

WELCOME TO

EMMAUS

**AT ST MARY'S CHURCH,
THORPE**



Session 9
HOLY
COMMUNION
EUCHARIST
MASS
LORD'S SUPPER

Diocese of
Guildford 

TRANSFORMING CHURCH
TRANSFORMING LIVES

THINKING ABOUT HOLY COMMUNION

What does it mean to you?

Jesus inaugurated
Communion as a way
of experiencing his
very presence among
us and with us; it is our
central act of worship
at St Mary's



THINKING ABOUT HOLY COMMUNION

Different names for the same meal...

Holy Communion

The Mass

The Lord's Supper

The Eucharist

Breaking of the Bread



Christians believe that Jesus gave us Communion.

Take a look at these bible
passages: Mark 14: 22-25

1 Corinthians 11: 23-26

Luke 24. 30-35

Luke 22: 19-20



Note:

- ❖ Similarities between the accounts
- ❖ What Jesus actually says and commands
- ❖ Any teachings & points of interest

The Last Supper



Jesus gathers his disciples at Passover.

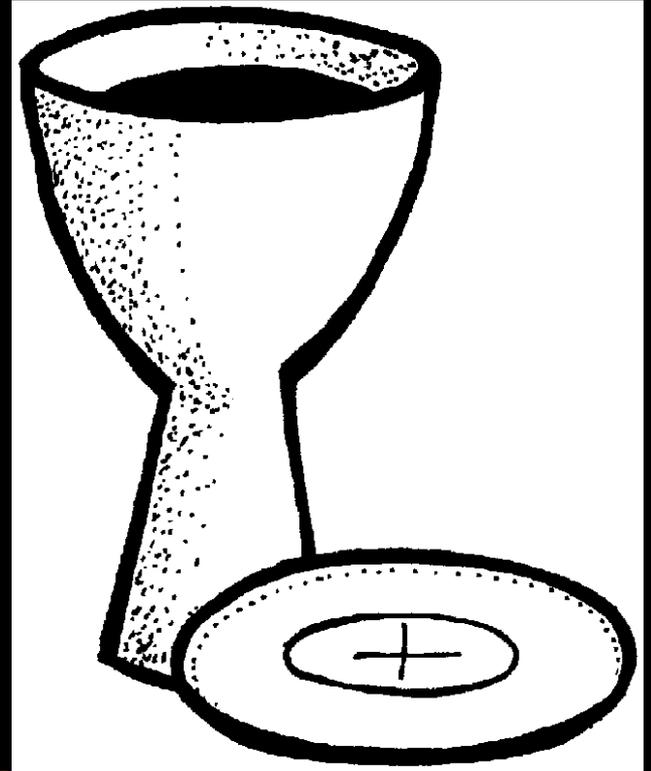
The origin of the Eucharist is the Last Supper.

Jesus takes bread and gives it to his disciples, telling them to eat of it, because it is his body, He then takes a cup of wine, gives it to his disciples and tells them to drink of it because it was the cup of the covenant in his blood.

- ❖ **Jesus turns Passover into something new.**
- ❖ This meal recalls and makes present the greater and deeper salvation that took place when Jesus died on the cross.

The Last Supper

❖ The disciples are commanded to 'do this' to remember Jesus.



❖ Jesus fulfils his promise to be with his disciples whenever they meet in his name.

Who, on the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:

*Take, eat; this is my body which is given for you;
do this in remembrance of me.*

In the same way after supper he took the cup
and gave you thanks, he gave it to them saying:

*Drink this, all of you; this is my blood of the new
covenant, which is shed for you and for many
for the forgiveness of sins. Do this, as often as
you drink it, in remembrance of me.*



The Early Church

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

Acts 2: 42

There are three references in Acts to "the breaking of bread" by early Christians at Jerusalem and by St Paul on his visit to Troas.

The New Testament recounts a number of practices of religious table fellowship that can be considered Eucharistic.

Holy Communion, The Eucharist is important!

In the Eucharist, the priest breaks the bread after the Lord's Prayer has been said, and uses the following words: 'We break this bread to share in the body of Christ'. To which we all respond in faith: 'Though we are many, we are one body, because we all share in one bread.'

In and through Communion we are not only united with Jesus in his death and resurrection, but also with each other, (common union) and indeed all faithful people throughout time!

GOD dwelling in our very lives... Holy Communion is all about God with us.



Our need for God is often well hidden by us but the need for God is there in everyone.



*O Lord, you have made us for yourself,
and our hearts are restless
until they rest in you.*

St Augustine

**We can't do Communion on our own!
We expect to meet with God & each other.**

Spiritual Communion

Jesus words at the Last Supper, recorded first by St Paul are a pledge for all-time to be present among us in the broken bread and wine poured out.

Spiritual Communion describes the means of grace by which a person, prevented for some serious reason from consuming the Body and Blood of Christ, nonetheless shares in communion within their own hearts. The participate by hearing the words and seeing with their eyes the bread of life.

In making communion spiritually, we joining with Christians everywhere to be nourished by the one who tells us:

“I am the Bread of Life, whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

(John 6:35)

A prayer by Saint Alphonsus Liguori

My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire to know your presence within me. Since I cannot now receive you sacramentally, come at least spiritually into my heart, as I embrace you as being already there and unite myself wholly to you; permit not that I should ever be separated from You. Amen.



Let us pray:

Lord Jesus Christ, we thank you that you meet us in the wonderful sacrament of Communion, the memorial of your passion: grant us so to reverence the sacred mysteries of your body and blood that we may know within ourselves and show forth in our lives the fruits of your redemption; for you are alive and reign with the Father in the unity of the Holy Spirit, one God, now and for ever. Amen.

