

Chapter
3

Discover!
Finding Faith in Life

The Eucharist Helps Us Live

Scripture Focus: 1 Corinthians 10:16–17

Lesson Goals

- to define the Eucharist as the source and summit of the Christian life
- to indicate that in the Eucharist we share in the Body and Blood of Christ
- to state that the Eucharist gives us strength to live the Christian life

Parent Preview

- Review the Scripture on page 1804 of *The Catholic Children's Bible* (1 Corinthians 10:16–17).
- Read the Background Reflection on page 4 of the chapter 3 activity booklet.
- Review this home guide chapter.

Get Ready! (10 minutes)

Pray the prayer on page 1 of the chapter 3 activity booklet.

Ask your child to think of two different brands of soda or two different kinds of fruit. Invite your child to brainstorm what makes the two items similar and different.

Tell your child that today's lesson challenges us to see beyond surface differences to focus on what truly unites us, just as Saint Paul called the Corinthians to do.

Dive In! (20 minutes)

Read the Scripture on page 1804 of *The Catholic Children's Bible* (1 Corinthians 10:16–17).

Invite your child to answer the numbered questions on page 2 of the chapter 3 activity booklet.
Answers: 1. the Blood of Christ, 2. the Body of Christ, 3. because we eat from the same loaf

Discuss together the questions in the blue box on page 2 of the chapter 3 activity booklet.

Read the Understand It! and Live It! sections on page 1 of the chapter 3 activity booklet. Invite your child to retell the Scripture passage in her or his own words.



Chapter 3

Discover! (20 minutes)

Read with your child the article “Eucharist: Source and Summit” on the third page of this home guide chapter. Review the key words. Use the review questions to check your child’s understanding.

Invite your child to complete the activity on the top part of page 3 of the chapter 3 activity booklet.

Answers will vary.

Optional: If you have additional time, you may ask your child to color the Scripture verse on page 2 of the activity booklet or to answer the journal question in the box at the bottom of page 3.

Go! (10 minutes)

Invite your child to share one thing he or she learned from today’s lesson.

Choose one of the Family Activities on page 4 of the chapter 3 activity booklet to complete together during the next week.

Invite your child to pick a mission strip from the hat or bowl you have prepared.

Ask your child to locate in the mission booklet the challenge that was selected and to mark it with a bookmark or sticky note. Encourage your child to complete the mission during the coming week.

Conclude by praying the prayer on page 4 of the chapter 3 activity booklet.



Chapter 3

Eucharist: Source and Summit

Think about a recent conflict in your family—like what to have for dinner, or what movie to see. How did your family resolve the issue?

In today's reading, Saint Paul addresses the Christians in Corinth, who came from diverse cultures and viewpoints. He reminded them to focus on what united them: the Eucharist!

Everything in our Christian life comes from the Eucharist, and everything leads back to it. That is why we say the Eucharist is the source and **summit** of the Christian life. The word *Eucharist* comes from a Greek word meaning "thanksgiving." In the Eucharist, we give thanks and praise for all that God has given us.

Today's reading also reminds us of a mystery of the Church: the **Real Presence** of Jesus in the Eucharist. We might see and taste bread and wine. But through **transubstantiation** ("a change of substance"), the bread and wine become

the Body and Blood of Christ. This happens through the power of the Holy Spirit and the words of the priest, repeating Jesus' own words at the Last Supper: "This is my Body. . . . This is . . . my Blood" (*Roman Missal*).

When we receive the Eucharist, we are strengthened to live the Christian life. We forge a powerful connection with Christ. Our venial sins are forgiven, and we are granted new strength to resist temptation. And we unite with all of Jesus' followers in the Church: those in Heaven, on Earth, and in Purgatory. Truly, the Eucharist connects and unites us, no matter what our differences are.

With whom are you experiencing conflict or differences right now? How can the Eucharist help you recall what you have in common with this person?

Key Words

Real Presence The mystery that Jesus is truly present in the Body and Blood of the Eucharist.

summit High point, as of a mountain.

transubstantiation A change of substance or essence.

We Know and Live Our Faith

The following article in the *We Know and Live Our Faith* resource corresponds to the concepts introduced in this lesson:

- "The Sacrament of the Eucharist," page 33

If you have additional time, read the selection together, and ask some questions to check your child's understanding.

Review

1. What does the word *Eucharist* mean?
2. What happens to the bread and wine at Mass?
3. What are some of the effects of the Eucharist?

Turn this page upside down to check your answers!

1. Thanksgiving. 2. The bread and wine become the Body and Blood of Christ. 3. We are connected with Christ; our sins are forgiven; we connect with all Christians everywhere; we are strengthened to live as Christians.

