

## The first mystery of the Last Supper

### Jesus washes the feet of his apostles

Jesus contrasts his teaching with the way of the world. The secular way of things is this: the strong become more powerful by using those who are weaker, the rich become richer by using the poor.

In contrast, our Lord teaches that those who have power and money and authority are to help those who don't. It is such a hard lesson that he dramatizes it by washing the feet of his apostles—and tells them to do likewise.

Jesus does not eliminate authority, but He wants to change the hearts of those who possess it.

*We pray for the Christian spirit of service in leadership.*

Our Father

1. Jesus rose from the supper table and wrapped a towel around his waist.

Hail Mary

2. Then He began to wash the feet of his disciples and to wipe them with his towel.

Hail Mary

3. After He had washed their feet, He said to them: “Do you know what I have done to you?”

Hail Mary

4. “You call me Master and Lord, and you are right for so I am.

Hail Mary

5. “If I, your Lord and Master, have washed your feet, you also ought to wash the feet of one another.

Hail Mary

6. “I have given you an example; as I have done, you should do also.”

Hail Mary

7. “The kings of the Gentiles lord it over them, and those in authority are called benefactors.

Hail Mary

8. “But not so with you; let the greatest among you become as the youngest, and let the leader become as a servant.”

Hail Mary

9. “Amen, amen, I say to you, no servant is greater than his master; nor is the one sent greater than he who sent him.

Hail Mary

10. “If you know these things, blessed are you if you do them.”

Hail Mary

Glory be

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*References: John 13:1-17; Luke 22:24-27*

The second mystery of the Last Supper

**Jesus commands us to love one another as He has loved us**

Jesus teaches that we are his friends IF we do what He commands us. There is no question that God pursues us with unconditional love in order to obtain our conversion—that's the lesson of the Good Shepherd. But the other side of the coin is that we must undergo continual conversion; we must keep his commandments in order to be his friends.

This does not mean that we think we are saved just through good works. Keeping the commandments means believing and living the Faith.

The Great Commandment is the most difficult of all: to love each other with the self-sacrificing love of Jesus.

*We pray for the strength to keep his commandments.*

Our Father

1. "As the Father has loved me, so have I loved you. Abide in my love.

Hail Mary

2. "If you keep my commandments, you will abide in my love,

Hail Mary

3. "Just as I have kept my Father's commandments and abide in his love.

Hail Mary

4. "These things I have spoken to you that my joy may be in you, and that your joy may be full.

Hail Mary

5. "This is my commandment, that you love one another as I have loved you.

Hail Mary

6. "Greater love than this no one has, that a man lay down his life for his friends.

Hail Mary

7. "You are my friends if you do what I command you."

Hail Mary

8. "You did not choose me, but I chose you and appointed you to go and be fruitful and that your fruit should remain.

Hail Mary

9. "So that whatever you ask the Father in my name, He may give it to you.

Hail Mary

10. "This I command you, to love one another."

Hail Mary

Glory be

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*Reference: John 15: 9-17.*

## The third mystery of the Last Supper

### Jesus gives us his body and blood as our spiritual food and drink

In the Blessed Sacrament of the Eucharist, Jesus remains with us, body and blood, soul and divinity. Under the appearances of bread and wine, He is personally and physically present in order to nourish us as we journey through life with Him.<sup>1</sup>

At each Mass we ought to pray in thanksgiving for all the teaching of Jesus, for his suffering and dying for us, for his resurrection and ascension, for his continued presence in his Church, and for his Real Presence in the Eucharist.

In prayerful adoration of the Blessed Sacrament, we can show and sometimes feel our love for our Savior.

*We thank you, Jesus, for being with us in the Eucharist.*

Our Father

1. "Amen, amen, I say to you, he who believes in Me has eternal life. I am the bread of life."

Hail Mary

2. "I am the living bread that has come down from heaven; if anyone eats of this bread he shall live forever;

Hail Mary

3. "And the bread that I will give for the life of the world is my flesh."

Hail Mary

4. "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you shall not have life in you.

Hail Mary

5. "He who eats my flesh and drinks my blood has everlasting life, and I will raise him up on the last day."

Hail Mary

6. While they were at supper, Jesus took bread, and blessed and broke it and gave it to his disciples,

Hail Mary

7. Saying: "Take and eat, this is my body."

Hail Mary

8. And taking a cup, He gave thanks and gave it to them saying: "Drink of this, all of you;

Hail Mary

9. "For this is my blood of the new covenant which is being shed for many for the forgiveness of sins;

Hail Mary

10. "Do this in remembrance of Me."

Hail Mary

Glory be

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*References:* John 6:47-65; Matthew 26:26-28; Luke 22:19

1. Personally and physically present: "The body and blood together with the soul and divinity of our Lord Jesus Christ and therefore the whole Christ (totum Christum) is truly, really and substantially contained in the Sacrament of the most holy Eucharist," Council of Trent, 11 October, 1551.

"Under these [species], Christ whole and entire is there in his physical reality, indeed bodily present although not in the same way that bodies are present in a given place," Pope Paul VI, *Mysterium Fidei, Enchiridion Vaticanum*, #427. For a convenient English text: *The Mystery of Faith*, (Boston: St. Paul Editions, 1965) p. 20.

The fourth mystery of the Last Supper

**Jesus promises that the Holy Spirit will guide the Church to teach the truth**

The faith of Christians rests upon the promise of Jesus that He would send the Holy Spirit to lead the apostles and their successors into the fullness of the truth. When we profess our faith through the Creed at Sunday Mass, we affirm our belief that the Holy Spirit guided the Fathers of the Council of Nicea to proclaim the truth about Jesus—true God and true man, one in being with the Father.

Jesus is still keeping his promises to be with the Pope and the bishops in his Catholic Church.

*We pray for all bishops—that they will bear witness to the truth in season and out of season.*

Our Father

1. “If you love Me, you will keep my commandments. And I will ask the Father and He will give you another Advocate to be with you forever;

Hail Mary

2. “The Spirit of Truth whom the world cannot receive because it neither sees Him nor knows Him.”

Hail Mary

3. “These things I have spoken to you while I am still with you.

Hail Mary

4. “The Father will send in my name the Counselor, the Holy Spirit;

Hail Mary

5. “The Holy Spirit will teach you all things and bring to mind all that I have told you.”

Hail Mary

6. “When the Advocate has come, whom I will send you from the Father, the Spirit of Truth who proceeds from the Father, He will bear witness to Me.

Hail Mary

7. “And you also are witnesses because you have been with Me from the beginning.”

Hail Mary

8. “I have yet many things to say to you, but you cannot bear them now;

Hail Mary

9. “But when the Spirit of Truth comes, He will lead you into all the truth.”

Hail Mary

10. “He will glorify Me, for He will take what is mine and declare it to you.”

Hail Mary

Glory be

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*References: 2 Tim 4:2; John 14:15-26; 15:26-27; 16:12-15*

The fifth mystery of the Last Supper

**Jesus prays for unity among all those who believe in Him**

Our Lord and Savior put it positively: perfection in unity among his disciples will be a sign to the unbelieving world of his own divine mission. However, the great divisions among Christians provide a stumbling block to non-believers to approach the saving message of Christ.

Problems within the Church sometimes obscure its essential unity, but the words of Jesus remain, "There will be one flock and one shepherd." Even after twenty centuries, the authentic Catholic faith remains undivided, and for those who search with an open heart, its unity of faith is still a sign of the divinity of its founder, Jesus Christ.

*We join our prayer for unity to his.*

Our Father

1. "Father ... I do not pray that You take them out of the world but that You keep them from evil."

Hail Mary

2. "Make them holy in the truth; thy word is truth.

Hail Mary

3. "Just as you sent Me into the world, so I have sent them into the world;

Hail Mary

4. "And for their sake, I consecrate myself so that they also may be consecrated in truth.

Hail Mary

5. "I pray not only for these but also for those who are to believe in Me through their word,

Hail Mary

6. "That they may all be one, even as Thou, Father, art in Me and I in Thee;

Hail Mary

7. "That they also may be one in Us, so that the world may believe that You have sent Me.

Hail Mary

8. "The glory you have given Me, I have given to them, that they may be one, even as We are one:

Hail Mary

9. "I in them and You in Me; that they may be perfected in unity;

Hail Mary

10. "So that the world may know that you have sent Me, and that You have loved them just as you have loved Me."

Hail Mary

Glory be

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*Reference: John 10:16; 17:15-23*