

# 5. Behold the Lamb of God

## The Communion Rite

The Body of Christ.  
Amen.



**In spirit and in truth**  
material for small groups

Leader

In spirit and in truth



## Welcome

See Leader's notes for an overview of the session.

Invite people to share on last week's action of reflecting on the Eucharistic Prayer.



## Listen to Scripture

What words, phrases or images strike you in this passage?

### Have their been times when we have recognised Christ presence in our lives?

Though the question is 'closed' it is to allow people to share as much or as little as they wish.

*Possible supplementary questions:*

- Have you burned to tell someone else of this experience?
- How do you think friends, work colleagues might react?

### In what ways do I recognise Christ present at Mass?

*Possible responses*

- At Communion
- In the priest
- In the people around me.
- In the small unexpected moments of kindness

*Possible supplementary questions:*

- Has the new translation helped or deepened you awareness of Christ's presence?

## Listen to Scripture

Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?' They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions who said to them, 'The Lord has indeed risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

Luke 24:30-35





## Read & Reflect 1

### 1. Lord's Prayer

At the Saviour's command  
and formed by divine teaching,  
we dare to say:

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin  
and safe from all distress,  
as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.

**For the kingdom,  
the power and the glory are yours  
now and for ever.**







In spirit and in truth



## Act

See Notes



## Prayer

See Notes.

### Gather

- Light a candle(s) and/or time of silence:  
*In the name of the Father...  
Let us begin our time of prayer  
with a few moments silence.*
- Sing a song or chant about the Communion, peace or Holy Communion

### Listen

- to the passage from Luke

### Respond

- Time of silent reflection
- Say the Lord's Prayer pausing for silence between each line.

### Sending Forth

- Leader:  
*The Lord bless us, and keep us  
from all evil,  
and bring us to everlasting life.*
- All: *Amen*

# Act

- Take a phrase from the Our Father – to meditate on this week, and try to consciously live it. In what ways do you share your life with others?

# Prayer

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples.' He said to them, 'When you pray, say:

Father, hallowed be your name.

Your kingdom come.

Give us each day our daily bread.

And forgive us our sins,

for we ourselves forgive everyone indebted to us.

And do not bring us to the time of trial.'

Luke 11:1–4