

## **Lesson VII - The Holy Eucharist (Communion)**

### **(History of Communion)**

#### The Third Sacrament of Initiation

##### The Story of Passover (Pesach)

1. Exodus 7, 8, 9, 10, 11 (Plagues against Egypt)
2. Exodus 12 (The Passover)
3. Leviticus 23:5-8 (Celebration of Passover)

##### Jesus Celebrates His Passover Meal-Institution of the Holy Mass/Installation of Priests

1. Matthew 26:17-30
2. Mark 14:12-26
3. Luke 22:7-21
4. John 13:1-9 (The washing of the feet)

#### What is Communion? (The Holy Eucharist)

##### Communion is the memorial of Christ's Passion, Death and Resurrection

1. Through the Priest, the bread and wine are transformed into the Body and Blood of Jesus Christ during the Consecration of the Mass. This process is known as "Transubstantiation".
2. The Eucharist (Greek for "thanksgiving") is the true presence of Jesus Christ under the appearance of bread and wine. It is the true nourishment for the entire Body of Christ
3. The Sacrament promotes unity within the Body of Christ
4. Those who receive the Eucharist must commit to serving the poor and all other Commands of the Catholic Church
5. Recipients must be without mortal sin
6. Confession and Communion must be received at least once per year, especially during Advent and Lent
7. At least one hour of fasting is required before receiving the Holy Eucharist
8. Communion consists of receiving both the Host and the Wine
9. The Priest shows the recipient the Host and says, "The Body of Christ" or "The Blood of Christ". The recipient replies, "Amen".
10. The Holy Eucharist may be taken on the tongue, or in the hand.
11. The Holy Eucharist transforms us from the inside out and helps us to understand what God requires of us.