

Embrace God's Presence

Story of the Eucharist

Opening Prayer – pg. 20

The Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds conceal me.

Do not permit me to be parted from you.

From the evil foe protect me.

At the hour of my death call me.

And bid me come to you,
to praise you with all your saints

for ever and ever.

Amen.

SESSION OBJECTIVES

- Recognize how the Eucharist is prefigured in the Old Testament, especially in the sacrifice of Melchizedek, the Passover, and the Manna in the wilderness.
- Recognize how the Eucharist is prefigured in Jesus's miracles of the Wedding Feast at Cana and the multiplication of the loaves.
- Understand that Jesus teaches explicitly about the Eucharist in John 6.
- Recognize that the Eucharist is the new fruit of the Tree of Life.
- Understand that the Eucharist is the memorial of Christ's sacrifice.

Stories are powerful ... God is the Master Storyteller

- What was your favorite story as a child? Why?
- What comes to mind when you think about God's love for you?
- How would you answer this question: "Where does belief in the Eucharist come from?"

“ It would be easier for the world to survive without the sun than to do so without the Holy Mass.” — Saint Pio of Pietrelcina

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The gift of the Eucharist is prefigured in many ways throughout the Old Testament:

- At the very beginning of creation, We were created for intimate communion with God and was destined for eternal life. Revealed in the context of a meal — Adam and Eve's access the fruit of the Tree of Life in the center of the Garden of Eden. (see Genesis 2:9, 3:22).
- Adam and Eve's Original Sin, they are exiled from the Garden. No longer walk with God in garden or have access to the Tree of Life. They lost communion and eternal life with God (see Genesis 3).
- Through the perfect sacrifice of Jesus, the Cross becomes the New Tree of Life once again offering all communion with God and eternal life, and it is the Eucharist that becomes its fruit.

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The gift of the Eucharist is prefigured in many ways throughout the Old Testament.

- Melchizedek, king of Salem (later renamed Jerusalem), “priest of God Most High,” offers a sacrifice of bread and wine in thanksgiving for Abram’s victory over his enemies (see Genesis 14:18–20).
- Jesus, the “King of kings” (Revelation 19:16) and “great high priest” (Hebrews 4:14), changes bread and wine into His Body and Blood at Jerusalem and offers them as the perfect sacrifice to the Father (see Hebrews 10:1–18).
- To save the Israelites from slavery and death in Egypt, God institutes the feast of Passover (see Exodus 12).
- To sustain Israelites in the wilderness, God provides Manna (see Exodus 16). This miraculous bread from Heaven falls for 40 years without fail, and ceases only when Israel has crossed over into the Promised Land.

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The Eucharist in the Teaching and Ministry of Jesus:

- Jesus's very first miracle, Wedding Feast of Cana (see John 2:1–12), changing water into wine, points to the greater miracle of changing wine into his Precious Blood at the Last Supper.
- Multiplication of the Loaves to feed multitudes of people (see Matthew 14:13–21; 15:32–39; Mark 6:30–43; 8:1–10; Luke 9:10–17; John 6:1–14). This miraculous provision points His own Body as food for the whole world through the Eucharist.
- In the Bread of Life discourse, Jesus tells his followers explicitly that He will provide His own Flesh and Blood as true food and true drink and that this supernatural food will give us eternal life (see John 6:22–71).
- Watch Presence Video: The Story of the Eucharist