

Go Deeper

Disciple/Mentor Conversation #3: *Mass and the Lord's Day*

For the mentor: *It is a challenge in our day to make time for what is important. Yet, we know that when we don't put "first things first" things fall apart. In the Ten Commandments (see Ex. 20:2-17), God commands us to keep the Sabbath Day Holy. As Christians, we do that by honoring Sunday, the Lord's Day. From the earliest days of the church, Christians have gathered on Sunday, the first day of the week, to celebrate Jesus' resurrection from the dead. In this celebration we encounter Christ in one another, the Word of God as it is proclaimed, and in the Eucharist. This celebration renews our covenant with God and renews us to continue the mission of Jesus in the world.*

For the disciple: *"You worship God in your way... I'll worship God in His way." This statement came at the conclusion of a discussion about whether it was important to go to Mass on Sunday or not. While we all need to pray in our own way and build our unique relationship with God, we also need to honor what God asks of us. Mass is one of the primary ways we renew our covenant with God. Jesus asks us to come together each Sunday and be with Him and with one another. As people of the New Covenant in Jesus, we respond to Jesus invitation to "Do this in memory of Me," every Sunday.*

Opening Prayer (led by the mentor): *Merciful Father, You have sent us your Son. He speaks to us through the words of Scripture. He gives himself to us under the forms of bread and wine. It is you, your very self, who come to me. I come, like a sick man, to the doctor of life... Loving Father, in this life, I receive your beloved Son only under the outward veil of the sacrament. Grant that I may one day look upon him, face to face, unveiled for all eternity. Amen*

Youcat: Youth Prayer Book p. 72

Faith Conversation (Share on the following, the mentor should share first):

1. Why do you go to Mass on Sundays?
2. What is the most meaningful part of Sunday Mass for you? Why?

Bringing Scripture into the Conversation

Invite the Holy Spirit to open your heart to the Word of God and read Lk. 22:14-20

1. What word or phrase in this reading caught your attention? What story did you hear or what image did you get? What touched you as you heard or read this reading?
2. How do you feel when Jesus invites you to "do this in memory of me."
3. How can you personally deepen your commitment to regular Sunday Mass? How could you grow to appreciate Sunday mass more?

Praying Together

1. Name any people, needs, or concerns that you would like to pray for.
2. Conclude your Conversation by praying the Lord's Prayer, Hail Mary, and Glory Be together.

For Further Reflection and Discussion

- Go to mass together and talk about it afterwards. What was meaningful? What was confusing? What do you want to know more about?
- Review the “Catholic Connection” section in your Catholic Youth Bible near Lk. 22:14-20. What does it mean for you to “take on the pattern of Jesus life”? How does attending Mass each week help you to become a deeper disciple of Jesus?
- The last words at mass are: “**Go in peace, glorifying the Lord by your life.**” What concrete acts can you do to give glory to God in your life at school, work, home, or with friends? What prevents you from doing them? How can you overcome these obstacles?
- Read the other accounts of the Last Supper in Mark 14:22-26 and Luke 22:14-20 and 1 Cor. 11:23-25 and compare them. What is different? What is the same? Why is Jesus’ Last Supper so significant that it is recorded so often in the Scriptures?
- Even Deeper! Unpack the definition of **transubstantiation** from the Youcat. What does it mean about the way we understand how Jesus is present to us at Sunday Mass.
 - Transubstantiation (from Latin *trans* = through, and *substantia* = essence, substance): the theological term used to explain theologically how Jesus can be present under the appearance of the gifts of bread and wine in the Eucharist. Whereas the “substances” (meaning the “essences”) of bread and wine are changed by the working of the Holy Spirit at the words of consecration into the Body and Blood of Christ, their outward “species” or forms remain the same. Jesus Christ is really but invisibly present in what looks like bread and wine as long as the appearances of bread and wine are preserved. (Youcat p. 128-129)

“In the Holy Eucharist we become one with God like food with the body.”

- St. Francis de Sales (1567-1622)

Date of meeting: _____ Mentor: _____

Disciple: _____