

# **EUCCHARISTIC CHRIST AND HIS CHURCH**

## EXPOSITION OF THE MOST HOLY SACRAMENT

Eucharistic singing

### INTRODUCTION:

With one voice, we Daughters and Sons of the Church scattered in the different places where we are present, we respond to the call of our Mother, the Church, who invites us today to adore Jesus present in the Eucharist; and we do so in the name of all humanity, praying for one another.

In doing so, we also prepare ourselves for the next 52<sup>nd</sup> International Eucharistic Congress, which will take place from 5<sup>th</sup> to 12<sup>th</sup> September next year in Budapest.

It is Jesus Himself who is calling us at this moment: He calls us in our particular situation, whatever it may be; He calls us by name and desires that we listen to His Word.

### *A moment of silence and adoration*

#### **From the Acts of the Apostles (2.42 - 4.32)**

They were assiduous in listening to the teaching of the apostles and in fraternal union, in the breaking of bread and prayers... The multitude of those who had come to the faith had one heart and one soul.

**WORD OF GOD.**

## REFLECTION

These words from the Acts of the Apostles tell us what our brothers and sisters were like in the early Church: they were characterized by pure faith, selfless love, indissoluble union, thanksgiving and continuous prayer. Everything was centered on "Breaking the Bread", that is, the celebration of the Eucharist, where the Body of Christ is eaten, the doctrine of the Apostles is listened to, prayed ardently and the love between all the members of the Church is strengthened.

The Church celebrated the Eucharist and the Eucharist formed the Church. The Church, which is the mystical Body of Christ, has been and is continually nourished by the Body of the Lord himself.

If the Body of the Lord does not admit division, neither does the Church. For this reason, in the celebration, all live the same faith, quenching their thirst for the preaching bequeathed by the Apostles, so that those who do not have the same faith cannot receive the Body of the Lord. In the celebration of the Eucharist, in fact, the same goods are shared, and it is not acceptable that in the Church there are those who are filled with material goods while other members do not have the necessary.

Furthermore, we pray and sing to the Lord, so that the Mass is the first school of prayer for the Christian.

Saint Paul explains it to us as follows: "Since there is one bread, we are, though many, one body: for we all partake of the one bread" (1 Cor 10:17).

**Saint John Chrysostom comments:** "What, indeed, is bread? It is the Body of Christ. What are those who receive it transformed into? In the body of Christ! not many bodies, but one body. In fact, just as bread is one, even though it is composed of many grains of wheat and these are found in it, even though they are not seen, since their diversity disappears

by virtue of their perfect fusion; in the same way we too are united to one another and, all together, to Christ".

**Saint John Paul II recalls:** "Our union with Christ means that in Him we are also associated with the unity of His body which is the Church. The Eucharist consolidates the incorporation into Christ, which began in Baptism by the gift of the Spirit".

We who communicate with one another cannot have but one faith, one love, one prayer.

We therefore unite ourselves all in the one Church of Christ, in which we have the definite pledge of our salvation; at the same time we find in it the mutual love that is done to all.

LET US PRAY TOGETHER:

Lord Jesus Christ,

You asked the Father before dying:

"May they all be ONE!"

Let me live the faith of your one Church.

Let me live in love and union with my brothers.

Let me live with them in continuous communion of prayer.

Grant that, by celebrating the Eucharist,

May feel my faith, my piety and my love consolidate,

To live the life of the Church to the full

Until I have the joy of dying in her bosom. Amen.

**Eucharistic singing**

*Moment of silence and adoration*

PRAYER IN RESPONSORIAL FORM

Jesus, who unites us all in one body,

- Make us faithful to your Church.

Jesus, who nourishes us with the living Bread of your Body,

- Make us faithful to your Church.

Jesus, who in the Eucharist makes us one body,

- Make us faithful to your Church.

Jesus, you are the Bread that unites all your members,

- Make us faithful to your Church.

Jesus, who unites us all in one faith.

- Make us faithful to your Church.

Jesus, who brings us all together in the same prayer,

- Make us faithful to your Church.

Jesus, who is with your Body the bond of our love,

- Make us faithful to your Church.

Jesus, who asks and implores union for your own,

- Make us faithful to your Church.

Jesus, who in the Eucharist fills us with grace,

- Make us faithful to your Church.

Jesus, who in the Eucharist increases our union with you,

- Make us faithful to your Church.

Jesus, who in the Eucharist is the joy of your Church,

- Make us faithful to your Church.

*Moment of silence and adoration*

### LET US PRAY TOGETHER

Lord Jesus, Head of your Church and bond of union that holds us all together, I want to form one heart and one soul with my brothers, because we are all your members. May I always preserve love for all, because in Communion I am always a part of your Body. Mary, our Mother, heart and soul of that Heart which formed the Church around the Apostles of Jesus, keep me in the most absolute fidelity to the Christian faith, so that by loving my brothers and sisters, your children, and persevering with them in the "breaking of bread", I may always be a living member of the Holy Church.

## *Moment of silence and adoration*

### HINT FOR PERSONAL REFLECTION

In my life, being a member of the Church means committing myself to the Eucharist. And receiving the Eucharist means living with strength the faith of the Church, constant and communitarian prayer and the most intimate love for all my brothers and sisters.

How do I live these demands?

Am I constant, like the first Christians, to receive Communion, especially on Sundays?

At Mass, do I pray and sing with enthusiasm in the assembly of the People of God, and then continue in personal and intimate prayer with the Lord?

Above all, do I live my love for my brothers and sisters without cultivating any resentment and sharing my goods with those in need?

### PRAYER OF INTERCESSION

Guide: The highest point of all perfection is love; and the children of the Church find love especially in the celebration of the Eucharist. For this we humbly implore the Lord:

**For the gift of your Body and Blood, Lord Jesus, keep us united.**

Lord Jesus Christ, we pray to you for the Pope and all the Pastors of the Church:

- Let them always feed us with the Bread of Life.

Lord Jesus Christ, we pray to you for all Christians, members of your body:

- May there be no divisions between us and may we all love one another with an ever greater love, the fruit of Holy Communion.

Lord Jesus Christ, we pray to you for the young people who want to do something great for you and for your Kingdom:

- Let those called be faithful to your voice, to be the richness of your Church.

Lord Jesus Christ, we pray for all of us gathered here:

- that we may feel your love, that we may respond to the love that you give us in the Eucharist; that we may grow in love towards our brothers and sisters and make us witnesses of love in all its manifestations within your Church.

## OUR FATHER

Lord Jesus, you are here in the Eucharist as a sign of unity and bond of charity.

We want to live and come to you.

We want to drink and draw from You, source of life, fountain that gushes for eternal life. As in you we unite ourselves to the whole Church on earth, so through you let us unite ourselves forever to the Church in heaven. Amen.

## **Final song**