

Lesson Twenty-Three Preparation:

The Eucharist II Mark 14:22-24

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- The Eucharist is the greatest gift that God gives us, the gift of Himself
- Bread and Wine become truly Jesus, Body, Blood, Soul, and Divinity,
- Miracle of Transubstantiation (transformation)
- The Eucharist is the source and summit of our faith.

Read

From the Bible: Mark 14:22-24

From the *Catechism of the Catholic Church*

The Lord, having loved those who were his own, loved them to the end. Knowing that the hour had come to leave this world and return to the Father, in the course of a meal he washed their feet and gave them the commandment of love. In order to leave them a pledge of this love, in order never to depart from his own and to make them sharers in his Passover, he instituted the Eucharist as the memorial of his death and Resurrection and commanded his apostles to celebrate it until his return; "thereby he constituted them priests of the New Testament." (*Catechism of the Catholic Church*, paragraph 1337)

From the *Compendium to the Catechism of the Catholic Church*

Read questions. [Q271-294](#) this will take 12 minutes

Watch

[Sophia Sketchpad Eucharist 6:38](#) [Eucharist 2:27](#) [What is the Eucharist 4:07](#) [Transubstantiation 2:09](#)

Reflect

By the time Jesus instituted the Eucharist at the Last Supper, a full year had passed since he famously declared, "Unless you eat my flesh and drink my blood, you have no life in you" (John 6:53). Now, at the Last Supper, Jesus is saying he will die soon. I wonder how many of the Apostles were worried that Jesus would ask them to eat him. There must have been a sigh of relief when Jesus held up bread and said, "THIS is my body." And when he took a chalice of wine and said, "THIS is my blood." Jesus is God; what he says, is. And so what looks like bread is Jesus.

But why? Why did Jesus want to come to us as food and drink? Because he wants to be as close to you as possible. He wants a deeply, intimate friendship with you and with me. Throughout the Bible, God explains his relationship to us as being *like* a bride and groom. In the Eucharist, Jesus *mystically* goes outside of himself to enter our bodies and become one flesh with us. You are what you eat! By receiving the Body of Christ, you become one with the Body of Christ.

Receiving Communion is far more than a casual symbol. It is a deep act of personal union with God. Communion, the Eucharist, was one of the very last things Jesus gave us before he died for us. How precious a gift it is.

Lesson Twenty-Three:

The Eucharist II Mark 14:22-24

Lesson Summary

The Eucharist is the greatest gift that God can give us. The gift of Himself

The bread and wine become the Body, Blood, Soul, and Divinity of Jesus

After the consecration at Mass, what looks like bread and wine is Jesus, body, blood, soul, and divinity.

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Act of Contrition, Creed (*Catholic Children's Bible* page 1992)

Read

The Last Supper

Mark 14:22-24

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the suggested journal prompts if you need help.

Reflect

Think about the best birthday or Christmas gift you have ever received. Do you still have it and use it? Who gave it to you? The Eucharist is a gift available to you every day. It is the gift of Jesus himself given by Him, the creator of the universe just for you. This gift can never be outgrown, worn out, or thrown away. This gift goes beyond times and will help you have eternal life. Do you treat the Eucharist as the greatest gift you could ever receive?

Watch

- [Sophia Sketchpad Eucharist 6:38 Eucharist 2:27](#)
- [What is the Eucharist 4:07](#)
- [Transubstantiation 2:09](#)

Discuss

- What is the best gift you have ever received and how does the Eucharist compare?
- How do we prepare our hearts to receive Jesus in the Eucharist?
- What do you say to Jesus before you receive Him in the Eucharist? How do you open your heart to receive Him?

Live

- Do you go to mass as a family? How do you prepare your hearts to receive Jesus?
- Spend some time with Jesus in the Eucharist at Adoration. Just sit in His presence and tell him what is in your heart.
- Listen to Christian music and sing along in praise and worship of Jesus. (K-love 98.3 FM)
- Give something that is important to you (it can be your time or talent) to someone else. Offer the gift of yourself, like Jesus offers himself to you.

Bible History

Sometime this week, read **God Feeds His People Manna with Quail & Manna (Exodus 16:13-15)**, pages 126-127 in the *Catholic Children's Bible*.

This is the story of how God fed his people with what they needed to survive when they were wandering the desert after being freed from Egypt.

Lesson Twenty-Three Supplemental Materials

The Eucharist II – Mark 14:22-24

Lesson Summary Statements

- The Eucharist is the source and summit of our faith
- The Eucharist is Jesus himself present under the appearances of bread and wine
- The Eucharist is the greatest gift of God. The Gift of himself.
- The Eucharist is foreshadowed in the old testament by
 - The bread and wine offered by Melchizedek (genesis 14:18-20)
 - The Jewish Passover Exodus:12
 - Mana in the desert Exodus:16
- The Eucharist is foreshadowed in the New testament by
 - Jesus changing water into wine at Cana (John 2(1-12)
 - Feeding the multitudes with miraculous loaves a bread (Matthew 14:13-21)
 - Bread of life discussion (John 6)
- Jesus instituted the Eucharist at the Last Supper when he took bread and said, “ this is my body”, and when he took wine and said “this is my blood do this in memory of me”.
- The form(words) are the words of institution, this is my body and this is my blood
- The matter(material) unleavened bread and wine
- When the priest or bishop call down the holy spirit and say the words of consecration at mass the bread and wine are changed into the body and blood of Christ. This change is called transubstantiation (transformation of substance)
- What looks, tastes, smell, and feels like bread and wine has been transformed into the substance of the body, blood, soul, and divinity of Jesus.
- The substance changes into Jesus but the accidents of bread and wine remain.
- When you look at the host at mass or adoration, you are looking at Jesus the God of the universe.
- Jesus is whole and entire in each particle of bread or drop of wine
- Jesus remains as long as the species of bread and wine remain

More Resources to Answer Your Questions

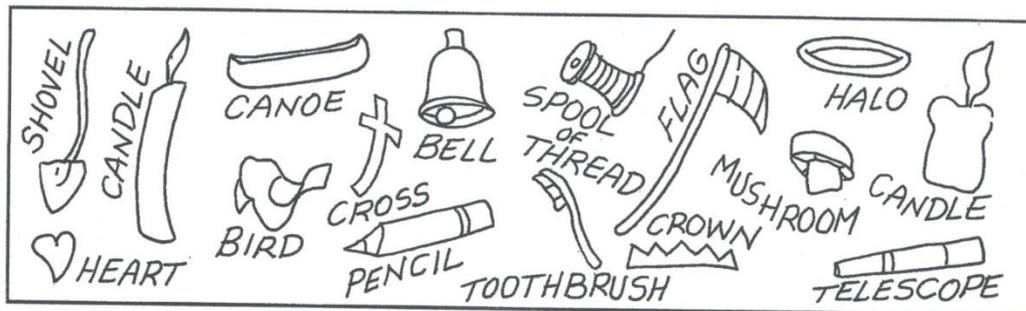
Websites

- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)
- catholicexchange.com/three-ways-teach-children-eucharist
- howtoadult.com/explain-eucharist-younger-child-11690.html





This is Jesus' last meal.



Find the hidden pictures above in the puzzle.

Jesus had a last meal with His disciples before His death.

(Read the story in Luke 22)