

# THE SPIRIT AND THE EUCHARIST

SEGMENT 8

## SYNOPSIS

*"It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are spirit and life." - John 6:63*

The Eucharistic liturgy is saturated with the presence of the Holy Spirit. From the moment you decide to go to Mass the Holy Spirit is active and alive. Sadly, many people don't experience the Holy Spirit, and attending Mass becomes a chore for them rather than a life giving encounter with Jesus. In this segment we will look at a few of the many ways that the Holy Spirit is present in the Mass that will enable you to encounter God when you attend the Liturgy.

## DISCUSSION

1. Why do you attend Mass?  
Your desire to attend Mass is a grace of the Holy Spirit. Discuss the tension that may exist in whether or not to attend Mass. Where does that tension come from?
2. As Catholics we believe that Sunday Mass is spiritually the most important time of the week. Do you approach Mass in that light?  
How do you prepare to attend liturgy?
3. In what part of the liturgy do you most experience God's presence?

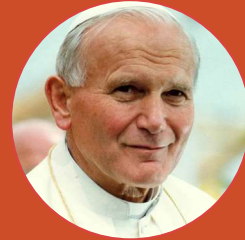
## REFLECTION

Come Holy Spirit.

Spend some time prayerfully reading John 6:22-71. The Spirit helps us to more profoundly grasp the reality that Jesus is present in the Eucharist. Pray for this grace. Before you attend Mass next Sunday take a few minutes with your family to read and discuss Sunday's gospel.

Also, in the next couple of weeks try to attend Mass on a weekday. Arrive a few minutes early and ask the Holy Spirit to show himself to you in a new and profound way.

THE SPIRIT  
GIVES LIFE  
JOHN 6:61



*"AT THE **CENTER** OF THE CHURCH IS THE **EUCCHARIST**, WHERE CHRIST IS PRESENT AND ACTIVE IN HUMANITY AND IN THE WHOLE WORLD BY MEANS OF THE HOLY SPIRIT."*

-POPE ST. JOHN PAUL II-  
GENERAL AUDIENCE SEPT. 1989

## KEY TEXTS

**JOHN 6:22-71** *The bread of life.*  
**CCC 1333** *"At the heart of the Eucharistic celebration are the bread and wine that, by the words of Christ and the invocation of the Holy Spirit, become Christ's Body and Blood."*

### **EUCCHARISTIC PRAYER 2**

*"Make Holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, so that they may become for us the body & blood of our Lord Jesus Christ."*

### **EUCCHARISTIC PRAYER 3**

*"By the power & working of the Holy Spirit you give life to all things... by that same Spirit graciously make holy these gifts we have brought to you for consecration."*