



Emmaus Road

Study 3 – Sacrament and Mission

*Heavenly Father, we thank you for the opportunity to gather here tonight in your holy Name.
We ask your blessing upon our Emmaus Group and upon the time we will spend together.
Draw us closer to You through each other. Give us the ability to search our own
hearts and know ourselves ever more, so we might better know You.*

Eucharist - Source of Mission “The Eucharist is the “summit” of Christian initiation and all apostolic activity, because the Sacrament presupposes membership in the communion of the Church. At the same time, it is the “source,” because the Sacrament is nourishment for her life and mission. For this reason, the Encyclical of Pope John Paul II, *Ecclesia De Eucharistia*, referring to the Apostolic Letter *Novo Millennio Ineunte* in which he made the appeal for people to know, love and imitate Christ, states that “a renewed impetus in Christian living passes through the Eucharist.”

Synod of Bishops, *The Eucharist: Source and Summit of the Life and Mission of the Church*

Read Luke 24:28-35 out loud together.

Discuss: How does this reading reflect the celebration of the Mass?

Discuss: The two disciples recognize Christ in the breaking of the bread. In what ways do you recognize Christ in your own life?

“Is this not the same movement as the Paschal meal of the risen Jesus with his disciples? Walking with them he explained the Scriptures to them; sitting with them at table ‘he took bread, blessed and broke it, and gave it to them.’”

Catechism of the Catholic Church 1347

Discuss: Have you had a profound realization of Christ in the Eucharist? Have you stopped to think about what it means to believe in the “real presence”? How has this affected your life?

Mass The celebration is called ‘Mass’ because of the ‘mission’ or ‘sending’ with which the liturgical celebration concludes. *Ite, missa est* in Latin literally means “Go, it has been sent”. “In antiquity, *missa* simply meant ‘dismissal’. However in Christian usage it gradually took on a deeper meaning. The word ‘dismissal’ has come to imply a ‘mission.’ These few words succinctly express the missionary nature of the Church.” (Pope Benedict XVI, *Sacramentum Caritatis*, 51)

Reread Luke: 24:33-35 out loud together.

“The two disciples of Emmaus, upon recognizing the Lord, ‘set out immediately’ in order to report what they had seen and heard. Once we have truly met the Risen One by partaking of his body and blood, **we cannot keep to ourselves the joy we have experienced.** The encounter with Christ, constantly intensified and deepened in the Eucharist, issues in the Church and in every Christian *an urgent summons to testimony and evangelization.*”

Pope St. John Paul II, *Mane Nobiscum Domine*

Discuss: Pope Francis declares: “With Christ joy is constantly born anew.” Have you had a recent experience of joyful encounter with Christ?

Discuss: Just as the disciples were given strength to evangelize following their meal with the Risen One, we too are equipped with the graces for mission through meeting Christ in the Mass. When was the last time you shared a personal encounter with Christ with friends, family, or co-workers?

Discuss: What are the biggest obstacles keeping you from ‘setting out immediately’ to share your joy in the Resurrection and your faith in Christ with others?

“The sacred Scriptures are the very source of evangelization. Consequently, we need to be constantly trained in hearing the word. The Church does not evangelize unless she constantly lets herself be evangelized. It is indispensable that the word of God ‘be ever more fully at the heart of every ecclesial activity’. God’s word, listened to and celebrated, above all in the Eucharist, nourishes and inwardly strengthens Christians, enabling them to offer an authentic witness to the Gospel in daily life.”

Pope Francis, *Evangelii Gaudium*, 174

Discuss: Last session, we discussed incorporating Scripture into our daily lives. Scripture and the Eucharist go hand-in-hand, and each strengthens us for mission. How do you plan to incorporate a devotion to Christ in the Eucharist into your daily life?

