

# THIS IS MY BODY

## Introduction & Chapter One

### The Eucharist as Sacred Meal

1. **Why did God create?** Out of his own goodness and almighty power, not for any increase in his own happiness. p.1
2. **How does God want all created things to be connected?** By the deepest bond of love, sharing in the love of God and of one another. p.2
3. **What does everything in the universe have in common?** Everything has been loved into existence. p.3
4. **What was God's plan for human beings?** To be stewards of creation, returning in love what God had given in love, uniting all things in a great act of worship. p.4
5. **How did God want us to participate in his life?** Through the joy of eating and drinking (the heavenly banquet even on earth). p.5
6. **What went wrong with this plan?** Adam and Eve decided to eat alone (without God) and on their own terms (pride). p.6
7. **What was God's rescue plan?** He sent us the Patriarchs and the Prophets, culminating in in His Son, Jesus, to renew his desire to sit down in friendship with all of creation at a great festive banquet. pp. 6-7
8. **How did he start teaching us to have meals together?** First with the Passover meal which took place as he led the Israelites out of the slavery of sin and prepared them to re-enter the Promised Land strengthened for the journey by consuming the Lamb in thanksgiving to God and in fellowship with one another. pp. 8-9 Second, with the banquet on the holy mountain described in the second chapter Isaiah: "On this mountain the Lord of hosts will make for all peoples a feast..." Isaiah envisions all the nations living in nonviolence and informed by right worship, able to share life with God and one another, receiving and giving grace. p.11

### The Sacred Meal in the Life and Ministry of Jesus

9. **How was Jesus' table different?** All were welcome: saints and sinners, the just and unjust, the healthy and sick, men and women. p.12
10. **How important was this inclusion of sinners?** It is the heart and the raison d'être of the meal that he hosts. p.15
11. **What is "the loop of grace"?** What you have received as a gift, give as a gift. p.16
12. **How can "the loop of grace" be seen in the five loaves and two fishes?** When the five loaves and two fishes were turned back over to Christ, transfiguration and multiplication took place. The disciples' attitude was transfigured. They discovered their mission and learned to love and to feed everyone. pp. 6-7
13. **How is the Last Supper a summary of the themes above?** Jesus fulfills God's desire to sit in easy intimacy with his people, sharing his life with them. The Passover motifs of liberation, unity, and festivity are at play here. The room of the Last Supper is Isaiah's holy mountain. At this Passover meal, Jesus shared bread and

wine, his own flesh and blood, to free all from the slavery of sin and to prepare them for life's journey to the Promised Land of Heaven. pp. 18-19

14. **What is the “*mysterium iniquitatis*”?** It is the mystery of sin which happens when human beings prefer the isolation and separation of sin to the festivity of the sacred meal shared with God and in the loving fellowship of others. p.20

15. **How can the blessings of the fellowship of a meal be destroyed?** Through games of ambition and claims of social superiority. p.21

16. **Give at least two reasons why Jesus' mission didn't end at the Last Supper?** (1) In his passion and death he confirming that the sharing of his body and blood at the Last Supper was a true gift of himself; (2) He rose from the dead showing that he conquered death for himself and all who followed him; (3) He passed his mission on to the apostles and disciples (including the gift of the Holy Spirit) with his instructions to “do this in memory of me.” pp. 22-24

### **The Eucharistic Liturgy**

17. **Who is invited to the Eucharistic Liturgy?** Absolutely everyone. p.27

18. **What is the meaning of the *Kyrie Eleison*?** It is an invitation to put away our sins to enter an intimacy with Christ in the Mass. p.28

19. **What is the meaning of the *Gloria*?** All in Heaven and earth are joined together in praising God. p.29.

20. **What is the meaning of the offertory procession?** It is a re-presentation of the multiplication of the loaves and fishes. p.30

21. **How can the Mass be seen in a cosmic dimension?** Bread and wine represent a process beginning with creation itself, nature, and the work of human beings.

22. **What is the meaning of coming forward and feasting on the Lord?** We eat and drink him becoming incorporated in him, and we become a renewed community formed according to the purposes of God. p.31-33

23. **What are three dimensions of Sacrament?** Sacrifice, Communion, Eucharist (Thanksgiving) p.34

**Summary: “...the Eucharist is the richest participation in the very being of God who is nothing but love.”**  
p.35