A Biblical Walk Through the Mass

從聖經瞭解彌撒聖祭

Session One - Introduction: The Biblical Foundations of the Mass

彌撒聖祭在聖經內的根基

1. Catholics are so familiar with the sacred words Jesus spoke the night before he died: "This is my body ... This is my blood." We hear the priest repeat these same words at every Mass when he consecrates the bread and wine. What if we had never heard these words before? What if we were Jews in the first century hearing Jesus speak them for the very first time? Put yourself in the scene and imagine being one of the apostles there at the Last Supper, watching Jesus take bread and wine and speak these solemn words:

If you were one of the apostles at that first Eucharist and you heard Jesus say these words, what would you be thinking or feeling? What would the words mean to you?

天主教徒非常熟悉耶穌死前一天晚上所說的聖言：「這是我的身體...... 這是我的血」。在每次彌撒中，當神父舉揚祝聖餅、酒時，我們都聽到神父重複同樣的話。 倘若我們從未聽過這些話, 或者我們是第一世紀的猶太人，聽到耶穌第一次說這些話, 又或者自己是其中的一位宗徒，在最後的晚餐看著耶穌拿著麵餅和葡萄酒，說出這些莊嚴的話我們有何想法或感覺? 而是些話對我們來說有什麼意義?

如果你是第一次聖體聖事的宗徒之一，你聽到耶穌說這些話，你會想什麼或有什麼感覺？ 這些話對你來說意味著什麼？

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| TAKE THIS, ALL OF YOU, AND EAT OF IT,FOR THIS IS MY BODY,你們大家拿去吃：這就是我的身體。WHICH WILL BE GIVEN UP FOR YOU ....將為你們而犧牲。TAKE THIS, ALL OF YOU, AND DRINK FROM IT,你們大家拿去喝：FOR THIS IS THE CHALICE OF MY BLOOD,一杯就是我的血，THE BLOOD OF THE NEW AND ETERNAL COVENANT,新而永久的盟約之血，WHICH WILL BE POURED OUT FOR YOU AND FOR MANY將為你們和眾人傾流，FOR THE FORGIVENESS OF SINS.以赦免罪惡。Do THIS IN MEMORY OF ME.你們要為紀念我而舉行這事。 |

2. We've seen how the Eucharist is not merely a symbol or a reminder of Jesus. At Mass, the bread and wine are really changed into the Body and Blood of Christ. So when we receive the Eucharist in Holy Communion, we are receiving Jesus himself. How does this understanding of the Eucharist affect the way you will approach the Mass and receive Communion in the future?

我們已經看到聖體並非是一個象徵或對耶穌的紀念。 在彌撒中，餅和酒祝聖成了真實的基督身體和寶血。 因此，當我們在聖祭中，領受聖體時，就是在領受了耶穌基督的身體。 現在對聖體聖事的理解，如何影響你以後參與彌撒和領受聖體呢？

3. During his public ministry, when people draw near to Jes us, he brings about amazing

transformation in their lives. According to the following passages, who comes to Jes us and what does he do for them?

在耶穌公開傳教中，當人們接近衪時，耶穌帶給他們的生命微妙的轉化。 根據以下經文，誰來到耶穌面前，衪為他們做了什麼？

Matthew 瑪 8: 1-3

Matthew 瑪 8:23-27

Matthew 瑪 9:2-7

Matthew 瑪 9:20-22

4. To which of the people or situations in these stories can you relate most? Why?

在這些故事中，你最能與哪些人或情境聯繫起來？ 為什麼？

5. The same Jesus who walked from town to town in Galilee, giving sight to the blind, curing the sick, comforting the sorrowful, and calming storms-this same Jesus is actually present to us today in the Eucharist. And he wants to do great works in our lives if we come to him with confidence and love. How might these stories inspire you to approach Jesus today in the Eucharist? In what ways might Jesus be inviting you to draw closer to him in the Eucharist?

同一位耶穌在加里肋亞，從這城到那，給盲人看見，病人得治，安慰悲傷，平息風暴 – 同一位耶穌，今天在聖體聖事中，真實的呈現在我們面前。如果我們帶著信德和愛德來找衪，衪會我們生命中作偉大的事。 這些事蹟如何激勵你今天在聖體聖事中接近耶穌？ 耶穌會以什麼方式邀請你在聖體聖事中更接近衪？

Application

This exercise will help you apply one of the key themes of the session to your life. After meditating on it, respond to God with a brief written prayer if you choose.

Throughout salvation history, God has been present to his people, but with the institution of the Holy Eucharist and Holy Communion, God has united himself to us in an extraordinary way. Think about the gift of the Eucharist. Are you mindful of God's real presence when you receive him in Holy Communion?

This week, reflect on Christ's real presence in the Mass. How can you better prepare yourself to receive him sacramentally in the Eucharist? Ask God how you can be more present to him in the Mass.

應用

本練習將幫助您將課程的一個重點，應用到您的生活中。在默想後，如果您 願意，可以用簡短的書面禱文回應上主。

在整個救恩史中，天主一直與祂的子民同在，但通過聖體聖事和領受聖體的建立，天主以一種獨特的方式與我們融合。想想聖體所賦予我們的恩典。當你在聖體聖事中接受上主時，您是否注意到祂的真實存在？本週，反思基督在彌撒中的真實臨在。您怎樣作更好的準備，好能在聖體聖事中接受衪？問問上主，您怎能在彌撒中更接近祂？