

# **The Sacrament of the Eucharist**

## **Questions YOU (Parents) May Have**

### **What is the Sacrament of the Eucharist?**

Jesus gives us the gift of Himself in the Eucharist. Like all the sacraments of the Catholic Church, the Eucharist is an encounter with Jesus Christ. It is the “source and summit” of all sacramental encounters with our Lord. The Eucharist is the Body and Blood, Soul and Divinity of Jesus Christ; it is Christ Himself. St. Alphonsus Liguori said, “Of all the sacraments, the adorable Sacrament of the Altar is the most excellent. The other sacraments contain gifts of God, but the Holy Eucharist contains God himself.” All the sacraments lead up to it and flow out of it. The Eucharist is the central mystery of our faith.

### **When did Jesus Institute the Eucharist?**

Jesus instituted the Eucharist at the Last Supper. He told His apostles to repeat it in memory of Him. The apostles continued to celebrate the “Breaking of the Bread”, which today we called the Holy Sacrifice of the Mass. St. Paul told his followers, “I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, ‘This is my body, which is for you. Do this in remembrance of me.’ In the same way also the chalice, after supper saying, ‘This chalice is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’” (1 Cor 11:23-25)

The celebration of the Eucharist is the heart of the Christian unity and peace. It is because of the Eucharist that we are transformed into the Body of Christ, which is the Church.

The Eucharist is made present to us during the Holy Sacrifice of the Mass through the words of the priest who acts in the “Person of Christ” as the bread and wine are transformed into the Body, Blood, Soul and Divinity of Jesus Christ. Every part within the Mass leads up to this climax.

The Eucharist is the Body and Blood, Soul and Divinity of Jesus Christ; it is Christ himself. CCC 1324

### **How Can I Help My Child Prepare for the Eucharist?**

The most important thing you can do to help your child prepare for the sacrament of Eucharist is to know, love, and receive the sacrament yourself. The whole purpose of Eucharist is for your child to grow in his or her relationship with Jesus Christ. All the sacraments have this as their purpose. You can help by being a good witness to your child. If you have not gone to Mass in a long time, the simplest way to remedy the situation is to start going again (be sure to go to Reconciliation before receiving Eucharist again). If you don't know exactly what to do, approach a priest and explain the situation. If children see that their parents have a strong connection with their church and take their faith seriously, they will naturally follow.

The second most important thing you can do to help your child with this sacrament is to take time to talk to them and teach them. Explain in your own words what the sacrament of Eucharist is. Then ask them how they understand the sacrament. Help them to learn the responses at Mass. Practice together. Do a Church tour. Help them memorize prayers to prepare them to receive the Eucharist and make a thanksgiving afterward (samples are given in the resources section).

For more information, read the *Catechism of the Catholic Church* sections which cover the sacrament of Holy Eucharist (CCC 1322-1419).

# Questions Your Kids May Ask About the Eucharist

## 1. What is the sacrament of the Holy Eucharist?

It is Jesus' Body and Blood.

It is the memorial of Jesus' sacrifice of Himself for the forgiveness of our sins and His Resurrection.

It is our prayer of thanksgiving to the Father.

It is a sacred meal.

## 2. When does Jesus become present in the Holy Eucharist?

Jesus becomes present at the consecration in the Mass, when the priest says the words, "This is my body ... This is my blood."

## 3. Do you receive Jesus Christ in the Holy Eucharist? Yes.

## 4. Do you see Jesus Christ in the Holy Eucharist?

No, because He appears as bread and wine.

## 5. What sacraments do I receive before receiving the Holy Eucharist for the first time?

Baptism & Reconciliation

## 6. What happened when I received Baptism?

Original Sin and all my sins and their punishments were washed away. Then, the Holy Spirit came to live inside me and I became a Child of God. Baptism left an indelible mark on my soul.

## 7. What is an indelible mark?

An indelible mark can never, ever, ever be removed.

## 8. What happens in the sacrament of Reconciliation?

Reconciliation is the way Jesus has given to me to start over. In Reconciliation my sins that I commit after I am baptized are forgiven.

## 9. What must I do to receive Holy Eucharist?

1. Be in the state of grace. Have no serious sin on my soul.

2. Fast one hour, except from water or medicine.

## 10. What do I do if I have a serious sin on my soul?

I should go to the sacrament of Reconciliation before going to receive Communion.

## 11. What should I do before Holy Eucharist?

Think of Jesus

Pray.

Ask Jesus to come to me.

## 12. How should I receive Holy Eucharist?

As the person in front of you receives, you should bow from the waist. Then you walk up to the priest then receive Jesus either on your hand or on your tongue. You get to decide how you will receive. Both ways are acceptable and approved in the Church.

**13. What should I do after receiving Holy Eucharist?**

Thank Jesus for coming.

Tell Jesus how much I love Him.

Ask Jesus to help me.

Pray for others.

After Mass, I must be a witness of Jesus to others in my daily life.

**14. Why does Jesus come to us in the Eucharist?**

Jesus comes to us to help us be a Child of God and to be with us.

**15. How often must I go to Mass?**

Every Sunday and every holy day of obligation.

**16. How often can I go to Mass and receive the Holy Eucharist?**

I can go to Mass every day and receive the Holy Eucharist every day.

**17. Who did Jesus give the power to change ordinary bread and wine into His Body and His Blood?** The Twelve Apostles and their successors, the bishops and the priests they ordain.

**18. When did Jesus give them this power?**

At the Last Supper on Holy Thursday.

**19. How do bishops and priests get this power from Jesus?**

Through the sacrament of Holy Orders.

**20. What is the tabernacle?**

The holy place that the consecrated hosts are kept in between Masses.

**21. Does every Catholic Church have a tabernacle?**

Yes. It is usually located near the altar.

**22. What should we do when we see the tabernacle?**

Make the Sign of the Cross and genuflect (go down on bended right knee).

**23. Why do we genuflect when we see the tabernacle?**

Because Jesus is really present and He is our Savior and Lord. Genuflecting is a sign of our reverence. This is one way we show Jesus our love.