

The Twenty-third Meditation

THE EUCHARIST

Our  $\overline{\text{A}}$  Father

Jesus said to his disciples, 'I am the living bread which came down from heaven;/ if any one eats of this bread, he will live for ever.'

John 6:51

Surely goodness  $\overline{\text{A}}$  and mercy shall follow me all the days of my life;/ and I shall dwell in the house of the LORD for ever.

Psalms 23:6

'Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood,/ you have no life in you.'

John 6:53

Surely goodness  $\overline{\text{A}}$  and mercy ~

'For my flesh is food indeed, and my blood is drink indeed./ He who eats my flesh and drinks my blood abides in me, and I in him.'

John 6:55, 56

Surely goodness  $\overline{\text{A}}$  and mercy ~

110



Surely goodness and mercy shall follow me all the days of my life;/ and I shall dwell in the house of the LORD for ever.

V • THE EUCHARIST • 23

Now after this many of his disciples drew back and no longer went about with him./

And Jesus said to the twelve, 'Do you also wish to go away?'

John 6:66, 67

Surely goodness  $\overline{\text{A}}$  and mercy ~

Simon Peter answered him, 'Lord, to whom shall we go?/'

You have the words of eternal life.'

John 6:68

Surely goodness  $\overline{\text{A}}$  and mercy ~

'And we have believed, and have come to know,/ that you are the Holy One of God.'

John 6:69

Surely goodness  $\overline{\text{A}}$  and mercy ~

Now on the night when he was betrayed Jesus took bread,/ and blessed, and broke it.

1 Cor 11:23; Mt 26:26

Surely goodness  $\overline{\text{A}}$  and mercy ~

111

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And he gave it to the disciples and said, 'Take, eat;/ this is my body.'

Matt 26:26

Surely goodness  $\overline{\text{A}}$  and mercy ~

And he took a cup, and when he had given thanks he gave it to them,/ saying, 'Drink of it, all of you.'

Matt 26:27

Surely goodness  $\overline{\text{A}}$  and mercy ~

'For this is my blood of the new covenant, which is poured out for many for the forgiveness of sins./

Do this, in remembrance of me.'

Mt 26:28; 1 Cor 11:25

Surely goodness  $\overline{\text{A}}$  and mercy ~

For the LORD is my shepherd, I shall not want; he makes me lie down in green pastures./ he leads me beside still waters; he restores my soul.

Psalms 23:1-3

Amen.

113

In our family devotion, we've found very helpful a beautifully printed one-month liturgy which is both scripturally and psychologically sound and inspiring: CHRISTIANICA: THE BASIC TEACHINGS OF THE CHRISTIAN FAITH ARRANGED FOR PRAYER AND MEDITATION (Christianica Center, 6 N. Mich. Ave., Chicago ILL 60602). Here's its....