



Lectio Meditations on:

# EUCHARIST

Sacraments Through Scripture: A Still Small Voice

**PREVIEW**

# SACRAMENTS THROUGH SCRIPTURE: A STILL SMALL VOICE

Eucharist

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CHURCH - EUCHARIST

47 *LUMEN GENTIUM (EXCERPT)*

49 TANTUM ERGO

by St. Thomas Aquinas

## **1 Read - Lectio:**

Read the passage. Ask: What does the text say in and of itself? Utilize the points of reflection to better understand the passage. Note: Catechism quotes are intended to be read silently and used to support a fuller understanding of the passage

## **2 Meditate - Meditatio:**

Reflect on the words chosen and their meaning in the passage. Ask: What is the Biblical text saying to me? Use the points of Meditation to assist you in seeing how the Lord is speaking to your life through this passage.

## **3 Pray - Oratio:**

Respond in prayer to the passage and the fruit of the meditatio. Ask: What do I say to the Lord in response to this passage?

## **4 Contemplate - Contemplatio:**

Rest and rejoice in this gift from God and be transformed by the new reality that you have been opened to. Ask: What is the Lord asking of me? What do I need to let go of? What do I need to embrace?

Praying with Scripture is deeply rooted in our Catholic tradition. Every Christian knows that it is “good” to pray and that it is “good” to read the Bible, but we almost always get stuck on the question of method, “How should we do this?”. Thankfully, the Church has passed down her favorite prayer practices through the generations and the methods of our father are available for us today. Lectio Divina is a method with which Christians have been prayerfully engaging the Scriptures that is at least 1000 years old. In short, the practice merges the reading of Scripture with the prayer of the one reading it in order to foster a dialogue and encounter with the living God.

## **Why should we engage Sacred Scripture in this way?**

There are many reasons why practicing Lectio Divina should be a normal part of a Christian's life. To begin with, we believe that the Bible is the Word of God. This means that God literally speaks through the Bible. The Catechism teaches,

"In Sacred Scripture, the Church constantly finds her nourishment and her strength, for she welcomes it not as a human word, "but as what it really is, the word of God"<sup>1</sup> "In the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them."<sup>2</sup> CCC 104

Practicing Lectio Divina teaches us how to hear the voice of God and opens us to the life-giving mysteries contained in His Word. Truly, the Scriptures are an endless fountain of wisdom and joy. A lifetime of scholarship would not nearly exhaust their depths. Yet they are not the only way in which God speaks to His people.

The words of the Mass, and other liturgical Rites are both sacred and revealing. In a similar way, since

God is Creator of Heaven and Earth, Male and Female, and all things completely, He reveals Himself through creation as well. The goal of Lectio Divina is primarily to come to an intimate encounter and knowledge of Jesus Christ, His Father, and the Holy Spirit.

At the same time, in coming to know what God sounds like, the practice of Lectio Divina opens our horizons and enables us to hear His voice and see His face in the Mass, the sacraments, our human relationships and all of creation. In this sense, the prayerful reading of Sacred Scripture acts as the gateway to a new Eden, where man once again lives in the conscious presence of his Maker and Savior.



# SACRAMENTS THROUGH SCRIPTURE: A STILL SMALL VOICE

## Eucharist: Session 1

### OPENING PRAYER

Heavenly Father, we are mindful that we are always in your presence. Jesus, we know you are here and that you love us. Thank you, Lord, that we belong to you. Thank you, Lord, that you want to speak to our hearts today in Scripture. Come Holy Spirit; open our hearts to the truth of your word as we read the Gospel of Luke. Show us what you want us to see in this passage.

### READING/READ/LECTIO:

Read the passage aloud or ask someone in the class to read the passage. Have someone read the passage again.

*Luke 22:14-20 - When the hour came, he took his place at table with the apostles. He said to them, "I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it [again] until there is fulfillment in the kingdom of God." Then he took a cup, gave thanks, and said, "Take this and share it among yourselves; for I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of God comes." Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." And likewise the cup after they had eaten, saying, "This cup is the new covenant in my blood, which will be shed for you."*

## POINTS OF REFLECTION:

What is the setting of the story?

What does Jesus say about the bread and the cup?

### CATECHISM QUOTE:

CCC 1323: "At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet 'in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.'"<sup>4</sup>

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