

Eucharist Parent/Adult Catechesis 8:2

We Go Forth

Read the following selection from *Sacrosanctum Concilium* (*The Constitution on the Sacred Liturgy*) from the Second Vatican Council.

For the liturgy, “through which the work of our redemption is accomplished,” most of all in the divine sacrifice of the Eucharist, is the outstanding means whereby the faithful may express in their lives, and manifest to others, the mystery of Christ and the real nature of the true Church... While the liturgy daily builds up those who are within into a holy temple of the Lord, into a dwelling place for God in the Spirit, to the mature measure of the fullness of Christ, at the same time it marvelously strengthens their power to preach Christ, and thus shows forth the Church to those who are outside as a sign lifted up among the nations under which the scattered children of God may be gathered together, until there is one sheepfold and one shepherd. (SC, p. 2)

Reflect on the following points drawn from the reading and answer the reflection questions.

- The Eucharist allows us to express in our lives, and manifest to others, the mystery of Christ. We do this first in our common participation in the Lord’s Supper. Then we take that which we have been fed, Christ himself, out into the world for the service of others.

In what ways do you take Christ into the world?

Eucharist Parent/Adult Catechesis 8:2 (continued)

- We do not participate in Eucharist only for our own contentment or blessing. Rather, we are sent forth from the Eucharistic banquet to be food for others. The words of dismissal (“Go to love and serve the Lord”) are a mission. Nourished by our reception of, and participation in, the Body of Christ, we accept that mission.

How would you describe your mission in concrete everyday terms?

- All of us are called to preach Christ. Some (the ordained) are commissioned to do it in formal ways during liturgy. But all Christians are called to preach by the virtue and generosity of our lives. It is our job to go forth from Eucharist into the world and proclaim the Gospel in all we do, both explicitly and implicitly.

What does “preaching Christ” mean to you?
