

PRAYER FOR LENTEN DISCUSSION GROUPS ON *THE MASS EXPLAINED*

OPENING PRAYER FOR EACH SESSION

SIGN OF THE CROSS

CALL TO PRAYER

Leader: Humbly and in a spirit of thanksgiving,
let us give praise and thanks to God for all that he has given us.

All: May God strengthen us through the nourishment we receive at Mass
in the Word of Scripture and in the Eucharist
for the journey of life.

READING

SILENT REFLECTION

PRAYERS OF PETITION

Response to each petition: "Lord of life, sustain us."

PRAYER (*recited together by all*)

Gracious God,
you have accomplished the work of human redemption
through the Paschal Mystery of your Only Begotten Son.

Grant that we,
who confidently proclaim, under the sacramental signs of bread and wine,
the Death and Resurrection of Christ,
and who are privileged to share in his own Body and Blood in Holy Communion,
may experience continued increase of your saving grace
and be bound together as one family of believers.

We pray this through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

CLOSING PRAYER FOR EACH SESSION

All pray together:

May the Supper God's Son left us
as he prepared to enter into his saving Death and Resurrection
sustain our life on earth.
May our hunger be fully satisfied
in the everlasting banquet of heaven.

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now and ever shall be,
world without end. Amen.



MY FLESH IS REAL FOOD
AND MY BLOOD IS REAL DRINK