

TAKE-HOME 3

Do This

How he was known to them in the breaking of the bread. (Luke 24:35, RSV2CE)

What We Found

- Emmaus: Jesus opens the Scriptures, then takes bread, blesses, breaks, gives. Word, then bread. That is the shape of the Mass (Luke 24; CCC 1347). Acts 2:42 confirms it: teaching, fellowship, breaking of bread, the prayers.
- In AD 155 St. Justin Martyr described a Sunday gathering to the emperor: readings, homily, standing to pray, bread and wine brought, thanksgiving, Amen, distribution, a collection. The basic shape of the Mass was already clearly recognizable.
- Heaven has the stuff: an altar, incense, white robes, elders, lamps, “Holy, holy, holy,” a Lamb standing as slain, Amen, a wedding feast (Revelation 4-5, 8). The Mass participates in the worship of heaven.
- Isaiah 6: the Sanctus, a coal from the altar to the lips, guilt taken away, then sending. And “Lord, I am not worthy... only say the word” is the centurion’s line from Matthew 8:8.
- Jesus condemned a tradition used to cancel a commandment (Mark 7), not ritual; he kept the feasts. The prophets condemned ritual without justice, not ritual (Isaiah 1:16-17). Paul commands traditions (1 Corinthians 11:2; 2 Thessalonians 2:15). The rule: God condemns empty or hypocritical ritual, not ritual simply because it is ritual.
- The wall has three layers. What Christ instituted (water, bread and wine, his words) cannot change. The constitutive parts of the Church’s received liturgical tradition (Word and Eucharist, the proclaimed Scriptures, the Eucharistic Prayer, Communion) belong to the whole Church, not to any parish. Disciplines like colors, language, bells, and the lectionary are the Church’s and can change (CCC 1205-1206). Nobody may change the rite on their own (CCC 1125).

Voices of the Church

St. Justin Martyr *First Apology 67, c. AD 155*

“And on the day called Sunday, all who live in cities or in the country gather together to one place, and the memoirs of the apostles or the writings of the prophets are read, as long as time permits.”

St. Cyril of Jerusalem *Mystagogical Catecheses 5, c. AD 350*

A step-by-step walk through the Mass for the newly baptized: hands washed, the kiss of peace, “Lift up your hearts,” the Sanctus with the seraphim, the Spirit called down on the gifts, prayers for the living and dead, the Our Father. The same order a Catholic follows today. (A summary.)

St. Ignatius of Antioch *Letter to the Ephesians 20, c. AD 107*

Gather often, in one faith, obedient to the bishop, breaking the one bread, which is the medicine of immortality. (A summary.)

Where Did We See It (take this to Mass and check things off)

At Mass	Where it comes from	Saw it
“The Lord be with you”	Ruth 2:4; Luke 1:28	
“Lord, have mercy”	Matthew 20:30-31; Luke 18:13	
“Glory to God in the highest”	Luke 2:14	
Standing for the Gospel; the homily	Nehemiah 8:5, 8; Luke 4:16-21	
“Lift up your hearts”	Lamentations 3:41	
“Holy, holy, holy”	Isaiah 6:3; Revelation 4:8	
Kneeling	Luke 22:41; Philippians 2:10	
“This is my body”	Luke 22:19; 1 Corinthians 11:24	
“Behold the Lamb of God”	John 1:29; Revelation 19:9	
“Lord, I am not worthy”	Matthew 8:8	

At Mass	Where it comes from	Saw it
The sign of peace	Romans 16:16; John 20:19	
Incense; candles; vestments	Psalms 141:2; Revelation 8:3-4; Exodus 27:20-21; 28:2	
The altar	Hebrews 13:10; Revelation 6:9	
The sign of the cross; holy water	Ezekiel 9:4; Revelation 7:3; Ezekiel 36:25	
“Amen”; the collection; “Go forth”	1 Corinthians 14:16; 16:2; Isaiah 6:8	

Live It This Week

- Take this sheet to Mass. Check things off as they happen.
- Genuflect on purpose once this week, slowly, thinking of Revelation 5:14.
- Say the centurion’s line before Communion knowing whose line it is.
- Before next session read Matthew 6:5-15, Luke 1:26-45, and Numbers 15:37-41.

Memory Verse

Then they told what had happened on the road, and how he was known to them in the breaking of the bread. (Luke 24:35)

Catechism

CCC 1345; 1346-1347; 1348-1355; 1090; 1137-1139; 1125; 1205-1206; 2177-2178. *Sacrosanctum Concilium* 7, 8, 21.