

# Grade 7 - Lesson 18

St. Michael the Archangel Parish

## Proclamation:

*The Eucharist is the Body, Blood, Soul, and Divinity of our Lord, Jesus Christ.*



## Catechetical Points

- The Eucharist is truly Jesus Christ, through the miracle of Transubstantiation.
- Through the Eucharist, our lives are transformed and brought into union with the Mystical Body of Christ.
- We must receive the Eucharist worthily by fasting for an hour beforehand and being in the state of grace.

## Materials

- YouTube (Please bring your own laptop or tablet)
  - Wi-Fi: StMichaelGuest
  - Password: 6084375348
    - Sacraments 101: Eucharist by Busted Halo
      - <https://youtu.be/qdGkTdv4Dt4>
    - Sacraments 201: Eucharist by Busted Halo.
      - <https://youtu.be/TMSiHGTBdGk>

### [15 min] **Silent Prayer**

- Bring the class into church for a few minutes of silent prayer.

### [15 min] **The Bread of Life**

- Read about the miracle of the feeding of the 5000 in the first 2 paragraphs on page 109 (page 199 in the teacher's manual).
- **How much food did the apostles have?** 5 loaves and 2 fish.
- **How much would it cost to feed the crowd of 5000 people?** Half a year's wages.
- **What did Jesus do to feed the crowd?** When he blessed the bread and fish, it multiplied when the Apostles handed it out to the people?
- **What can we learn from this story?** We should trust that God provides for our needs and shares his abundance with us.
- When Moses led the Israelites in the dessert after escaping from Egypt, God provided bread from heaven each morning (**manna**) to the people. Jesus' followers wanted him to do the same for them.
- Read Jesus, the Bread of Life on pages 109-110.
- **Why were Jesus' followers horrified by his teaching on the Eucharist?** They couldn't understand what Jesus meant that we must eat his flesh and drink his blood in order to have life.
- **How many of his followers stayed that day?** Only the 12 Apostles.

### [10 min] **The Last Supper**

- Have the students look at the picture of the Last Supper on page 110. Ask them to describe what is happening in this scene.
- Read Jesus Gives Us the Holy Eucharist on pages 110-111.
- **How is the Mass a sacrifice and a meal?**
  - On the altar, Jesus is offered to the Father in an unbloody re-presentation of the Sacrifice of the Cross.
  - The Mass is a meal because we are invited to receive Jesus, who has offered himself for us.

- **How is the Eucharist food for our souls?**
  - Just as normal food feeds the body, the Eucharist preserves, renews, and increases the life of the soul.

[15 min] **Transubstantiation**

- At Mass, the bread and wine become the Body, Blood, Soul, and Divinity of Jesus. He is fully present under the appearance of bread and wine. This miracle is called Transubstantiation.
- Read the quote from St. Cyril on pages 111-112.
- Watch **Sacraments 201: Eucharist** by Busted Halo.
  - <https://youtu.be/TMSiHGTBdGk>
- **What are some examples to understand transubstantiation?** Example from the video: When a man becomes a father, he is a father not just in name, but in essence. He is still a man, but the substance of his character has changed.
- **Can the Eucharist be anything other than unleavened bread and wine made from grapes?** No, the Sacraments need to have specific materials (and words said) in order to be valid.
- **Why can't non-Catholic Christians receive Communion at Mass?** Because they do not believe in the Eucharist in the same way we do. Some Protestants believe that Jesus is only present spiritually, but not physically in the Eucharist, while other Protestants see the Eucharist only as a symbol, or as a memorial of the Last Supper.
- **When should we refrain from receiving Communion?** When we forget to fast an hour before Communion, and when we are in a state of mortal sin.

[15 min] **Receiving the Eucharist Worthily**

- Read The Effects of the Holy Eucharist on page 112.
- **What effect does the Eucharist have on someone who receives it worthily?**
  - The Eucharist preserves and increases grace, which is the life of the soul.
  - It takes away venial sin and strengthens us against mortal sin.
  - It gives us spiritual joy.
  - It increases the virtues of charity and hope of eternal life.

- It unites us with one another, as the Mystical Body of Christ.
- It prepares us for the resurrection of the dead.
- **What are the necessary conditions for receiving the Eucharist worthily?**
  - Fast for 1 hour before Communion (water and medicine is allowed).
  - Recognize who we are receiving in the Eucharist.
  - Be in a state of grace (not in a state of mortal sin).
- **What does it mean to be in the state of grace?** Being free from mortal sin and living in friendship with God.
- **What is a mortal sin?** A serious sin that breaks our relationship with God. A person who dies in the state of mortal sin cannot enter heaven or even purgatory. Choosing to separate ourselves from God places us in hell, which is why it is so important to go to confession regularly.
- **What are the 3 conditions for a sin to be mortal?**
  - Grave matter: It must be something seriously wrong.
  - Full knowledge: Knowing that it is a sin..
  - Full consent: Freely choosing to do it.
- **What are some examples of sins that can mortal if these 3 conditions are met?**
  - Skipping Mass on Sunday or on a Holy Day of Obligation (when you're not sick or no one can drive you).
  - Not telling a priest all of your mortal sins in confession (sacrilegious confession)
  - Receiving Communion in a state of mortal sin (sacrilegious Communion)
  - Viewing inappropriate movies or websites
  - Sins of impurity (any sexual activity outside of marriage is almost always grave matter)
  - Having strong hatred for someone or for God
  - Bullying
  - Telling a serious lie
  - Stealing something valuable
  - Getting drunk or using illegal drugs
  - Gossiping about others, ruining someone's reputation
  - Saying God's name in vain
  - Disrespecting sacred things (especially the Eucharist)

- **What should you do if you feel you shouldn't receive Communion?** Either stay in your pew or cross your arms on your chest to get a blessing from the priest, instead of receiving the Host.

[5 min] **How to receive Communion:**

- Make a sign of reverence before receiving, such as bowing, or kneeling.
- We can choose to receive on either the hand or the tongue. Bishop Morlino prefers people to receive on the tongue while kneeling, but either form is acceptable. If receiving in the hand, your dominant hand should be under your receiving hand, then pick up the host with your dominant hand.
- When the priest or Eucharistic Minister says, "The Body of Christ," we reply "Amen."
- After receiving, you can make the Sign of the Cross, then kneel at your pew to pray in thanksgiving. It is recommended to pray the Anima Christi.
- Watch **Sacraments 101: Eucharist** by Busted Halo
  - <https://youtu.be/qdGkTdv4Dt4>

[1 min] **Closing Prayer**

- Pray the **Anima Christi** (p. 179 in the student text / p. 318 in the teacher's manual.)
  - This prayer is typically said silently after receiving Communion.