

# “Behold the Lamb of God”

Name: \_\_\_\_\_

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Jesus is the Lamb of God. This reality is made present to us at every Mass. Toward the end of the Liturgy of the Eucharist, we pray the Our Father and offer one another a sign of Christ’s peace.

Often, the Church can get loud during this time with people greeting one another, shaking hands, giving hugs, and sharing kind words. We should not let ourselves get distracted, however. We should return our attention to the altar. Why? Because Jesus, the Lamb of God, is waiting there for us.

After the Sign of Peace, the priest breaks the eucharistic Host at the altar while we pray the words:

Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, grant us peace.<sup>1</sup>

In this prayer, we plead with God to show us mercy as we prepare to receive Jesus in the Holy Eucharist.

A little later, the priest raises the Holy Eucharist for everyone to see. He presents Jesus to us in the Eucharist and repeats the words of Saint John the Baptist (Jn 1:29), saying:

Behold the Lamb of God, behold him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.<sup>2</sup>

Have you ever thought about what is happening here? Jesus Christ, the Word-made-flesh, invites us to look upon and adore his Body, Blood, Soul, and Divinity truly present in the Eucharist.

We should show Jesus our undivided attention and respect at this moment. We might also call to mind the words of the prophet Isaiah concerning the Messiah: “Surely he has borne our griefs and carried our sorrows” (53:4). At this moment, we can look upon Jesus and give him all our sorrows, fears, and anxieties. We respond to the priest with the words:

Lord, I am not worthy that you should enter under my roof,  
but only say the word and my soul shall be healed.<sup>3</sup>

As we offer ourselves and any situations in our lives that are causing us fear or sorrow to Christ, he will show us mercy and bring us peace and healing.

**Answer the following questions.**

**1. Write down two or three situations *in your life* that you would like to offer to Christ at Mass.**

**Answers may vary.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. Write down two to three situations *in the world* that you would like to offer to Christ at Mass.

1. **Answers may vary.**

2. \_\_\_\_\_

3. \_\_\_\_\_

1 The Order of Mass, Roman Missal, no. 130.

2 The Order of Mass, Roman Missal, no. 132.

3 Ibid.