

Forming Our Liturgical Lives:

The Meaning of Living Out the Eucharist

Part 3

1. Please share and discuss, what struck you the most during this video?

2. Bishop Woost describes the sacramental principle as a Catholic way of thinking. It means that God uses concrete stuff to communicate God's presence to us. How do you think this principle affects you in your daily life?

3. When we offer ourselves in our lives to our neighbors, to help them, to care for them, it is a sign of worship. It is becoming instruments of Christ's saving mystery in the world. It is a way of continuing the journey of divinization. How do you react to this teaching from the Catholic church?

4. Bishop Woost said that the ways we prepare ourselves for the upcoming Sunday Liturgy are to
 - a. Read and pray with the Sunday Scriptures ahead of time
 - b. Walk into the liturgy with the expectation that we will encounter the divine so that we enter with open hearts and inquiry instead of with our own assumptions
 - c. Be ready to fully, actively, and consciously participate in the liturgy – internally and externally
 - d. Use the online resources from the Diocese: diocesofcleveland.org/eucharist and peruse what might help you enter more deeply into the liturgyWhich of these suggestions will you most likely embrace before Sunday liturgy?

