

**The Holy Eucharist**  
**Communion with and Sharing in God's Life**  
**Catechetical Preparation**

**Consider the following statement:** The Eucharist is truly God in our midst. The Eucharist is the Body & Blood, soul and divinity of Jesus Christ, Our Lord – the source and summit of the Church's life.

**Keeping the above statement in mind, read and meditate on the following passages:**

**Scripture:**

Ex 12:1-13 - Paschal lamb  
Ex 12:8, 46 - Paschal lamb had to be eaten  
Mt. 26:26ff (Mk 14:22ff., Lk 22:17ff.) – Eucharist instituted  
Jn 1:29 - Jesus is called the lamb of God  
Jn. 6:35-71 Real Presence of Christ in the Eucharist.  
I Cor 2:14-3:4 – explains what “the flesh” means  
I Cor 5:7 - Jesus called “paschal lamb who has been sacrificed”  
I Cor 10:16 – Eucharist = participation in Christ's body & blood  
I Cor 11:23-29 - receiving unworthily = guilty of his body & blood

**Catechism:**

CCC 1322-1327 The Eucharist – Source and Summit of Ecclesial Life  
CCC 1328-1332 What is this Sacrament Called?  
CCC 1333-1344 The Eucharist in the Economy of Salvation  
CCC 1345-1355 The Liturgical Celebration of the Eucharist  
CCC 1356-1381 The Sacramental Sacrifice: Thanksgiving, Memorial, Presence  
CCC 1382-1401 The Paschal Banquet  
CCC 1402-1405 The Eucharist – Pledge of the Glory to Come

**Key Terms:**

**Eucharist** : The ritual, sacramental action of thanksgiving to God which constitutes the principle Christian liturgical celebration of and communion in the paschal mystery of Christ. The Eucharist is also traditionally known as the Holy Sacrifice of the Mass.

**Real Presence**: The unique, true presence of Christ in the Eucharist under the species or appearances of bread and wine. The Church invites the faithful to deepen their faith in the real presence of Christ through adoration and communion at the eucharistic liturgy, and through adoration outside its celebration.

*“ Do not, therefore, regard the bread and wine as simply that, for they are, according to the Master's declaration, **the Body and Blood of Christ**. Even though the senses suggest to you the other, let faith make you firm. Do not judge in this matter by taste, but be fully assured by faith, not doubting that you have been deemed worthy of the **Body and Blood of Christ**.”*

*St. Cyril of Jerusalem*

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**Catechetical Session**

**Preparation:**

Hymn: (Vs 1-2): *O Saving Victim/O Salutaris*

First Reading: Ex. 16: 4-6 & 31-35

Psalm 50

Gospel: John 6: 41-59

**Proclamation:**

The Eucharist is truly God in our midst. The Eucharist is the Body & Blood, soul and divinity of Jesus Christ, Our Lord – the source and summit of the Church's life.

**Explanation:**

**A. Jesus is the Bread of Life (John 6:48)**

1. Jesus said, "I am the living Bread which came down from Heaven...the Bread which I shall give for the life of the world is my flesh." (John 6:51)
2. Jesus said, "This is My Body..." (Matt. 26:26ff; Mark 14:22ff; Luke 22:17ff)
3. In the Sacrament of the Holy Eucharist we really receive Jesus' Body & Blood.
4. Jesus said, "Do you also wish to leave Me?"  
"The first announcement of the Eucharist divided the disciples, just as the announcement of the Passion scandalized them. The Eucharist and the Cross are stumbling blocks. It is the same mystery and it never ceases to be an occasion of division. "Do you also wish to leave Me?": The Lord's question echoes through the ages, as a loving invitation to discover that only He has 'the words of Eternal Life' and that to receive in faith the gift of His Eucharist is to receive the Lord Himself." (CCC, #1336)

**B. How it Happens**

"With God nothing will be impossible." (Luke 1:37)

1. The priest prays these words, "This is My Body..."
2. Bread and wine become the Body & Blood of Jesus – Transubstantiation
3. The priest acts "in persona Christi"

**C. How to Prepare for and Give Thanks for Holy Communion**

1. Must be free from serious sin and repent of any venial sins
2. Reception must be preceded by a one-hour fast
3. Preparation before receiving – act of reverence and prayers and proper reception mode.
4. Thanksgiving after receiving.

**D. Sanctifying Effects of the Holy Eucharist**

1. Forgives venial sin; helps us avoid future sin.
2. Increases life in sanctifying grace in us, strengthening love of God & others.
3. In the Holy Eucharist, God shares Himself with us in the most intimate way, as an abiding union, a pledge of love & future glory in Trinitarian Life in Heaven
4. The Holy Eucharist is to be worshipped – the Holy Eucharist is God Himself.

**Application:**

1. What does the Gospel of John say about the Eucharist?
2. How does bread and wine become the Body & Blood of our Lord?
3. What difference does this make in the whole way we approach God in our prayer life?
4. How does this understanding affect the way I approach God at Mass? Or in the Tabernacle?
5. What are the effects of receiving Holy Communion worthily and with faith?
6. Why does the Church call the Eucharist, “the source and summit of the Christian Life”?

**Conclusion:**

Closing Prayer

Hymn (Vs. 1-2): *Come Adore/Tantum Ergo*

**The Holy Eucharist**  
**Communion with and Sharing in God's Life**

**A. Jesus is the Bread of Life (John 6:48)**

1.

2.

3.

4.

**B. How it Happens**

1.

2.

**C. How to Prepare for and Give Thanks for Holy Communion**

1.

2.

3.

**D. Sanctifying Effects of the Holy Eucharist**

1.

2.

3.

**Questions:**

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