

saint mary's press

Discover!

Finding Faith in Life

Catechist Guide

5



Chapter

3

The Eucharist Helps Us Live




 Chapter
3

Lesson at a Glance

Scripture Focus

1 Corinthians 10:16–17

Lesson Goals

- to define the Eucharist as the source and summit of the Christian life
- to indicate that in the Eucharist we share in the Body and Blood of Christ
- to state that the Eucharist gives us strength to live the Christian life

Catechism Pillar

Live

Catechism References

1322–1419

Key Words

transubstantiation, Real Presence, Mystical Body

Music Suggestions

- “The End and the Beginning,” by Matt Maher (The Orchard Enterprises)
- “A Rightful Place,” by Steve Angrisano (Spirit & Song)

Materials Needed

- *The Catholic Children’s Bible* and the chapter 3 activity booklet
- a board or poster to write on
- a deck of playing cards
- a small prize for each young person, such as a small piece of candy or sticker
- a small cross or other object hidden in the learning space
- a container with the separated mission strips
- materials for any of the additional activities you choose

Background Reflection

The Scripture passage for this session is small but mighty. We are reminded of a great truth and we are challenged to be better Christians in these two short verses from First Corinthians.

Saint Paul wrote this letter to address issues in the Church in Corinth. Corinth was a Greek port city, a diversified mix of races, cultures, and viewpoints. Paul admonished Corinthian Christians for focusing on the differences among them instead of what unites them.

These verses remind us of the importance and beauty of the Eucharist. The bread and wine become the Body and Blood of Christ, the Real Presence of Jesus. Sharing in the Eucharist gives us the grace to be more like Christ, more patient, kind, and truthful. The Eucharist also reminds us to recognize Christ in those who are poor. The Eucharist unites us as the Church and is “the source and summit of the Christian life” (*Catechism of the Catholic Church*).



Get Ready! (10 minutes)

Opening Prayer

- Invite the young people to turn to page 1 of the chapter 3 activity booklet.
- Begin prayer by leading the young people in the Sign of the Cross. Then say, “Let us remember that we are in the holy presence of God.” Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet to the group. Invite the young people to say “Amen,” and then close with the Sign of the Cross.

Engage Activity

- Ask the group to name two popular rival sports teams in your area (at the high school, college, or professional level). Write the team names on the board along with the headings “Same” and “Different.”
- Encourage a brief discussion of what makes these teams different. Then lead a discussion on the traits they have in common.
- Conclude by saying that today’s Scripture will challenge us to see beyond surface-level characteristics and remind us to focus on that which unites all of us.



Dive In! (15 minutes)

Scripture Focus

- Share that Corinth was a port city and populated by people of many different races and cultures.
- Ask the young people to find 1 Corinthians 10:16–17 in *The Catholic Children’s Bible* (page 1804).
- Invite the young people to follow along as you read the Scripture passage aloud.
- Ask them to read the Scripture again, silently. Then invite them to share what they think the message is in these two verses.
- Arrange the young people into teams of two or three. Direct the teams to use the Bible to answer the numbered questions on page 2 of the activity booklet. *Answers: 1. the Blood of Christ, 2. the Body of Christ, 3. because we eat from the same loaf*
- Read aloud the two questions in the box on page 2 of the activity booklet. Invite the young people to share and discuss their responses.

Understand It!

- Read the Understand It! on page 1 of the activity booklet, or have a volunteer read it.
- Invite the group to summarize what they just heard, asking them key questions about the reading to check for comprehension.

- Make the following additional points:
 - Jesus does not ask us to erase or ignore our differences or to focus on superficial similarities in order to get along with one another.
 - Instead, we are united in Jesus through the Eucharist *with* all of our differences (our races, opinions, cultures, etc.), not in spite of them.
 - Because the Eucharist is the sacrament of unity, we should come to Mass with the intention of being united in Christian love with other members of our Church family.
- Remind the young people that the Eucharist helps us to live a Christian life and to accept and understand others.

Live It!

- Invite a volunteer to read the Live It! on page 1 of the activity booklet.
- Give the group a few seconds of silence to write down some things they have in common with a person outside of their circle of friends.
- Encourage the young people to consider how they might complete this challenge within the next week.

Tell It!

- Invite one or more volunteers to summarize this Scripture in their own words.
- Affirm the young people for the points they remember. Help them fill in any key points they may have missed.



Discover! (25 minutes)

Core Learning Activity

Who Is with Me?

- Tell the group that they will be playing a game in which they will quickly form different groups.
- Gather all the young people in the center of the room, and give each person a card from a card deck. Tell them that they can look at the card they have been given.
- Explain that when you say “Go!” all of the even-numbered cards need to find each other. Tell them that as soon as they find another person with an even-numbered card, they should link arms. Explain that they will continue this until they have linked together in one, large group of even-numbered cards.
- Tell the group that the odd-numbered cards must do the same, and all of the face cards must do the same.
- Start the game by saying, “Go!” When the three groups are formed, ask in a humorous way, “Which group is the best? Which group should get the prize?” Allow brief arguments from each group.

- Bring everyone back to the middle of the room and announce that in the next round, the designated characteristic is a card suit: hearts, diamonds, spades, and clubs. Start again by saying “Go!” When the groups are formed, repeat the discussion about which group is best and should win a prize.
- Bring everyone back to the middle of the room and announce that in the next round, each person should find others with the exact card that he or she is holding. Say “Go!” and allow the confusion for a few seconds as no cards are exactly the same.
- Bring everyone back to the middle of the room and announce that in the final round, the groups will be determined by the design on the back of the playing card. Say “Go!” and watch as the young people form one, large group because all of the cards have the same design on the back.
- Announce that this is the best group and hand out a prize to everyone.

Process the Activity

- Invite the group to discuss how this game was focused on perceived similarities and differences. Explain that people were included in certain groups because of focused-on similarities. Continue by pointing out that some people were excluded because of focused-on differences.
- Remind the group that as the rules changed in the game, different groups were formed and different people were either included or excluded from certain groups. Point out that this might mirror real life where we include some and exclude others based on similarities and differences.
- Encourage the young people to see that when we get into specific groups, we sometimes are tempted to compare ourselves to other groups and claim our group as the best.
- Remind the young people that we are all unique and have different gifts and talents (shown in the round where the goal was to find an exactly matching card), but we are all part of one group, the Church, because we share Christ’s Body and Blood (modeled when everyone formed one group at the end based on the design on the back of the cards).

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the additional activities on page 67 in its place.

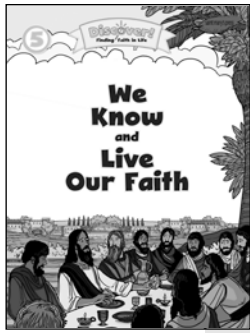
Core Teaching

- Explain to the young people that the word *Eucharist* comes from a Greek word for *thanksgiving*. Tell them that in the Eucharist, we give thanks and praise for all that God has given us.
- Tell the group that we call the Eucharist the source and summit of the Christian life. Ask them to share what they think this means. Explain that this is a way of saying how important the Eucharist is for us: Everything in our Chris-

tian life comes from the Eucharist (source) and everything in our Christian life leads to the Eucharist (summit).

- Ask the young people to recall the part of the Mass where the priest prays that God will send the Holy Spirit to change the bread and wine into the Body and Blood of Christ. Remind them that this is the part where, as he prays, the priest holds his palms down over the bread and wine and then makes the Sign of the Cross over them.
- Explain to the young people that the change of bread and wine into the Body and Blood of Christ is called **transubstantiation**. Explain that this word means “a change of substance.” Share that transubstantiation takes place through the power of the Holy Spirit when the priest repeats Jesus’ words, “This is my Body. . . . This is . . . my Blood” (*Roman Missal*). The appearances (what bread and wine look like and taste like) remain the same, but the substance, or essence, has been changed.
- Tell the group that Christ is truly present in the Eucharist and that when we receive the Eucharist we are actually receiving Jesus’ Body and Blood. Explain that we call this the **Real Presence**.
- Point out that receiving both the Body and Blood of Christ (called the two species of the Eucharist) is encouraged when possible.
- Explain that there are several effects of receiving the Eucharist, including the following:
 - a powerful connection with Christ
 - forgiveness of our venial sins and strength to resist temptations
 - unity in the **Mystical Body**, which means that through the Eucharist, Christ unites everyone in the Church, including all those in Heaven, on Earth, and in Purgatory
 - a reminder of our responsibility to help those who are poor
- Make the point that through the effects of the Eucharist, we are strengthened to live the Christian life.
- Ask the young people some questions to check for comprehension, such as the following:
 - What does the word *Eucharist* mean? (*thanksgiving*)
 - What happens to the bread and wine at Mass? (*The bread and wine become the Body and Blood of Christ.*)
 - What are some of the effects of the Eucharist? (*We are connected with Christ; our sins are forgiven; we are connected with others in the Mystical Body of Christ; we are strengthened to live as Christians; we are challenged to help the poor.*)
- Invite the young people to turn to page 3 of the activity booklet and complete the activity at the top of the page.. After some time, invite volunteers to share their answers. *Answers will vary.*
- Have the young people turn to page 4 of the activity booklet. Read the “People of Faith” section to the group. Add any other information you know about Brother Roger, and consider playing some Taizé music for the young people. Invite them to pray for unity and peace in memory of Brother Roger.

Note: If you have additional time at the end of the session, you may have the young people color the Scripture verse or answer the journal question on the bottom of pages 2 and 3 of the activity booklet.



We Know and Live Our Faith

The following article in the *We Know and Live Our Faith* resource corresponds to concepts introduced in this lesson:

- “The Sacrament of the Eucharist,” page 33

Read the selection aloud, or invite a volunteer to read, as time allows. Check for understanding by asking several questions. You may want to summarize the key concepts for the young people.



Go! (10 minutes)

Lesson Wrap-Up

- Ask the group to think of all they learned in this session.
- Invite a few volunteers to share one point from the lesson. Affirm all correct statements, and revisit those statements that might need modification.
- Ensure that the following points are made, write them on the board, and circle them:
 - The Eucharist is the source and summit of Christian life.
 - In the Eucharist, we share in the Body and Blood of Christ.
 - The Eucharist gives us strength to live the Christian life.
- Encourage the young people to search for the object you have hidden in the room. Invite the person who finds the object to randomly select this week’s mission challenge from the remaining mission strips.
- Ask the young people to locate in the mission booklet the challenge that was selected. Have them mark it so that they remember to complete the challenge within the next week and to reflect on that challenge in the booklet.



Closing Prayer

- Explain that Saint Paul always begins his letters with a prayer or a blessing to the people. Tell the group that the blessing to the Corinthians will be used as your closing prayer. It can be found in 1 Corinthians 1:3 (page 1795).
- Begin the blessing by leading the young people in the Sign of the Cross and saying, “Let us remember we are in the holy presence of God,” followed by a few seconds of silence. Ask them to bow their heads and repeat after you:
 - May God our Father / and the Lord Jesus Christ / give you grace and peace.
- Invite all to say “Amen,” and then close with a final Sign of the Cross.

Additional Activities

Materials Needed

- *The Catholic Children's Bible*
- blank paper

Where Else in the Bible? (15 minutes)

- Divide the group into teams of two or three and assign one of the following Scripture references to each team:
 - Matthew 25:35–40 (Christian mission)
 - Mark 14:22–24 (Last Supper)
 - John 17:20–21 (United in Christ)
 - 1 Corinthians 12:12–13 (One body in Christ)
 - Ephesians 4:4–6 (One body)
 - James 2:14–17 (Christian mission)
- Distribute blank paper and ask each team to write two sentences. The first sentence should summarize the passage, and the second should explain how the Scripture passage relates to today's lesson.
- Ask a spokesperson from each team to share their sentences with the larger group.

Materials Needed

- none

Unity Knot (15 minutes)

- Invite all the young people to stand in the center of the room, facing inward.
- Have everyone reach their right hand toward the center of the circle and grab another person's hand (this cannot be the person right next to them).
- Continue by having everyone reach their left hand toward the center of the circle and grabbing another free hand (not the person right next to them).
- Encourage the group to work together, without letting go of their hands, to untie the knot. Tell them that they must communicate and work together to accomplish the goal.
- Invite the young people to talk about what made this game fun and challenging. Encourage them to make the connection to unity and the importance of working together as one.

Materials Needed

- a computer with internet access
- a computer projector

Eucharist 101 (15 minutes)

- Show the video "Sacraments 101: Eucharist (how we receive)" (YouTube, 4:45).
- Ask the young people to recall what Father Dwyer called the short exchange of words between the priest and the person receiving the Eucharist. (*dialogue of prayer*) Ask what the words in this dialogue are. (*"The Body/Blood of Christ." "Amen."*)
- Remind the young people that "Amen" is a way of saying, "truly," "yes," "indeed," or "I believe."
- Explain that we should say "yes" to God like we mean it—from the bottom of our hearts.
- Remind the group that the Eucharist is considered a central sacrament and is treated with special reverence.

Chapter 3

Discover!

Finding Faith in Life

The Eucharist Helps Us Live

1 Corinthians 10:16–17

Understand It!

The issues that the church of Corinth faced still happen in our Church today. Many times we focus on our different opinions, cultures, or ways of approaching challenges instead of what we have in common. Often, then, we divide ourselves into groups and adopt a “we versus they” mindset. “We” believe one way, while “they” are on the other side. This Scripture passage reminds us that God loves all of us, and we are brought together in our belief in the Eucharist.

Catholics believe that the Eucharist is the “source and summit of the Christian life” (*Catechism of the Catholic Church*). This means that we believe the Eucharist is the most important sacrament. We believe that Jesus is really present in the Eucharist and that the bread and wine become the Body and Blood of Christ.

The Eucharist strengthens us to live our faith confidently. We know we are loved by God. The Eucharist helps us to become a better person, more like Jesus. The Eucharist joins all of us as one family in Christ.

Live It!

Think of a person who is outside your group of friends. In the margin of this page, jot down two or three things you have in common. Make an effort this week to connect with this person.

Prayer

Loving God, thank you for all you have given us, especially the gift of the Eucharist. You love us all, so help us to accept and respect everyone we meet. In your name we pray. Amen.



Use the Scripture passage on page 1804 in *The Catholic Children's Bible* (1 Corinthians 10:16–17) to answer the following questions.

- 1 What do we share when we drink from the cup?
- 2 What do we share when we eat the bread?
- 3 Why are we one body?



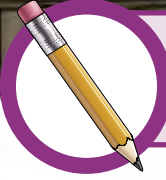
What surprises you about this Scripture passage?

What do you think or wonder about when you read this Scripture passage?

**All of us,
though many, are
one body,
for we all share the
same loaf.**

1 Corinthians 10:17





Choose one of the following words. Using that word, write two or three sentences about the effects of the Eucharist.

Connects

Forgives

Unites

Reminds

How do I show my unity with Christ and others after I receive the Eucharist?

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Family Page

Background Reflection

The Scripture passage for this session is small but mighty. We are reminded of a great truth, and we are challenged to be better Christians in these two short verses from First Corinthians.

Saint Paul wrote this letter to address issues in the Church in Corinth. Corinth was a Greek port city, a diversified mix of races, cultures, and viewpoints. Paul admonished Corinthian Christians for focusing on the differences among them instead of on what unites them.

These verses remind us of the importance and beauty of the Eucharist. The bread and wine become the Body and Blood of Christ, the Real Presence of Jesus. Sharing in the Eucharist gives us the grace to be more like Christ, more patient, kind, and truthful. The Eucharist indeed unites us as the Church and is "the source and summit of the Christian life" (*Catechism of the Catholic Church*).

Family Activities

- Remind one another that the Eucharist unites us with Christ and with the whole Church, the Body of Christ. Talk about the various ways your family shows unity. Discuss what other things you could do together to be more unified.
- Look at a worship aid from your parish together, and find the different parts of the Mass. Read through the prayers that are used during the Liturgy of the Eucharist, and recall this is the part of the Mass in which the bread and wine become the Body and Blood of Christ.
- Watch the video "Catholic Mass Kid's Trivia Game Part 8 Receiving Communion," by Catholic Trivia Games (YouTube, 2:17), together. Write down your answers throughout the video, and compare scores at the end.

People of Faith

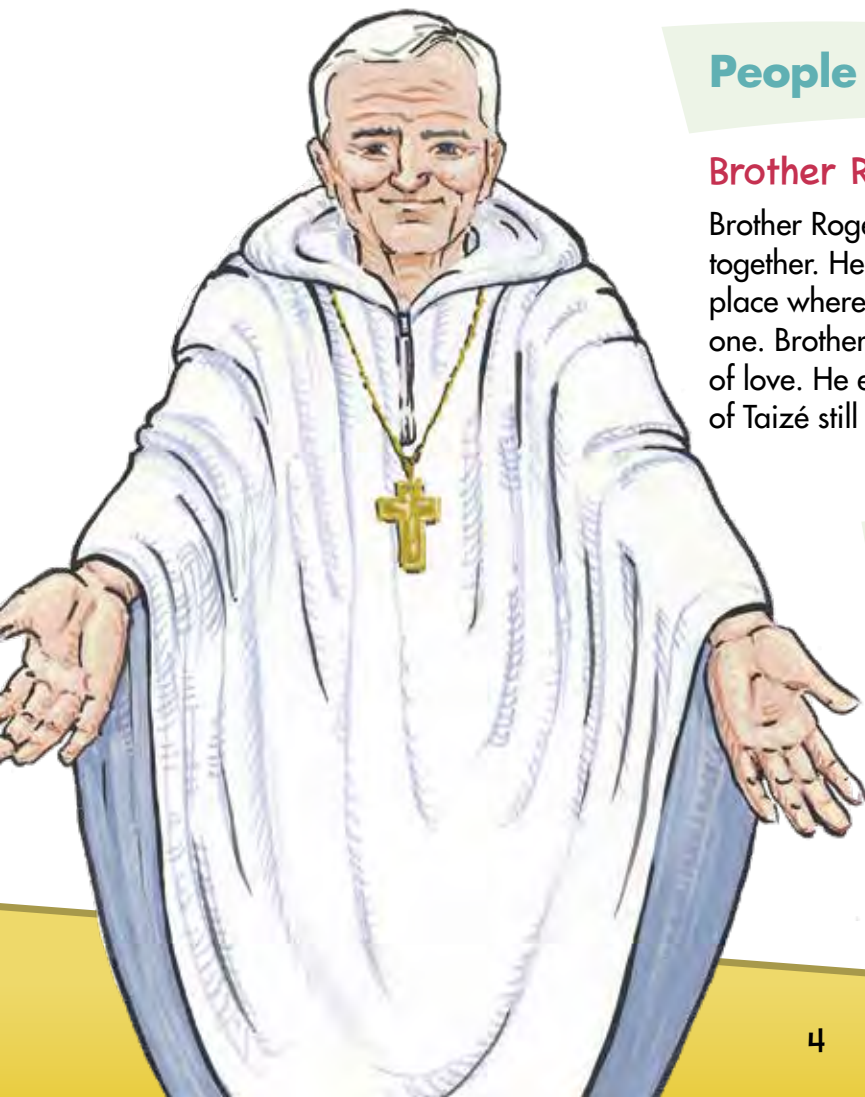
Brother Roger (1915-2005)

Brother Roger believed that all Christians must live the Gospel together. He wanted his community in Taizé, France, to be a place where Christians could gather to live and worship as one. Brother Roger taught that God, above all else, is a God of love. He especially reached out to young people. Members of Taizé still pray and work for Christian unity today.

Prayer

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Loving God, thank you for the gift of the Eucharist. Help the Eucharist to strengthen us each week so that we might do your work in the world. In your name we pray. Amen.





Discover!

Finding Faith in Life

Preparing for Jesus

Luke 1:39-56

Understand It!

When the angel announced the Good News to Mary, that she had been chosen to be the Mother of God, he also told her that her relative Elizabeth was also pregnant. Elizabeth was older and so, as soon as she could, Mary went to visit her. How happy they were to see each other and to share together their good news!

When Mary greeted Elizabeth, the child in Elizabeth's womb leapt for joy. That child was John the Baptist, the prophet who would one day baptize his cousin Jesus as he began his mission in the world. Elizabeth calls Mary "the mother of the Lord," and so she is. In this moment of happiness, Mary sang a song of praise.

The Church joins Mary in her song of praise because of all God's wonderful works, especially his giving us his Son, Jesus. We have so many reasons to praise God!

Live It!

We all have reasons for praising God. What are some of yours? On a separate piece of paper, write them down. Then fold the paper and keep it in a safe place. When you get discouraged or sad, take out this "paper of praise" to remind yourself of God's goodness to you.

Prayer

Lord Jesus, you are Emmanuel, God with us. Thank you for coming to live among us. Help us to prepare to celebrate your birth at Christmas with peaceful and loving hearts. We ask this in your name, Lord Jesus. Amen.



Find the names below in this word find. Words may be found running horizontally, vertically, or diagonally.

Mary

Elizabeth

Zechariah

Abraham

Jesus

John

Gabriel

D	C	L	J	B	Y	Z	A	D	F
E	H	V	O	D	M	H	K	L	E
M	S	B	H	O	U	A	E	C	L
A	A	F	N	C	T	I	R	V	I
H	C	N	H	B	R	R	A	Y	Z
A	S	C	G	B	S	A	G	U	A
R	U	K	A	H	P	H	Y	I	B
B	S	G	L	J	Q	C	F	V	E
A	E	Y	Z	P	Q	E	R	G	T
G	J	A	N	E	D	Z	B	W	H

My  praises
the Lord;
my soul is glad
because of
God my Savior.



Luke 1:46



A Circle of Love and Light

Leader: Let us begin our prayer with the Sign of the Cross. Let us remember that we are in the holy presence of God.

Leader: We are gathered around the Advent wreath to help us prepare to celebrate the birth of Jesus at Christmas. Each candle counts one week of this beautiful season of Advent. This week, as we gather around the wreath, let us pray:

Reader: Jesus, you are the light of peace. Be with us this week. Help us be peaceful. Bring peace to our families, our community, and our world.

All: Amen.

Reader: Jesus, you are the light of love. Be with us this week. Help us to be loving to all we meet, whether friend or stranger. Bring love to our families, our community, and our world.

All: Amen.

Reader: Jesus, you are the light of joy. Be with us this week. Help us to be joyful. Bring joy to our families, our community, and our world.

All: Amen.

Reader: Jesus, you are the light of faith and hope. Be with us this week. Help us to hope in you as our Savior. Bring faith and hope to our families, our community, and our world.

All: Amen.

Leader: We are gathered in a circle around the circle of the Advent wreath. A circle is a sign of God's love, a love that has no beginning and no end. Let us pray quietly for our families and friends. Let us bring them into our circle of prayer. Let us think of those who are poor and in need. Let us bring them into our circle of prayer. Let our circle of prayer include the whole world as we place ourselves today in the circle of God's love and light. We ask this in the name of Jesus.

All: Amen.

Family Page

Background Reflection

The season of Advent evokes deep feelings, reaching into our memories and touching our lives in a personal and spiritual way. The symbols of the season—the Advent wreath, the candles, the carols, and other preparation for Christmas, all with their own familiar memories—involve us in this season in a most personal way.

Yet, in the life of the Church, the personal becomes communal as we experience this preparatory season together. We are not solitary pilgrims. We travel in a caravan of pilgrims as we pray together, sing together (“O Come Emmanuel!”), and prepare to welcome Jesus into our hearts yet again, together.

Let us join Mary in praise and thanksgiving, in wonder and awe. Let us join her in the Bethlehem of our own hearts, that hidden place in which the God who made the universe has chosen to dwell.

Family Activities

- Create an Advent atmosphere at home with an Advent wreath and Advent calendar. Use the wreath as a centerpiece at the family table, and light it when the family gathers for meals. Parents and children can take turns opening the windows on the Advent calendar.
- Choose a family “Advent Gift” to give to those who are poor. Support a toy drive or food drive as a family, or send a family contribution to a national or international aid group, like Catholic Relief Services. Encourage your fifth grader to contribute part of his or her allowance or piggy-bank savings to this effort.
- Read together the Scripture passage for this week’s lesson (Luke 1:39–56). Invite your child to tell you what he or she remembers about the meaning of Mary’s Song of Praise. Select a few verses that appeal to your child, and discuss them together.

People of Faith

Saint Elizabeth (first century)

Saint Elizabeth was the cousin of Mary, the mother of God. Elizabeth was an older woman, but the angel Gabriel revealed that she would have a son who would prepare people for the Lord. (That son was John the Baptist.) When Mary visited her cousin Elizabeth, Elizabeth realized that the Mother of the Lord had come to see her! Elizabeth glorified God and raised John to love God and care for God’s people. The Church celebrates Saint Elizabeth on November 5.

Prayer

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

With the entire Church around the world we pray, “Come, Lord Jesus!” Help us celebrate your birth among us with faith and hope, peace, and love. We ask this in your name. Amen.



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