

Jesus and the Eucharist Study

PARTICIPANT HANDOUT SESSION 3: AM I SAVED?



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 and 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's 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.

STUDY OVERVIEW

- 1: What's Our Story?**
- 2: Who Is Jesus?**
- 3: Am I Saved?**
- 4: Why a Church?**
- 5: God Is with Us**
- 6: The Story of the Eucharist**
- 7: Bread for the Journey**

LECTIO PRAYER

1. **Mark 10:46–52 | Blind Bartimaeus**

"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. On hearing it was Jesus of Nazareth, he began to cry out and say, 'Jesus, son of David, have pity on me.' And many rebuked him, telling him to be silent. But he kept calling out all the more, 'Son of David, have pity on me.' Jesus stopped and said, 'Call him.' So they called the blind man, saying to him, 'Take courage; get up, he is calling you.' He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, 'What do you want me to do for you?' The blind man replied to him, 'Master, I want to see.' Jesus told him, 'Go your way; your faith has saved you.' Immediately he received his sight and followed him on the way."

2. **Litany to Divine Mercy**, abridged. Please respond, "**I trust in you.**"

- ◆ 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.**



1. General Discussion Guidelines (read by the table facilitator)

- ◆ My job as a facilitator is simply to make sure that everyone at the table has an opportunity to contribute, the time is shared amongst all table members, and the discussion stays on track. As a member of the small group, I will be involved in the table discussion.
- ◆ Note that table facilitators are not necessarily theologians or experts.

2. Respectful Discussion Guidelines (read by a member of the group who volunteers)

- ◆ Everyone's input is valued. We are here to listen to each other and to the promptings of the Holy Spirit with a disposition of the heart that we all have something to learn. As it says in 1 Thessalonians 5:11, "Therefore, encourage one another and build one another up, as indeed you do."
- ◆ The purpose of the table discussions is to build relationships and exchange perspectives among table members. We are not here to debate or to try to reach a table consensus. Expect differing viewpoints and presume the good will of the other.
- ◆ People may share personal experiences. Please be sensitive to this vulnerability and do not share others' private information outside this group.

3. Process for Sharing (read by another member of the group who volunteers)

- ◆ To open our table discussion, we will use the "Process for Sharing," which offers everyone an opportunity to comment.
 - **The table facilitator will read the discussion questions out loud and pause for a moment to allow time for reflection, and then the facilitator will share first.**
 - **After the facilitator is done, he or she invites another to share. You can invite anyone at the table, whether they are next to you or across from you. After that person has shared, they invite another. You will do this until everyone at your table has been asked to share.**
 - **All are encouraged to share but no one should feel pressured to speak. If you don't want to share, simply say "pass," and ask another to share.**
 - **We ask you to listen and not immediately respond to someone's sharing during this process. Listening is one of the greatest gifts we can give to each other.**
 - **Please limit your sharing to a couple of minutes to allow time for all to share.**
- ◆ Once this process is complete, the table facilitator will initiate an open table discussion. Now, please turn to Page 2, and your Table Facilitator will open the table discussion.

