



# Source and Summit

## Talking Points

- The liturgy is the high point of our lives as Catholic Christians
  - When we orient our lives around the Eucharist, everything falls into place
  - The Eucharist becomes our reference point, from which we find perspective
  - The Eucharist leads us to an encounter with the Lord
- The liturgy is the source, the font, from which we find strength to live as Christ's people
  - We come to the Eucharist as grateful people, giving glory to God
  - Through the Eucharist, we are formed as disciples - followers of Jesus
  - We take part in Christ's sacrifice, and are shaped to sacrifice
  - We are nourished by Christ's Body and Blood
  - Our covenant with the Lord is renewed
  - We are drawn into the compelling love of Christ and are set on fire
- From the Eucharist, we are sent in mission, ready to glorify God by our lives

## Discussion Questions

How does Mass form me to live as a Christian?

How does the nourishment of the Eucharist give me strength to live as a disciple?

What experience comes to mind in which I was "set on fire" by Christ's love during Mass?

What am I called to do to carry out Christ's mission of love and mercy?

