



THIS IS MY BODY: A Call to Eucharistic Revival

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DISCUSSION GUIDE

Chapter One: The Eucharist as a Sacred Meal

1. What stuck out to you most in reading this chapter? Why?
2. Why is important to you to understand the Eucharist as a sacred meal?
3. Which word from St. Thomas Aquinas do you resonate with the most concerning the Eucharist: Sacrifice (Past), Communion (Present), Or Eucharist (Future), and Why?

Chapter Two: The Eucharist as Sacrifice

1. What stuck out to you most in reading this chapter? Why?
2. Why is sacrifice necessary to allow for fellowship? Has this been your experience?
3. How are you able to offer your sacrifice with Jesus at the Mass?

Chapter Three: “If it’s a Symbol, to Hell with It”

1. What stuck out to you most in reading this chapter? Why?
2. What is wrong with the Eucharist being merely a symbol?
3. Being much more than a symbol, how does the Eucharist influence, impact, and direct your life?

