



# LEN

*Renewing faith, hope, and love  
in the Year of the Eucharist*



## REFLECTION QUESTIONS WEEK 5

1. READ PSALM 22. REFLECT ON THE TRANSITION FROM LAMENT TO THANKSGIVING. HOW DOES THIS PSALM REFLECT OUR STRUGGLES? HOW DOES IT MIRROR OUR DRAW TO GOD IN TIMES OF STRUGGLE?
2. THROUGHOUT SCRIPTURE, GOD HAS USED BREAD AS A WAY TO FEED HIS PEOPLE. WHETHER IT IS THE ISRAELITES IN THE DESERT, FEEDING THE 5,000, OR EVEN IN PREPARATION FOR THE FLIGHT FROM EGYPT, BREAD IS MENTIONED OVER 429 TIMES. WITH THIS IN MIND, HOW DOES GOD'S USE OF BREAD TO FEED OTHERS AS BOTH FOOD AND AS EUCHARIST SHOW US GOD'S CONSTANT DESIRE TO FEED AND SUSTAIN US, BOTH PHYSICALLY AND SPIRITUALLY)?
3. HOW DID YOU FEEL DURING THE QUARANTINE WHEN YOU COULD NOT RECEIVE THE EUCHARIST?
4. WHAT WAS YOUR FEELING WHEN THE PUBLIC MASSES RETURNED, AND YOU RECEIVED THE EUCHARIST FOR THE FIRST TIME IN MONTHS?

# REFLECTION QUESTIONS

## WEEK 5 CONTINUED

5. HOW DO WE CHANGE THE CURRENT TREND OF THOSE TURNING AWAY FROM THE FAITH? WHAT ARE WAYS THAT WE CAN ENCOUNTER PEOPLE WHERE THEY ARE AND REVEAL JESUS TO THEM?

6. HOW DO WE INVITE OTHERS TO MASS? HOW CAN WE REVEAL THE BEAUTY OF THE CATHOLIC FAITH TO FRIENDS, FAMILY, AND STRANGERS, IN AN INVITING WAY?

7. THE CATECHISM STATES, THE EUCHARIST IS "THE SOURCE AND SUMMIT OF THE CHRISTIAN LIFE." "THE OTHER SACRAMENTS, AND INDEED ALL ECCLESIASTICAL MINISTRIES AND WORKS OF THE APOSTOLATE, ARE BOUND UP WITH THE EUCHARIST AND ARE ORIENTED TOWARD IT. FOR IN THE BLESSED EUCHARIST IS CONTAINED THE WHOLE SPIRITUAL GOOD OF THE CHURCH, NAMELY CHRIST HIMSELF, OUR PASCH." (CCC 1324) THE EUCHARIST IS CENTRAL TO OUR FAITH, HOW CENTRAL IS IT IN YOUR LIFE?

8. HOW DOES IT FEEL WHEN GOD PLACES HIMSELF IN YOUR HANDS AT COMMUNION? WHAT ARE WAYS THAT YOU CAN SHARE THAT WITH OTHERS AS AN INVITATION TO WORSHIP?