A Biblical Walk Through the Mass

從聖經瞭解彌撒聖祭

Session Five - The Liturgy of the Eucharist: Communion Rite and the Concluding Rites

第五部分 - 聖祭禮儀：共融禮和禮成式

***Review the Context***

***重温課文***

In our last session, we arrived at one "mountain peak" of the Mass: the Eucharistic Prayer. After symbolically offering ourselves through the gifts of bread and wine in the Presentation of the Gifts, we were summoned by the priest to lift up our hearts to heaven - for, indeed, that is where we were headed spiritually in the Mass. We responded by saying, "We lift them up to the Lord," and we proceeded to join the angels in their praise of God around his throne, singing "Holy, holy, holy Lord ... "All this praise and reverence prepared us for that most sacred moment when the priest recited the words of Jesus from the Last Supper: "This is my body ... This is my blood." Through these words by which Jesus instituted the Eucharist, our meager gifts of bread and wine on the altar were changed into the Body and Blood of Christ, and his sacrifice on the Cross was made present to us. We responded in awe and wonder over all that had taken place before us at this part of the Mass. When the Eucharistic Prayer ended, we gave our great "Amen" -affirming everything the priest had said and giving "all glory and honor" to the Lord.

在上一節，我們到達了彌撒的「高峰」：感恩經。我們通過呈奉麵餅和葡萄酒作禮品，象徵獻上自己之後，神父召叫我們舉心向上 - 事實上，這就是我們在彌撒中靈性的向往。我們回答說，“我們全心歸向上主”，然後我們繼續與眾天使一起在祂的寶座前讚美上主，詠唱 「聖，聖，聖，上主...... 」 所有這些讚美和崇敬為我們最神聖的時刻做好準備。當神父誦讀耶穌在最後晚餐中的話：「這是我的身體......這是我的血」。藉著耶穌建立聖體聖事這些話，我們在祭壇上微薄的禮物，餅酒成了基督的體和血，祂在十字架上的犧牲也呈現在我們面前。彌撒的這一部分使我們敬畏及讚嘆。當感恩經結束時，我們高聲回應「亞孟」- 肯定了神父所說的一切，並將“所有的光榮和榮耀”歸於天主。

Now, in the Communion Rite, we prepare for the most intimate union we can have with our Lord here on earth. In Holy Communion, we receive the very Body and Blood of Jesus truly present under the appearances of bread and wine. The Mass then formally ends with the Concluding Rites, which sends the people into the world to be witnesses to the saving mysteries of Christ's death and resurrection in which they have just so intimately participated.

在共融禮中，我們在世上準備與主作最親密的結合。在聖體聖事中，我們領受基督臨在於餅酒中的聖體和聖血。最後，彌撒以“禮成式”作結，派遣我們到世上見證基督的死亡和復活的奧蹟，我們切身參與其中。

**Read閱讀**

Read the prayers for the final part of the Liturgy of the Eucharist, known as the Communion Rite, and then read the prayers for the Concluding Rites. This will take you from the Lord's Prayer and "Lamb of God" prayer before Holy Communion to the priest's final words, "Go forth, the Mass is ended" and our grateful concluding response to the gift of the Mass, "Thanks be to God."

誦讀聖祭禮儀最後部分的禱文，稱為共融禮，然後閱讀彌撒禮成式的禱文。這將帶你從領聖體前的天主經和“羔羊頌”，到神父的最後一句話，“彌撒禮成”，結束時我們以“感謝天主”回應彌撒聖祭所給予我們的恩寵。

In the Biblical Walk Through the Mass book, read Chapters 22 through 25 ("The Communion Rite"), and then read Chapter 26, "The Concluding Rites."

在《從聖經瞭解彌撒聖祭》書中，閱讀第22課到第25課（“共融禮”），然後讀第26課“禮成式”。

**Take a Deeper Look**

**深入瞭解**

Answering the following questions will help you understand the scriptural roots of the Communion Rite in the Liturgy of the Eucharist and the Concluding Rites of the Mass. If you do not understand something, make a note to bring it up in your small group discussion.

**深入瞭解**

回答以下問題將有助您聖祭禮儀中了解共融禮和彌撒禮成式中的聖經出處。如果你有不明之處，請記下並在你的小組中提出來討論。

**LITURGY OF THE EUCHARIST: THE COMMUNION RITE**

**聖祭禮儀：共融禮**

***The Lord's Prayer: "Our Father ... "***

***天主經：「我們的天父..."***

1. One way the priest invites the people to pray the Our Father is with these words: "At the Savior's command and formed by divine teaching we dare to say ... " Read CCC 2777-2778. In what sense do we "dare to say" the Our Father? What is so daring about reciting this prayer?

神父邀請信眾誦念天主經：「我們既然遵從耶穌基督的訓示，又承受祂的教導, 才敢說......」 閱讀 CCC 2777-2778。為什麼我們「敢說」我們的天父？為什麼我們敢念這禱文？

***The Fraction: Breaking of Bread***

***擘餅禮：擘開麵餅***

2. Shortly before Communion, the priest breaks the Eucharistic host in a rite known as "the fraction" or "breaking of bread." The expression "breaking of bread" was associated with Christian worship in the New Testament (see Acts 2:42, 46; 20:7-11).

在領聖體前，神父擘開麵餅，儀式稱為“擘餅禮”或“擘餅”。“擘餅”這個詞在新約中與基督徒的敬拜有關（見宗徒大事錄2:42, 46; 20:7-11）。

a. Read 1Corinthians10:16-17. To what kind of worship does the breaking of bread specifically refer in this passage?

閱讀格林多前書10：16-17。 在這段經文中，擘餅具體是指那種敬拜？

b. Think About It: In light of this biblical background, what is the significance of the priest breaking the Eucharistic host at this moment before Holy Communion?

想一想：根據聖經的背景，在領聖體之前的一刻，神父擘開聖體的意義何在？

**Agnus Dei: *Lamb of God***

**羔羊頌： *上主的羔羊***

In the prayer known as the Agnus Dei, the people address Jesus as the "Lamb of God." This image recalls the Old Testament Passover lamb. On the night of lsrael's liberation from Egypt, God instructed the people to sacrifice a lamb, eat of it, and mark their doorposts with the blood of the lamb. Those who participated in this ritual, called the Passover, would be spared the tenth plague that would soon hit the land of Egypt:

the death of the firstborn sons. Each year thereafter, subsequent generations of Israelites celebrated the Passover by retelling and re-enacting the events of that first Passover. This annual Passover feast included the sacrifice of the Passover lambs.

被稱為 Agnus Dei的祈禱中，人們稱耶穌為「天主的羔羊」。 此圖像讓人想起舊約逾越節的羔羊。 在以色列人從埃及釋放的那天晚上，上主指示人們奉獻一隻羔羊，將其吃掉，並用羔羊的血塗在門框上作標記。 那些參加了被稱為逾越節儀式的人，將免受第十個災禍 - 它很快就打擊了埃及國：長子的死亡。 此後的每一年，以色列人的後代都通過覆述和重演這事件來慶祝逾越節。 一年一度的逾越節包括逾越節羔羊的獻祭。

3.Jesus is depicted as a lamb in a number of verses in the Bible.

耶穌在聖經的一些經文中被描繪成一隻羔羊。

a. Read the following passages. What does the Bible say about Jesus the Lamb in these verses?

  閱讀以下經文。 在這些經文中，聖經怎麼論及羔羊耶穌？

John 1:29

若望福音 1:29

Revelation 5:6

默示錄 5:6

1 Corinthians 5:6-7

格林多人前書 5:6-7

Revelation 7:9-10

默示錄 7:9-10

Isaiah 53:7-12

依撒意亞先知書 53:7-12

b. What might this tell us about the significance of calling Jesus "Lamb of God" in the Mass?

這能告訴我們在彌撒中稱耶穌為「上主的羔羊」的意義嗎？

4. The most prominent image of a lamb in the Old Testament is the Passover lamb. Read Exodus 12:21. What does God instruct the Israelites to do with the Passover lamb?

在舊約中最突出的羔羊形像是逾越節羔羊。閱讀出谷紀12:21。上主指示以色列人如何處理逾越節的羔羊？

5. Think About It: How is Jesus' death on the Cross associated with the sacrifice of the Passover lamb?

Answer the following questions, which will help you notice the parallels.

想一想：耶穌在十字架上的死與逾越節羔羊的獻祭有什麼關係？

回答以下問題，將幫助您注意到兩者相似之處。

a. The Passover lambs in Jesus' day were sacrificed at the sixth hour on the day before Passover. Read John 19:14. According to this verse, when was Jesus handed over to be crucified?

耶穌時代，在逾越節前一天的第六個時辰獻祭逾越節羔羊。 閱讀若望福音19:14。 根據這節經文，耶穌什麼時候被交上，接受了十字架苦刑？

b. What are the parallels between Jesus' death in John 19:33 and the Passover ritual in Exodus 12:46?

在若望福音19:33中敘述耶穌的死亡，與出谷紀12:46中的逾越節儀式有什麼相似之處？

c. What are the parallels between Jesus' death in John 19:29 and the Passover ritual in Exodus 12:22?

在若望福音19:29中敍述耶穌的死亡，與出谷紀12:22中的逾越節儀式有什麼相似之處？

d. In light of all this, what would be the meaning of addressing Jesus with the title "Lamb of God" in the Mass?

基於上述所領略的，在彌撒中用「天主的羔羊」這個名號來稱呼耶穌，其含義是什麼？

***Holy Communion: The Wedding Supper of the Lamb***

***聖體聖事：羔羊的婚宴***

Shortly before receiving Communion in the Mass, the people kneel while the priest holds up the host and says, "Blessed are those called to the supper of the Lamb." This prayer echoes the words of the angel in the book of Revelation who invited St. John to participate in a great heavenly banquet.

在彌撒聖祭中領受聖體前，信眾跪下，而神父舉起麵餅說：「來赴聖宴的人是有福的。」 這禱文與默示錄中邀請聖若望宗徒參加天國盛宴的天使的話互相呼應**。**

6. Read Revelation 19:6-9.

閱讀默示錄 19:6-9

a. To what kind of feast is the angel inviting St. John?

天使邀請聖若望宗徒參加怎樣的盛宴？

b. Think About It: At this point in the Mass, the priest uses language similar to the angel's invitation to the Wedding Supper of the Lamb. How might the Eucharist be like a marriage feast? More specifically, how might Holy Communion be similar to communion between husband and wife?

想一想：在彌撒的這一刻，神父使用的語言類似天使邀請前赴羔羊婚宴的語言。 聖體聖事如何像一場婚宴？ 更具體地說，聖體與夫妻之間的契合如何相似？

***"Lord, I Am Not Worthy"***

***“主啊，我當不起”***

In response to the priest's announcement of blessing upon those called to the Supper of the Lamb, the people say, "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed." In this prayer, the Mass draws our attention to the words of the Roman centurion who came to Jesus with great faith, asking for his servant to be healed.

神父宣布祝福那些參與羔羊晚宴的人，信眾回應說：「主，我當不起祢到我心裡來，只要祢說一句話，我的靈魂就會痊癒。」在這段禱詞中，彌撒讓我們注意到羅馬百夫長的話，他懐着極大的信德來到耶穌跟前，要求耶穌醫治他的僕人。

7. Read Matthew 8:5-10.

讀瑪竇福音 8:5-10。

a. How does the centurion exhibit great faith in this passage?

在這段章節中，百夫長如何表現出極大的信德？

b. How does the centurion exhibit great humility in this passage?

在這段章節中，百夫長如何表現出極大的謙卑？

**8. Think About It:**

**想一想：**

a. What similarities are there between what Jesus offered to do for the centurion and what Jesus actually does for those who receive him in Holy Communion?

耶穌為百夫長所作的，與耶穌在聖體聖事中為領受祂的人實際所做的，兩者之間有何相似之處？

b. How should we imitate the centurion's response to Jesus' desire to come to his house when we are at Mass?

在彌撒中，我們應如何效法百夫長對耶穌渴望來到他家中的回應？

9. Think About It: Echoing the words of the centurion, we pray that the Lord "only say the word" and our souls "shall be healed." From what do we need to be healed as we prepare to receive Jesus in Holy Communion? (See CCC 1385-1386.)

想一想：我們回應百夫長的話，祈求上主「只要祢說一句話」，我們的靈魂「就會痊癒」。 在準備接受聖體中的耶穌時，我們在那方面需要得到醫治？ （請參閱天主教教理 1385-1386）

**CONCLUDING RITES**

***"Go Forth, the Mass ls Ended"***

**禮成儀式**

***“去吧，彌撒禮成”***

10. The whole Liturgy receives its name, "the Mass," from the closing line of the Latin text, where the word missa (Latin for "dismissal" or "sending") is used to dismiss the people. This points to why the Mass should be seen as a "sending forth."

整個禮儀在拉丁文禱詞以「彌撒」名稱作結，其中missa（拉丁語為「解散」或「派遣」）是用來解散信眾。 這說明了為什麼彌撒應該被視為一個「派遣」。

a. Read the following passages. What is Jesus sending his followers to do?

閱讀以下聖經章節。 耶穌派遣祂的追隨者做什麼？

Matthew 28:19-20

瑪竇福音 28:19-20

John 20:21-2

若望福音 20:21-2

Acts 1:8

宗徒大事錄 1:8

b. Think About It: What are we called to do as we are sent forth from the Mass? (See CCC 1332.)

想一想：當我們在彌撒中被派遣時，我們被召叫做什麼？ （請參閱CCC1332。）

**Application**

**應用**

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.

這個練習能幫助你將這課題的重點應用到你的生活中。默想之後，如果你願意，用簡短的祈禱回應天主。

At Mass, the priest calls on us to give the Lord our fullest attention-to raise our thoughts, desires, and emotions to God. He says, "Lift up your hearts." Yet we often get distracted at Mass. Our minds wander and we might find ourselves halfway through the Eucharistic Prayer without having given the Lord our best. What can you do to enter the prayers of the Eucharistic Liturgy more deeply the next time you are at Mass?

在彌撒中，神父呼求我們提升我們的思想、渴望和情感去全神貫注地面對天主。祂說：「請舉心向上」。然而，我們經常在彌撒時分心。我們的思想漫遊，並可能發現自己在感恩經中途沒有給予上主最好的。下次當你參與彌撒時能做些什麼，令你更投入地參與聖祭禮儀的祈禱？