

# Mystagogy Session

APPRENTICES IN FAITH: A Resource for the RCIA  
Third Sunday of Easter • Year B • April 19, 2015

## Catechist Preparation

### Readings

Acts 3:13-15, 17-19  
Psalm 4:2, 4, 7-9  
1 John 2:1-5a  
Luke 24:35-48

### Liturgy of the Hours

Read and reflect on the Second Reading from the Liturgy of the Hours, Office of Readings for the Third Sunday of Easter.

### Mystagogy Session Guide

(Approximately 60 minutes)

Have the space set with chairs and a focal point with a candle, a bowl of water, and a Bible. If needed have nametags. Have some refreshments available.

### Welcome

Greet people as they arrive. Take time for introductions and check in with everyone to find out how they are doing.

### Deepen

1. Invite the neophytes to consider the new dimension of their life – they now share in the Eucharist; they join the procession to the Eucharistic table. Consider the parts of the Mass:

#### The Liturgy of the Word

- How Sacred Scripture has been a source of nourishment for them on their journey thus far
- The challenge to live the Word of God in our daily lives
- That Christ is truly present in the Word proclaimed

#### The Liturgy of the Eucharist

- That Christ is truly present in the bread and wine; it is His Body and Blood
- Eucharist (Communion) is the food for our spiritual journey

- That we are called to become what we eat – Christ for the sake of the world

2. Ask: *So what does it mean for you to now share in the fullness of the Mass?*
3. After some time for quiet reflection, invite the neophytes to share some of their reflections, first with one other person. Then, gather some of the fruit of their sharing.
4. Refer to the *Deepen* section of the participant session.

### Meditate

1. Lead everyone present in a guided meditation using the text on the following page.
2. Proclaim the Gospel for the Third Sunday of Easter, Year B: Luke 24:35-48.
3. Invite participants back to the present time and place. Gather from them how they recognize Jesus in their midst. Read and discuss the *Meditate* section of the participant page.

### Share

We are companions on the journey; we do not travel alone. We receive nourishment for our spiritual journey through the Word proclaimed and the Body and Blood of Christ given to us in the Mass.

We are to become what we eat – Christ. We are to act as Christ acts.

### Do!

Invite the neophytes to consider with whom they share meals. Encourage them to think about who they might prepare and share a meal with, parish outreach to parishioners in need of meals, and the ministry of local soup kitchens. Read and discuss the *Do!* section of the participant page.

### Pray

Pray the closing prayer from the participant handout.

# Guided Meditation



Get comfortable in your chair.

Quiet yourself.

Close your eyes.

Picture a beautiful park, or a favorite place to be on a warm, sunny day.

You and a friend are walking along, talking about your memories of the Easter Vigil  
and everything that's happened since then.

Someone else comes near the two of you, and even joins you as you are walking.

You are sure you know the person, but you just can't think of his name.

He joins in your conversation about the Easter Vigil,  
and shares his memories and thoughts.

You listen to him, and you find his comments to be interesting.

What is he saying?

*(Allow a couple of extra moments for reflection here.)*

Soon the three of you come to a bench, and you sit down for a few minutes.

The person who joined your friend and you looks into your eyes and you recognize him -  
it is Jesus!

You don't know what to say or do, but you are happy He is there with you!

You begin to talk to him.

What do you tell him? What do you ask him? *(Allow a bit of extra time for reflection.)*

What does he say to you? *(Allow a bit of extra time for reflection.)*

After a while, Jesus blesses you and departs.

*(Allow a bit of extra time for quiet reflection,  
and then invite all to open their eyes and return to the large group.)*