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# Discover!

Finding Faith in Life

Teacher Guide

5



Chapter

**3**

# The Eucharist Helps Us Live




**Chapter  
3**

# Chapter at a Glance

## Scripture Focus

1 Corinthians 10:16–17

## Chapter 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)

## Background Reflection

The Scripture passage for this chapter 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*).



## Day 1—Get Ready!

### Materials Needed

- *The Catholic Children's Bible* and the chapter 3 activity booklet
- a board or poster to write on
- extra bookmarks for young people who need replacements

### Opening

- 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 aloud the prayer on page 1 of the activity booklet. Invite the young people to say "Amen," and then close with another Sign of the Cross.
- Encourage the young people to look at the image on the front of the activity booklet. Invite them to share what they see and to predict what the chapter might be about. Read the chapter title or invite a volunteer to read it.

### 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 this chapter's Scripture will challenge us to see beyond surface-level characteristics and remind us to focus on that which unites all of us.

### Bible Background

- Tell the young people that the Scripture passage for this chapter comes from the First Letter to the Corinthians. Invite the group to turn to page 15 in *The Catholic Children's Bible* and find "1 Corinthians" on the bookshelf. Ask them to share whether the book is found in the Old or the New Testament (*New Testament*). Invite them to note the color of the book and that this book is part of a collection of books called the Letters. Encourage them to find this color on the bottom pages of the Bible to get a general sense for where these books are found.
- Help the young people to use the table of contents to find the first page of 1 Corinthians (page 1794). If there is time, read, or have a volunteer read, the introduction to the book.
- Invite the young people to find 1 Corinthians 10:16–17 (page 1804).
- Encourage the young people to place their bookmarks in these pages in the *Catholic Children's Bible*, and explain that you will read this Scripture on day 2 to discover what it says.



## Closing Prayer

- Close the day by leading the young people in the Sign of the Cross and a brief, spontaneous prayer or by playing one of the music suggestions for the chapter.



## Day 2—Dive In!

### Materials Needed

- *The Catholic Children's Bible* and the chapter 3 activity booklet

### Opening

- 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.
- Close with another Sign of the Cross.

### Scripture Focus

- Invite the young people to use their bookmarks to return to 1 Corinthians 10:16–17 in *The Catholic Children's Bible* (page 1804).
- Share that Corinth was a port city and populated by people of many different races and cultures.
- Encourage 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 aloud 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 leave out.

### Closing Prayer

- Close the day by leading the young people in the Sign of the Cross and an appropriate prayer from pages 1990–1995 of *The Catholic Children's Bible*.



## Day 3—Discover!

### Materials Needed

- the chapter 3 activity booklet
- a deck of playing cards
- a small prize for each young person, such as a small piece of candy or sticker
- materials for any of the additional activities you choose

### Opening

- 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.
- Close with another Sign of the Cross.

### 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 one another. 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 77 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 Christian 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**. Emphasize that in the Eucharist we share in the Body and Blood of Christ.
- 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. If there is not enough time, have the young people complete the activity at home and bring it back the next day to check. *Answers will vary.*

## Closing Prayer

- Close the day by reading aloud the prayer on page 1 of the activity booklet, or have a volunteer read it. Invite the group to say “Amen,” and then close with another Sign of the Cross.



## Day 4—Go!

### Materials Needed

- *The Catholic Children’s Bible* and the chapter 3 activity booklet
- a board or poster to write on
- copies of the handout “Chapter 3 Review,” one for each young person
- a small cross or other object hidden in the classroom
- a container with the separated mission strips
- the mission booklet

**Note:** The handout “Chapter 3 Review” can be found at the end of this chapter or accessed online at [www.smp.org/discover\\_grade5\\_school](http://www.smp.org/discover_grade5_school).

## Opening

- 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.
- Close with another Sign of the Cross.

## Review

- Invite the young people to think back over all the different things they did in this chapter, and invite volunteers to share some of the key things they learned.
- Take time to get input from the group, and write their answers on the board.
- 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.
- Give each young person a copy of the handout “Chapter 3 Review” if you would like to incorporate an assessment on day 4. After allowing some time for completion, correct the handout together, going over any answers that need reinforcement. Invite the young people to correct any items they may have answered incorrectly. *Answers: 1. Transubstantiation, 2. Real Presence, 3. Christians, 4. Mystical Body, 5. Eucharist, 6. True, 7. False, 8. True, 9. True, 10. True*

**Chapter 3 Review**

Read the words and phrases in the box. Choose the correct word or phrase to complete each sentence. Write in on the line.

- The presence of Christ's Body and Blood in the Eucharist is brought about through \_\_\_\_\_ or a change of substance.
- We receive the actual Body and Blood of Christ in the Eucharist. This is called the \_\_\_\_\_.
- One effect of the Eucharist is that we are strengthened to live in \_\_\_\_\_.
- Through the Eucharist, the entire Church in Heaven, on Earth, and in Purgatory is united in the \_\_\_\_\_ of Christ.
- The word \_\_\_\_\_ means “nourishment.”

Transubstantiation

Real Presence

Mystical Body

Eucharist

mystery

Christians

Read the following sentences. If the statement is true, write *True* on the line. If the statement is false, write *False* on the line.

- The Eucharist is the source and summit of Christian life. \_\_\_\_\_
- The word Eucharist means “shared with Christ.” \_\_\_\_\_
- In the Eucharist, we share in the Body and Blood of Christ. \_\_\_\_\_
- We call Christ's presence in the Eucharist “the Real Presence.” \_\_\_\_\_
- One effect of receiving the Eucharist is a powerful connection with Christ. \_\_\_\_\_

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Chapter 3, Grade 5



## 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?

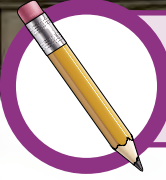
What do you think or wonder about when you read this Scripture passage?

**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**

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**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

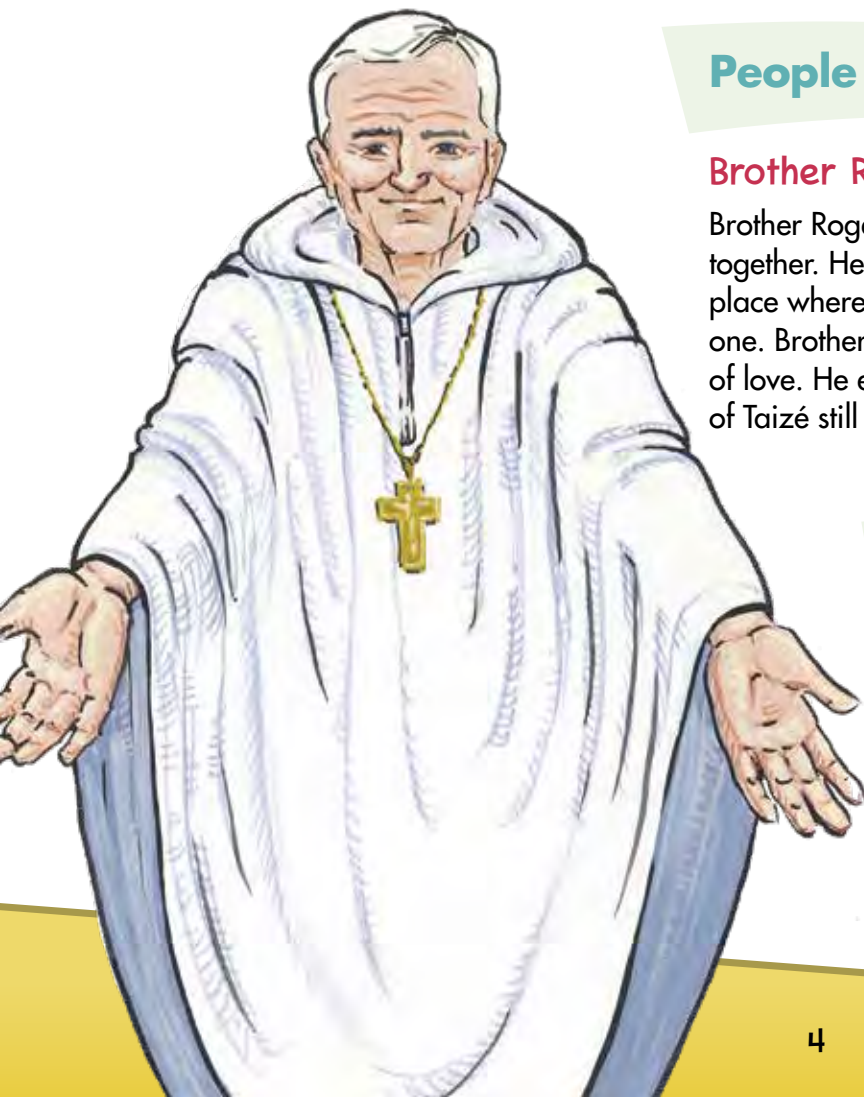
### Brother Roger (1915-2005)

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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