

Forming Our Liturgical Lives:

The Meaning of Living Out the Eucharist

Part 2

1. Please share and discuss what struck you the most during this video?
2. What do you do to help yourself be attentive during the Liturgy so that you can actively listen to the words being prayed by the priest on our behalf?
3. As Bishop Woost said in the video, we become sharers in the very life of God by God's deifying grace. This is known as the process of divinization or deification. How have you noticed the effects in your life of attending Mass - - what difference does attending Mass make in your life?
4. Bishop Woost mentioned that by joining in song and really thinking about the sign of the cross, we remind ourselves that the liturgy is about something larger than our individual selves. What helps you to step outside yourself at Mass so that you focus upon the Body of Christ rather than on yourself?

