

Jesus and the Eucharist Study

PARTICIPANT HANDOUT SESSION 3: AM I SAVED?



What Jesus did for us through his Death and Resurrection was the greatest act of love in history. Through this act he saved us. And then, desiring that we encounter him and allowing his Paschal Mystery to reach each of us, he gave us himself in the Eucharist. He did this for each one of us. Individually. But it is easy to feel unworthy of this gift of love. We may feel we have too much baggage. We may feel unlovable. But God didn't come to reveal himself to us on a pedestal; he came to enter into our messy condition, no matter how messy! He came to fix us from within—to transform us from the inside out. Some might be surprised by how generous and abundant the love of God really is. We don't deserve God's love, but that's the incredible reality of God's mercy. This relationship with God isn't all about our love for him. It's about his love for us that changes our lives forever.

STUDY OVERVIEW



- 1: What's Our Story?
- 2: Who Is Jesus?
- 3: Am I Saved?
- 4: Why a Church?
- 5: God Is with Us
- 6: The Story of the Eucharist
- 7: Bread for the Journey

LECTIO PRAYER

1. Mark 10:46-52 | Blind Bartimaeus

"They came to Jericho. As he was leaving Jericho with his disciples and a sizeable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging. On hearing it was Jesus of Nazareth, he began to cry out and say, 'Jesus, son of David, have pity on me.' And many rebuked him, telling him to be silent. But he kept calling out all the more, 'Son of David, have pity on me.' Jesus stopped and said, 'Call him.' So they called the blind man, saying to him, 'Take courage; get up, he is calling you.' He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, 'What do you want me to do for you?' The blind man replied to him, 'Master, I want to see.' Jesus told him, 'Go your way; your faith has saved you.' Immediately he received his sight and followed him on the way."

2. Litany to Divine Mercy, abridged. Please respond, "I trust in you."

- Divine Mercy, greatest attribute of God, I trust in You.
- Divine Mercy, fountain gushing forth from the mystery of the Most Blessed Trinity, I trust in You.
- Divine Mercy, from which wells forth all life and happiness, I trust in You.
- Divine Mercy, source of miracles and wonders, I trust in You.
- Divine Mercy, which flowed out from the open wound of the Heart of Jesus, I trust in You.
- Divine Mercy, unfathomed in the institution of the Sacred Host, I trust in You.
- Divine Mercy, in our justification through Jesus Christ, I trust in You.
- Divine Mercy, accompanying us through our whole life, I trust in You.
- Divine Mercy, embracing us especially at the hour of death, I trust in You.
- Divine Mercy, shielding us from the fire of hell, I trust in You.
- Divine Mercy, lifting us out of every misery, I trust in You.
- Divine Mercy, source of our happiness and joy, I trust in You.
- Divine Mercy, in calling us forth from nothingness to existence, I trust in You.
- Divine Mercy, repose of hearts, peace amidst fear, I trust in You.
- Divine Mercy, inspiring hope against all hope, I trust in You.

PART 1: LESSON * (Selected quotes from the lesson are provided below for your reference.

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As you listen, feel free to write notes in the space provided.)

1.	Our faith gives us an amazing promise: that we don't	
	have to look at death in fear and wonder anymore. The God who went before us in life, in death, and in rising from the dead, promises us the story ends very, very	
	well We have the hope of salvation. Chris Stefanick	
2.	I think for a lot of people salvation is just fire insurance But the reality is that in the New Testament,	
	salvation isn't just about what will happen to us after we die—it very much pertains to the here and now as well. In fact, what is it that we need to be saved from:	
	we are enslaved by sin. Dr. Michael Barber	
3.	[In the story of the miraculous catch of fish, Peter says] "Get away from me, Lord, I am a sinful man." Jesus	
	responded "Come, follow me, and I will make you	
	fishers of men." He saw something in Peter that Peter did not see in himself. He sees something in you that	
	you don't see in yourself too. Chris Stefanick	
4.	Sin is not just a violation of a rule; it's a violation of reality Whenever we sin, we are acting not just against God we are acting against our own best interests. Dr. Sean Innerst	
5.	That's all the moral framework of the Church and	
	Christianity is God is not trying to make us miserable; he is actually trying to make us thrive.	
	Jim Beckman	
6.	The deepest part of the human problem of sin is that it does not have a human solution God from the very beginning reaches down to provide an answer, a solution to the human problem—and that's what we see in Jesus Christ. In his Passion, Death and Resurrection, the whole answer to the human problem of waywardness and sin is provided. [We are given] a grace, a power, which lifts up fallen human nature.	
	Dr. Sean Innerst	

PART 1: TABLE DISCUSSION QUESTIONS

Table Facilitator, please read the following out loud: We will begin our table discussion with the "Process for Sharing." I will read the discussion questions out loud and pause for a moment to allow you time for reflection, and then I will share first.

For the first discussion, each person is invited to share on one or both of the following questions:

- 1. What stood out to you in the time of prayer or in the lesson?
- 2. Like Peter, what is holding you back from living in the full freedom and happiness that God has to offer?
- 3. How can you respond to Jesus' invitation to discipleship?

^{*} Lesson content provided by the Augustine Institute's study, The Search, Session 6

TABLE DISCUSSION GUIDELINES



1. General Discussion Guidelines (read by the table facilitator)

- My job as a facilitator is simply to make sure that everyone at the table has an opportunity to contribute, the time is shared amongst all table members, and the discussion stays on track. As a member of the small group, I will be involved in the table discussion.
- Note that table facilitators are not necessarily theologians or experts.

2. Respectful Discussion Guidelines (read by a member of the group who volunteers)

- Everyone's input is valued. We are here to listen to each other and to the promptings of the Holy Spirit with a disposition of the heart that we all have something to learn. As it says in 1 Thessalonians 5:11, "Therefore, encourage one another and build one another up, as indeed you do."
- The purpose of the table discussions is to build relationships and exchange perspectives among table members. We are not here to debate or to try to reach a table consensus. Expect differing viewpoints and presume the good will of the other.
- People may share personal experiences. Please be sensitive to this vulnerability and do not share others' private information outside this group.

3. Process for Sharing (read by another member of the group who volunteers)

- To open our table discussion, we will use the "Process for Sharing," which offers everyone an opportunity to comment.
 - The table facilitator will read the discussion questions out loud and pause for a moment to allow time for reflection, and then the facilitator will share first.
 - After the facilitator is done, he or she invites another to share. You can invite anyone at the table, whether they are next to you or across from you. After that person has shared, they invite another. You will do this until everyone at your table has been asked to share.
 - All are encouraged to share but no one should feel pressured to speak. If you don't want to share, simply say "pass," and ask another to share.
 - We ask you to listen and not immediately respond to someone's sharing during this process. Listening is one of the greatest gifts we can give to each other.
 - Please limit your sharing to a couple of minutes to allow time for all to share.
- Once this process is complete, the table facilitator will initiate an open table discussion. Now, please turn to Page 2, and your Table Facilitator will open the table discussion.

PART 2: LESSON * (Selected quotes from the lesson are provided below for your reference.

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As you listen, feel free to write notes in the space provided.)

1.	The cross is a paradox. What it represents is the worst thing that human beings have ever done, and the greatest thing God has ever done. Dr. Sean Innerst	
2.	I think he chose [the cross] to show us that in our darkest moments of life, he is with us I think he chose the cross to show how far he would go for his beloved. There is no limit to the love of God for you. Chris Stefanick	
3.	Make no mistake about this: God is attracted to your poverty. He actually wants to come into that mess. Jim Beckman	
4.	The triumph of our faith is not that there is no suffering. The triumph of our faith is that he has defeated it. He redeems it. He brings ultimate good out of it. Noelle Garcia	
5.	The bigger story is that you were created by a God who loves you, who found you worth dying for, who has destined you for eternal glory. That big story makes life amazing. Chris Stefanick	
6.	Grace enables us to return to the likeness of God which Adam and Eve lost in the very beginning. Dr. Sean Innerst	
7.	Jesus did not just come to make bad people good. He came to make dead people alive. Chris Stefanick	
8.	When you follow Jesus Christ with your whole life, you change. Have you said yes to God? Love doesn't force himself on you. Love waits for your yes. Chris Stefanick	

PART 2: TABLE DISCUSSION QUESTIONS

Table Facilitator, please read the following out loud: We will once again begin our table discussion with the "Process for Sharing." I will read the discussion questions out loud, and pause for a moment to allow time for reflection, and then I will share first.

For the discussion, each person is invited to share on one or two of the following questions:

- 1. What stood out to you or was an "aha" moment in the lesson?
- 2. How many crosses do you own (think about your home, car, office, jewelry)? What does Jesus' cross mean to you?
- 3. Please share an experience where you gave your "yes" to God's call. How has that led to a fuller and more abundant life?
- 4. Please share an experience where something seemed impossible at first but was made possible by God.

 $^{^{\}star}$ Lesson content provided by the Augustine Institute's study, The Search, Session 6 $\,$