

7.5 God rested on the seventh day to show us that rest is good and necessary for us. How can you honor the Sabbath as a day of rest?

WHAT IS A MONSTRANCE?

A monstrance is an open or transparent receptacle in which the consecrated Host is exposed for veneration.

WHAT IS EUCHARISTIC ADORATION?

As Catholics we believe that Jesus Christ—body, blood, soul, and divinity—is truly present in the Eucharist, and as such, we believe that being in the presence of the Eucharist is powerful. Eucharistic adoration is the practice of praying in the presence of Jesus in the Eucharist. Simply to sit quietly before Jesus in the Eucharist can be incredibly powerful and has changed many people's lives. In the silence and in his presence great clarity begins to emerge about who we are, what we are here for, what matters most, and what matters least.

WHAT IS TRANSUBSTANTIATION?

Transubstantiation is the changing of simple bread and wine into the body and blood of Jesus Christ. This takes place at the consecration during Mass.

Session 7 The Eucharist



Parent/Sponsor Affirmation:

I have discussed the material with the candidate and affirm that (s)he understands the material intellectually and demonstrates the desire to apply the content to a lived faith.

Signature

"The longer you stay away from Communion, the more your soul will become weak, and in the end you will become dangerously indifferent." Saint John Bosco

7.1 Jesus says, "I am the bread of life."

John 6:48-66

In what ways do you need Jesus to feed you? The next time you receive the Eucharist ask Jesus to feed you in these ways.

7.2 "This is my body, which is given for you. Do this in remembrance of me." Luke 22:19.
Are you willing to make sacrifices for other people? How are you being called to lay down your life for others?

7.3 When you're in a situation and you want to do what is good and right but are attracted to the wrong choice, how can the Eucharist help you?

7.4 Arrive at Mass a few minutes early. Spend this time sitting quietly with Jesus. Describe your experience.