need the Food and Drink of eternal life to sustain our journey” (Corpus Christi, June 6, 2021).

### Overview

- Opening Prayer and Icebreaker
- Video Introduction
- Scripture Reflection and Discussion
- Video Segment 1 Watch and Discuss
- Video Segment 2 Watch and Discuss
- Closing Prayer and Weekly Challenge—*Pray the Litany to the Sacred Heart of Jesus every day this week.*

### Scripture

#### Matthew 28:16-20

16 The Eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. 17 When they saw him, they worshipped, but they doubted. 18 Then Jesus approached and said to them, “All power in heaven and on earth has been given to me. 19 Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”



#### For Reflection

1. What stood out to you in this Scripture passage?
2. Like the disciples in verse 17, do you still have doubts related to Jesus and the Eucharist? Please share.
3. In verse 19, Jesus says “Go and make disciples.” Our parish mission is to make disciples who encounter, love, and serve Jesus, one another, and the world? How do you feel personally called to make disciples?

## Video Segment 1

1. What stood out to you in this video reflection?
2. What are some practical ways you are intentional about preparing for and participating in the sacrifice of the Mass
3. From where do you derive your strength, meaning, and purpose in life? What role does the Eucharist play in this?

## Video Segment 2

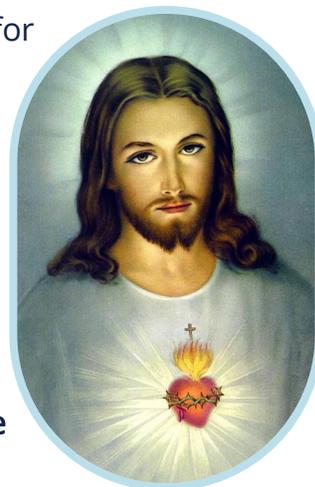
1. Reflecting on our seven sessions, what stood out the most? What is one thing you will take away from these sessions and begin to apply to your life?
2. What in your life can you bring to the altar to be transformed by God, like the bread and wine are?
3. Please share how you feel called to live out the mission we are given at the end of Mass, especially after receiving the gift of Jesus in the Eucharist?

## Closing Prayer

### Litany to the Sacred Heart of Jesus\*

God the Father of Heaven,  
**have mercy on us.**  
God the Son, Redeemer of the world,  
**have mercy on us.**  
God the Holy Spirit,  
**have mercy on us.**  
Heart of Jesus, Son of the Eternal Father,  
**have mercy on us.**  
Heart of Jesus, holy temple of God,  
**have mercy on us.**  
Heart of Jesus, aflame with love for us,  
**have mercy on us.**  
Heart of Jesus, worthy of all praise,  
**have mercy on us.**  
Heart of Jesus, in whom the Father is well pleased,  
**have mercy on us.**  
Heart of Jesus, patient and full of mercy,  
**have mercy on us.**

Heart of Jesus, atonement for our sins,  
**have mercy on us.**  
Heart of Jesus, source of all consolation,  
**have mercy on us.**  
Heart of Jesus, salvation of all who trust in You,  
**have mercy on us.**  
Jesus, gentle and humble of heart,  
**Touch our hearts and make them like your own.**



## Credits

Adapted from Jesus and the Eucharist Study created by the [National Eucharistic Revival](#).

\*See [usccb.org/prayers/litany-sacred-heart-jesus](https://usccb.org/prayers/litany-sacred-heart-jesus) for the full prayer.



# JESUS AND THE EUCHARIST

## Session 7: Timing Sheet

### Resource adapted for our C2C small groups

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Session 7: Bread for the Journey	Video Time	~60–90 minutes
Opening Prayer and Icebreaker		10 min
Video Intro: Archbishop Charles C. Thompson from the Archdiocese of Indianapolis, IN	0:31–3:48	3 min
Scripture and Reflection Questions Matthew 28:16-20		10–20 min
Video Segment 1: Presence—Mother Miriam	11:45–16:00	4 min- <i>optional</i>
Food for the Journey; The Mass	17:00–26:26	9 min
Video Witness*: Christian Bentley (Young Adults)	26:27–28:43	2 min
Video Witness*: Hilary Draftz (All Ages)	28:44–31:30	3 min
Discussion: Video Segment 1		10–15 min
Video Segment 2: moment when bread becomes body	1:02:36–1:06:30	4 min
Rules for receiving	1:06:31–1:10:00	3 min
Our participation at Mass	1:10:01–1:12:39	3 min
Adoration	1:12:40–1:15:30	3 min
Sent forth	1:15:31–18:08	3 min
Video Witness*: Catie Flores (All Ages)	1:18:30–1:20:00	2 min
Discussion: Video Segment 2		10–15 min
*only watch one of the video witness stories		