

# Scripture Reflections on Eucharist

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## Reflection One

### Scripture Reading

On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, "Where do you want us to go and make the preparations for you to eat the Passover?" So he sent two of his disciples, saying to them, "Go into the city, and a man carrying a jar of water will meet you; follow him, and wherever he enters, say to the owner of the house, 'The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?' He will show you a large room upstairs, furnished and ready. Make preparations for us there." So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal.  
(Mark 14:12-16)

### Reflection

Jesus last supper with his disciples did not just happen. Jesus sent the disciples ahead to get organized: set up the room, organize the food, etc. As we celebrate Eucharist, the Last Supper, we too are called to prepare for it. We need to prepare our hearts to be open to the possibility of change, prepare our minds to understand more about what Jesus is asking us in the Eucharist, and prepare our bodies to go forth and be the body of Christ in the world.

⇒ What can you do to prepare yourself to celebrate Eucharist as an individual, with your household, and with your community?

### Prayer:

Loving Jesus, gift of God to us, prepare our hearts to love you more deeply, our minds to understand you more wisely, our hands to serve you more generously.  
Amen.

## Reflection Two

### Scripture Reading

The cup of blessing that we bless, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread. (1 Corinthians 10:16-17)

### Reflection

On Sunday mornings as people receive communion, I often find myself watching those who walk past my pew. Each week I am amazed at the diversity of people before me: young, old, healthy, sick, people who have recently lost someone, singles and couples, dark skin and white skin, lawyers and carpenters, unemployed, widows, people in wheel chairs or pushing walkers. Only through the power of Christ would it be possible for so many people to be united in one faith and one belief—the one body of Christ.

**Prayer:**

Loving Jesus, through the power of your love unite us as one body. May we praise and serve you with faith, hope, and love, witnessing to the world the joy of being part of you. Amen

## Reflection Three

**Scripture Reading**

So those who welcomed his message were baptized, and that day about three thousand persons were added. They devoted themselves to the apostles' teaching and fellowship, to the breaking of the bread and the prayers. (Acts 2:41-42)

**Reflection**

Eucharist is not just something we do on Sundays or at special times during the week. Being the body of Christ, being bread broken and shared, is a full time job. Like the Early Church, when we commit to receiving Eucharist we promise to live our lives as Christ's people all the time. We promise to serve others, to be in community with others, to learn about our faith, and to be people of prayer and forgiveness.

**Prayer**

Compassionate Jesus, you are our constant companion. Walk with us so that we may keep learning how to live our lives in loving service to others. Amen.

## Reflection Four

**Scripture Reading**

I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and never die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I

will give for the life of the world is my flesh. (John 6:48-51)

**Reflection**

We hear this reading often at funerals and during the Easter season. As Christians we work hard to be Christ's presence in the world today. Eucharist is living bread – bread that gives us life, nourishes us to be the best we can be, and challenges us to live so that others may have life to the full too.

**Prayer**

Jesus, Bread of Life, you feed us on our journey with you. Help us to live our lives rooted in the hope of being with you now and forever. Amen.

## Reflection Five

**Scripture Reading**

From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work.

You cause the grass to grow for the cattle, and plants for people to use, to bring forth food from the earth, and wine to gladden the human heart, oil to make the face shine, and bread to strengthen the human heart. (Psalm 104: 13-15)

**Reflection**

Our God is a generous God! He blesses the earth with goodness and abundance. He seeks to share with us all that we need, including the bread of his son Jesus in the gift of Eucharist. Eucharist is a celebration of abundance—of God's abundant love for his people, of Jesus abundant gift of his life, of the Spirit's abundant ability to change us into God's people.

### Prayer

Loving God, Generous Jesus, Creative Spirit, give us grateful hearts that our hearts may overflow with gratitude for the gift of Eucharist. May our grateful hearts move us to serve others. Amen.

## Reflection Six

### Scripture Reading

For no one ever hates his own body, but he nourishes and tenderly cares for it, just as Christ does for the Church, because we are members of his body.  
(Ephesians 5:39)

### Reflection

It is sometimes difficult for us to imagine how much Christ loves us. We are fortunate to have a few people in our lives who love and care for us unconditionally. Seldom can we humans live up to Christ's one hundred percent daily, tender care of people.

### Prayer

Jesus, help us to know your tender loving care of all your people. May your love help us to love others more fully and to recognize you in all we meet. Amen.

## Reflection Seven

### Scripture Reading

For everything created by God is good, and nothing is to be rejected, provided it is to be received with thanksgiving; it is sanctified by God's word and by prayer.  
(1 Timothy 4:4-5)

### Reflection

All things of God are good. All people have the potential for good. Eucharist changes us—not into something we aren't but into something we are—the goodness of God!

### Prayer

Good and loving God, all things that are of you are good. Help us to reflect your goodness to the world and celebrate your goodness in all of creation. Amen.

