

Lesson 16

Eucharist: The Heart of Catholic Life (1)

QUESTIONS AND ANSWERS

1. Eucharist is derived from Greek word 'Eucharistia' which means _____?

Answer: Thanksgiving

2. What is the heart of the Eucharist celebration?

Answer: At the heart of the Eucharistic celebration are **the bread and wine** that, by the words of Christ and the **invocation of the Holy Spirit, become Christ's Body and Blood.**

3. What are Catholics beliefs of the Eucharist?

Answer:

- Jesus is truly present in the Sacrament of the Eucharist.
- The Eucharist is known as the **SOURCE** (Foundation) and **SUMMIT** of Catholic Faith.
- The church becomes the sacrament of Jesus; a sign that the spirit of Jesus is an ongoing presence in the world.
- The Eucharist unites a person with the mystery of Jesus. It celebrates the memory of life, death & Resurrection of Jesus Christ.

4. What is Eucharist often called? Why?

Answer: Often called "a **memorial**," or a **meal of remembrance**. We recall the,

- **life and teaching of Jesus**; by listening & reflecting on the readings stated in the Scriptures.

- Jewish Passover meal that Jesus shared at the **Last Supper**, when Jesus told his closest friends to "**do this in memory of me**" (Lk 22:19).

In each celebration of the Eucharist, we remember **Jesus' sacrificial death** on the cross, through which he made **salvation** possible for all humanity.

5. What does the Catechism of Catholic Church (CCC) 1365 say of the Eucharist?

Answer: In the Eucharist, Christ gives us the very body which he gave up for us on the cross, the very blood which he poured out for many for the forgiveness of sins".

6. What actions did Peter recall that were typical of how Jesus cared for everyone?

Answer: Healing, and welcoming tax collectors, Pharisees, small children, and the forgotten people.

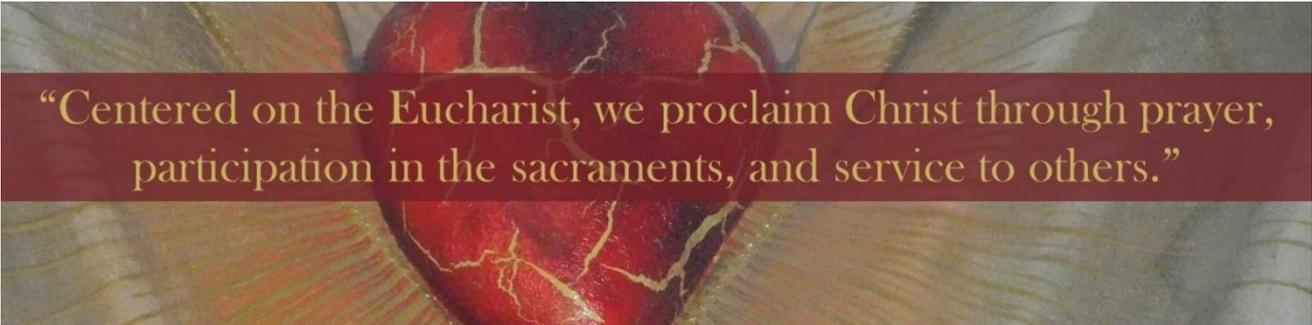
7. What did the Apostles continue to do as they gathered new Christians and what was their action?

Answer: Meet in their homes, break bread & pray together, tell the stories of Jesus. The Apostles gave witness to the Resurrection of Jesus. The community of believers was of one heart and one mind. No one among them was in need of anything.

ACTIVITY: What is the Eucharist?

*Below are 9 True Statements of the Eucharist. Consider each statement carefully, and then **sort as per importance (1 to 9)**, which you feel are the most **significant meanings of the Sacrament?***

- The Eucharist is a special way both to remember and celebrate that Jesus saved us from sin through his sacrificial death on the cross and his Resurrection from the dead.
- The Eucharist is a symbolic meal shared by people as a sign of their friendship with one another in Christ.
- The Eucharist is sacred time in a sacred place—a chance to take time out, pray, and remind myself of God’s presence
- The Eucharist is a challenge for us to live our Catholic faith every day, especially by working for justice and peace, and serving those in need just as Jesus did.
- The Eucharist is what Jesus told his followers to do in order to remember him.
- The Eucharist is a prayer offered to God giving thanks for all God’s gifts to people.
- The Eucharist is a special way that Christ is present in the community.
- The Eucharist is the most important way that Catholics identify themselves as members of the Church.
- The Eucharist is Jesus truly present under the appearances of bread and wine.



“Centered on the Eucharist, we proclaim Christ through prayer, participation in the sacraments, and service to others.”