

July 2023

This Is My Body: A Call to Eucharistic Revival

by Bishop Robert Barron

Reading Guide prepared by Valerie Cowan and Benjamin Cowan

In the words of Bishop Barron, the vision of this book is to “Help you understand the Sacrament of Jesus’ Body and Blood more thoroughly, precisely so that you might fall in love with the Lord more completely.”

How to use this Reading Guide

We hope that by having this Reading Guide with you as you read the book, you can underline, highlight and mark up your book, and in doing so more fully breakdown and understand the message of Bishop Barron, and give you a source of notes to help you share during your weekly discussion group.

Reading Schedule

To make the most of your small group time, complete the assigned readings before your meeting each week.

- Week 1 - pages V-26
- Week 2 - pages 26-51
- Week 3 - pages 51-68
- Week 4 - pages 69-88
- Week 5 - pages 89-110

Small Group Discussion Questions

Four basic questions lead the discussion each week:

- What words or phrases stood out to you?
- What did you like and why?
- What was hard for you and why?
- What is one positive way you can respond to this reading this week?

Other small group discussion questions are found at the end of each Reading Guide section.

Visit the Book Study page of the parish website for dates, online access to this reading guide, and sign up for a small group. <https://www.stfrancisbend.org/book-study.html>

Week 1

Chapter 1

1. Why did God create? (p1-2)
2. What does it mean, God is diffusive of himself? (p2)
3. What is Love? (p2)
4. How do we know God's creation is a supreme act of love? (p2)
5. How are we connected with all creation? (p3)
6. What does it mean to have dominion over the earth? (p4)
7. Why was Adam and Eve's eating of the forbidden fruit evil? (p7)
8. What is the consequence of original sin? (p6)
9. What is the whole of scriptural story? (p6)
10. Who does this story culminate? (p6)
11. What is the story of the Israelites also symbolic of? (p7)
12. What were the elements of the Passover meal and their meaning? (p8)
13. What is the etymology of the word sin? (p8)
14. What is the significance of the feast on the holy mountain in Isaiah 11? (p14)
15. How is Jesus different from the prophets and teachers of the Old Testament?
(p12)
16. What often happened when Jesus gathered people in a meal? (p12)
17. What is the symbol of the manger? (p13)
18. How is Christ Himself the temple of right worship? (p15)
19. What are the hungry crowds symbolic of in the miracle of the loaves and the fishes? (p17)
20. How is the Passover meal Jesus celebrated with his people the night before he died different from a regular Passover meal? (p18)
21. What is the connection between Isaiah's holy mountain and the last supper? (p19)

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22. What does coinherence mean in relation to Jesus feeding his friends his very substance at the last supper? (p19)
23. Who are we like when we receive the Eucharist yet persist in sin? (p20)
24. What must those who receive the Eucharist become? (p21)
25. What would have happened if there was no Resurrection? (p22)
26. What was different about the Risen Christ? (p23)
27. What did the first Christians see in the Risen Jesus? (p24)
28. What is Jesus' calling the disciples from their fishing boat? (p25)

Book Study Small Group Discussion for week 1 - pages V-26

What words or phrases stood out to you?

What did you like and why?

What was hard for you and why?

What is one positive way you can respond to this reading this week?

After Adam and Eve, what is the current state of mankind and how did we get to this state?

How does God use "meals" as a framework for restoring the division caused by the fall?

Week 2

29. What does eschatological mean? (p27)
30. Why is liturgical music not simply decorative? (p28)
31. What is important to find unity? (p29)
32. How does sin involve all of the created order? (p30)
33. How do we become the means by which Christ's work continues in the world?
(p32)
34. What does the conclusion of the Mass signify? (p33)
35. Who are we praying with at Mass? (p33)
36. What do sacrificium, communion and Eucharistia signify? (p34-35)
37. What is the meaning of whole history of salvation? (p35)

Chapter 2

1. There is no communion without _____? (p36)
2. What is Divine wrath a symbol of? (p36)
3. Why, liturgically speaking, can there be no table that is not also an altar? (p37)
4. What is the essential problem and what is the solution? (p39)
5. What did Hebrew sacrifice signify? (p41)
6. What does offering of grain or animal signify? (p42)
7. What were the terms of the covenant? (p41)
8. Why was Isaac important? (p42-43)
9. What is the meaning of God's summoning Abraham to sacrifice his son? (p43)
10. How are self-assertion and self-surrender related in the covenant union? (p44)
11. What is our capacity to surrender founded on? (p43-44)
12. What does Moses' personal sacrifice entail? How does Moses' life fit into the redemptive narration? (p45)

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13. What made the sacred banquet possible? (p45)
14. What purpose do the commandments serve? (p46)
15. How was covenantal sacrifice a bloody sacrifice? (p46)
16. What is the symbolism of the blood? (p46)
17. What did God promise David? (p47)
18. How do the covenantal promises of David and Abraham relate to the Church?
(p47)
19. What did the slaughter of animals in the Old Testament symbolize? (p47)
20. What did the high priest sacrifice in the Holy of the Holies make symbolically real?
(p48)
21. What does efficacious mean? (p48)
22. What caused the Old Testament sacrifice to devolve into an empty symbol? (p49)
23. Why did the covenants fail? (p50)
24. What is the difference between suffering servant Jeremiah and Isaiah and
Abraham or Moses? (p51)
25. What role does the Old Testament play in proper understanding of Jesus? (p51)

Book Study Small Group Discussion for week 2 - pages 26-51

What words or phrases stood out to you?

What did you like and why?

What was hard for you and why?

What is one positive way you can respond to this reading this week?

How does the Sacred Liturgy, the Mass, restore unity?

What is the importance of sacrifice in restoring communion?

Week 3

26. What teaching about Jesus was formulated at the Council of Chalcedon? (p52)
27. Why did the Old Testament covenants consistently fall apart? (p52)
28. How is Jesus the fulfillment of the Old Covenant? (p53)
29. What is an important interpretive key to Jesus' role seen in the Gospel of John? (p53)
30. What is the phrase "fulfill all righteousness" scriptural code for? (p54)
31. What did Jesus identifying with the conditions of sinners announce? (p55)
32. What were the temptations of Christ and what is their significance? (p55-56)
33. What is the significance of Jesus' telling the woman at the well she will be thirsting again? (p56)
34. What was the battle of the Lamb of God and why was it paradoxical? (p57)
35. What is the effectiveness of Jesus' death on the cross? (p59)
36. Why is the sacrificial death of Jesus pleasing to the Father? (p59)
37. In what scriptures did Jesus make the connection between Eucharist and Sacrifice? (p60)
38. How did Jesus use the Passover supper to give definitive interpretation to the events of the next day? (p60)
39. What was lacking in the effectiveness of the old covenant? (p62)
40. How is the sacrifice of Jesus different from other historical events? (p63)
41. What historical events are summed up and made present at Mass? (p64)
42. How is the Mass different from mere repetition of Christ's sacrificial death on the Cross? (p64)
43. What made Jesus the perfect high priest? (p65)
44. What is the sacrifice of the Mass a participation in? (p66)
45. What does it mean that the priest operates in persona Christi? (p66)

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46. Why do all the baptized share in a priesthood? (p67)

47. Why is the Eucharist liturgy a sacred meal? (p68)

Book Study Small Group Discussion for week 3 - pages 51-68

What words or phrases stood out to you?

What did you like and why?

What was hard for you and why?

What is one positive way you can respond to this reading this week?

How does Jesus restore unity during his life on earth?

Explain the Relationship between the Eucharist and Sacrifice.

Week 4

Chapter 3

1. How is Christ presence different in the Eucharist? (p70)
2. Why is denying merely symbolic presence in the Eucharist so important? (p70)
3. How is super substantial bread different from ordinary bread? (p72)
4. How is transcendence a key difference in the bread Jesus was speaking of in the John 6 teaching? (p72)
5. Why was Jesus' instructions to eat his flesh shocking to the Jews? (p73)
6. How was Jesus' teaching about His flesh in John 6 different from other mere symbolic teachings? Ie John 3:3-5 (p74)
7. How is Jesus different from other leaders? (p75)
8. Why must we eat the flesh and drink the blood of the Lord? (p75)
9. What is the Greek meaning of sharing in 1Cor 10:16? (p76)
10. What did some disciples do when Jesus taught them the Bread of Life discourse? (p76)
11. What was Peter's response? (p77)
12. What did early Church fathers say about the Eucharist? (p78)
13. How is the mystery of the Incarnation related to the mystery of the Eucharist? (p79)
14. How does Origen's teaching affirm early church belief in the real presence? (p80)
15. What does St John Chrysostom and Ambrose's insistence that the transformation of bread and wine into the body and blood of Christ affirm? (p81)
16. Why is symbolic meaning inadequate to describe the change in the bread and wine according to the Church Fathers? (p82)
17. What happened with Eucharistic teaching in the Medieval period? (p82)
18. What was Berengarius' misunderstanding of the change taking place in the bread and wine? (p82-83)

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19. How did the Church respond to Berengarius' teachings that the bread and wine were only symbolically changed? (p85)
20. How did Lanfranc use Aristotelian teaching on metaphysical reality to clarify where Berengarius was wrong? (p87)
21. What is transubstantiation? (p88)

Book Study Small Group Discussion for week 4 - pages 69-88

What words or phrases stood out to you?

What did you like and why?

What was hard for you and why?

What is one positive way you can respond to this reading this week?

What deeper insight did this reading give you on the Eucharist?

What can we learn about the Eucharist from the Church Fathers and the early Church?

Week 5

22. What was the Eucharist for Aquina? (p89)
23. What does “non nisi te domine” mean? (p90)
24. What did Thomas Aquinas teach about sacraments in general? (p90)
25. What does communio mean in regard to the Eucharist? (p91)
26. What distinction has to be made between the Old Testament sacrifice and the Eucharist? (p92)
27. How can the Body and Blood of Christ be present on all altars all over the world? (p93)
28. How is the Eucharistic sign different from sign in the other sacraments? (p94)
29. What is meant by “substance” in this discussion of the Eucharist? (p95)
30. How does the change of substance occur? (p95)
31. What trumps the appearance of bread and wine? (p97)
32. What was Thomas Aquinas’ reasoning for not receiving in state of mortal sin? (p99)
33. What is the principal consequence of the Eucharist? (p98)
34. What is the Eucharist’s effect with venial sin? (p98)
35. What is wrong with some modern attempts at modifying Aquinas’ teaching? (p101)
36. What clarification did JL Austin give to the efficaciousness of words in relation to the mystery of the Eucharist? (p102-105)
37. How does this relate to what happens at the Mass today? (p105)
38. At what point is the priest acting most fully in persona Christi? (p106)
39. What are the three modes for thinking of the relationship between spirit and matter? (p107)
40. Why is the third mode critical for understanding the Eucharist? (p108)
41. How does the doctrine of the Real Presence critical to the whole life of the recipient? (p109)

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Book Study Small Group Discussion for week 5 - pages 89-110

What words or phrases stood out to you?

What did you like and why?

What was hard for you and why?

What is one positive way you can respond to this reading this week?

God will be “all in all” 1Cor15:28. In your own words how does that happen from the Eucharist?

How does a proper understanding of reality help us to understand the real presence of Jesus in the Eucharist?