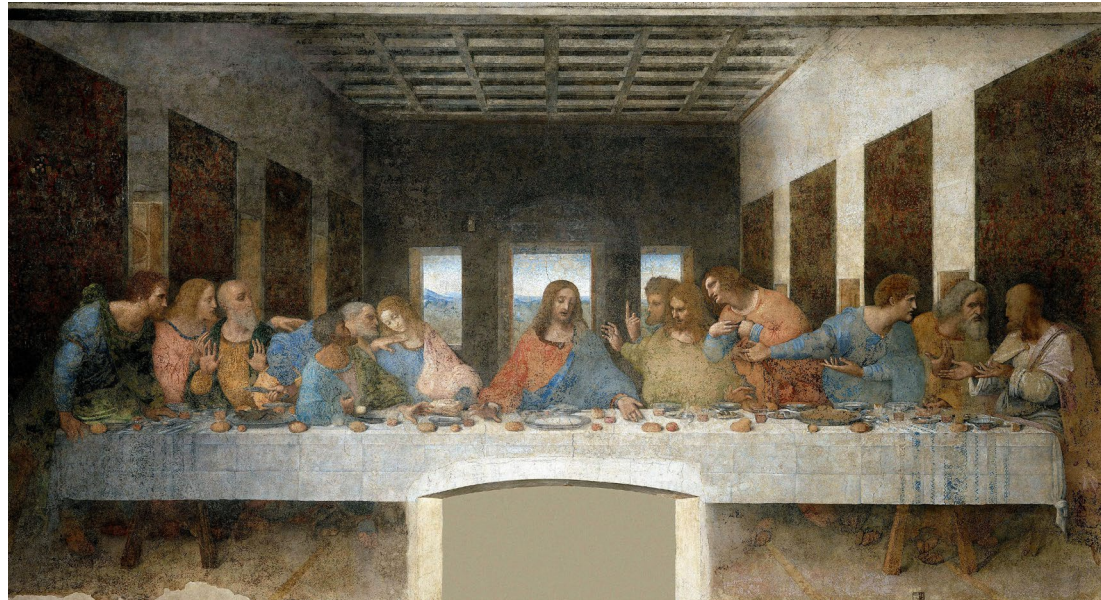


I AM THE BREAD OF LIFE



Aim of this module

This module introduces the Eucharist as the central sacrament of the Christian life by looking at its history, its meaning and its importance to the contemporary Church.

Begin with the liturgy

Leader Jesus says:
I am the living bread
which has come down from heaven.
Anyone who eats this bread
will live for ever.

All Lord, give us this bread always.

Leader

As they were eating, Jesus took some bread and, when he had said the blessing, broke it and gave it to them. 'Take it,' he said, 'This is my body.' Then he took the cup and, when he had returned thanks, he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. (This is) The Word of the Lord.

All

Thanks be to God.

Leader Lord Jesus Christ,
in the most wonderful Sacrament of the
Eucharist you have left us the memorial of
your passion;
deepen our reverence
for the mystery of your body and blood,
that we experience within us
the fruit of your redemption.
Who live and reign for ever and ever.

All Amen.

Watch the video 

www.breadoflifecourse.co.uk/jerusalem



The video is set in Jerusalem and explores the **history** of the Eucharist and how it came about from the context of Jesus' ministry and the early Church. The Main talk, following, aims to help us understand the **meaning** of the Eucharist.

Main talk

Also available as a **podcast** at www.breadoflifecourse.co.uk/maintalk1 

Introduction

- What was your experience of church as a young person?
- Hymns like these can help us understand the deeper meaning of eucharistic worship

Alleluia! Sing to Jesus!
His the sceptre, His the throne.
Alleluia! His the triumph,
His the victory alone.

Hark! The songs of peaceful Zion
thunder like a mighty flood.
Jesus out of every nation
has redeemed us by his blood.

Soul of my Saviour, sanctify my breast,
Body of Christ, be Thou my saving guest,
Blood of my Saviour, bathe me in Thy tide,
Wash me with water flowing from Thy side.

Why is the Eucharist so important?

- It was the common experience of the first Christians and made them different from the rest of the Jewish community
- Our remembrance of what the Lord himself did and commanded at the Last Supper is our remembrance of his sacrifice on the cross
- It unites us as one believing people with him

The Eucharist as the enduring sign of Jesus

- The bread on which the Christian feeds in the Eucharist is Jesus himself

Why bread?

- Bread is a symbol of life
- God, our Father, wishes to provide food for us that is life-giving

Jesus is known to us in the breaking of the bread

- At the Eucharist, we truly meet him who was made flesh, who died and was raised by the power of the Father

Some questions to consider

- Can you think of a time when the Eucharist has spoken to you/ touched you personally?
- “The Eucharist is a fire which inflames us” (St John Chrysostom). Do you think this is a helpful idea?
- Do you think the presence of Jesus in the Eucharist may be different from his presence elsewhere?

In conclusion

www.breadoflifecourse.co.uk/eucharist

The video is a montage of the Eucharist in multiple contexts, set to a beautiful recording of the song *Bread of Life*, by Joanne Boyce and Mike Stanley. The emphasis here is on the importance of the Eucharist in the church today and its role in Christian unity.



End with the liturgy Evening option

Leader On the Emmaus road, they said to him:
Stay with us, Lord, because it is almost evening,
and the day is nearly over.
And so he went in to stay with them.
At table he took bread, blessed and broke it,
and gave it to them.
And their eyes were opened and they
recognised him.

All Lord, abide with us also.
Let our hearts burn within us

Leader Support us, O Lord,
all the day long of this troublous life,
until the shadows lengthen and the evening comes,
the busy world is hushed,
the fever of life is over,
and our work done.
Then, Lord, in your mercy
grant us a safe lodging,
a holy rest, and peace at the last;
through Christ our Lord.

All Amen.

Any time of day option

Leader Jesus, bread of life:
All Feed us now and evermore.
Leader Jesus, bread come down from heaven:
All Feed us now and evermore.

Leader The bread you give, O God,
is Christ's flesh for the life of the world;
the cup of his blood
is your covenant for our salvation.
Grant that we who worship Christ
in the holy mystery of the Eucharist
may reverence him in the needy of this world
by lives poured out for the sake of that kingdom
where he lives and reigns for ever and ever.

All Amen.

Leader Let us bless the Lord.
All Thanks be to God.