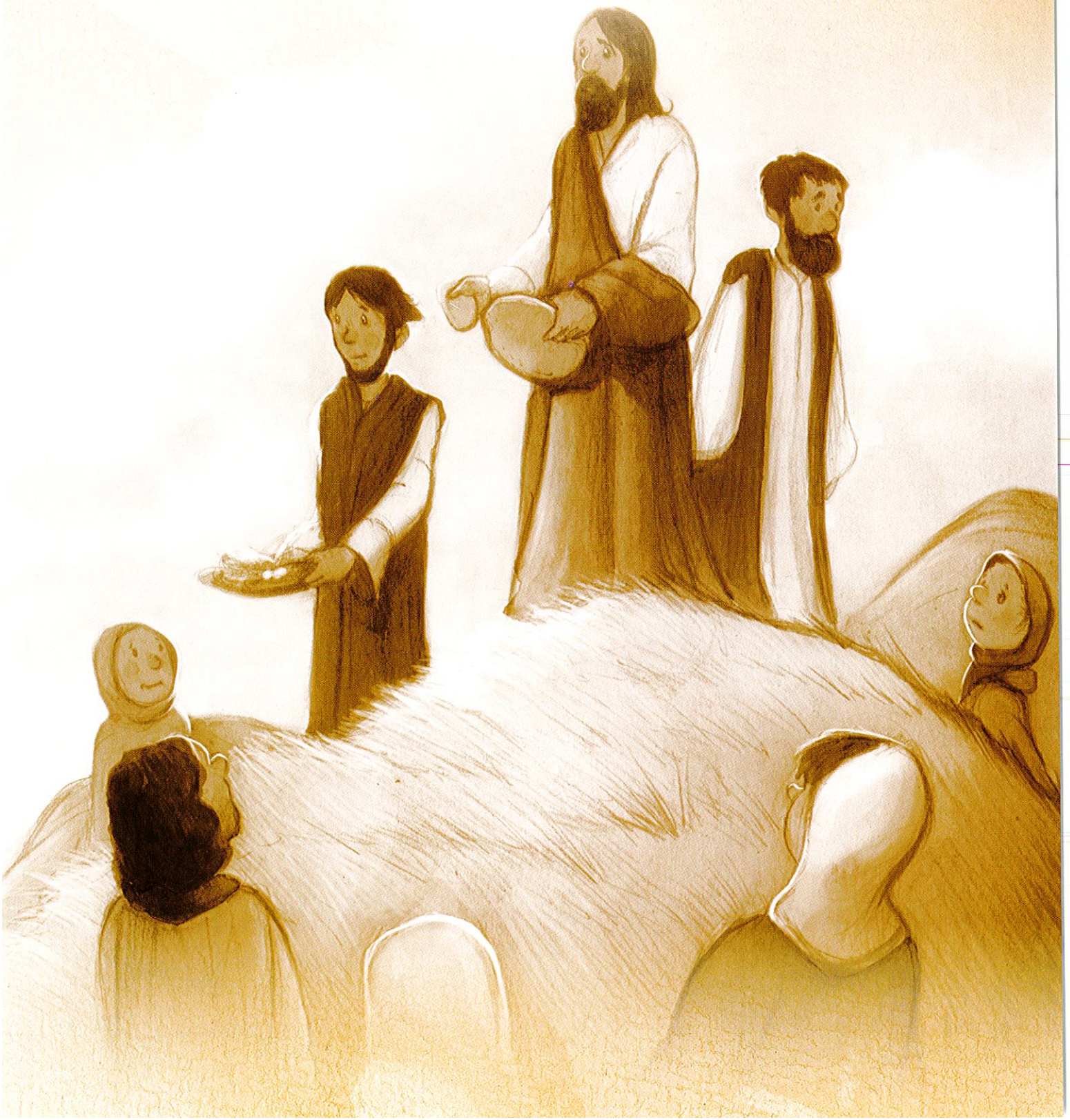


Session 4

# The Sacrament of the Eucharist



# 😊 Connect — Opening Activity

## Jesus Is the Bread of Life!

Jesus fed more than 5,000 people with just a few loaves of bread and two fish. Today he does an even more amazing miracle! He feeds us in the Eucharist with his own Body and Blood! Place the stickers and color the picture.





# Let's Live It

## The Sacrament of the Eucharist

The Sacrament of the Eucharist is so important that the Church has many different names for it. Each name teaches us something different about the sacrament.

Use the words in the word bank to fill in the blanks below.

- \_\_\_\_\_ means “thanksgiving” in Greek. We give thanks to God for this sacrament.
- We often call this sacrament Jesus’s \_\_\_\_\_, but it is actually his Body, Blood, Soul, and Divinity.
- Jesus called this sacrament the \_\_\_\_\_ because it is true food to give life to our souls.
- You will receive your First Holy \_\_\_\_\_ soon. It means that you will have a special union with Jesus.
- The consecrated \_\_\_\_\_ is the precious Body of Jesus.
- The \_\_\_\_\_ is another name for the Eucharist because it is the center of the sacramental life of the Church.
- This sacrament is called the \_\_\_\_\_ of the Mass because it makes Jesus’s sacrifice on the Cross present to us.
- Jesus gave us his Body and Blood at the Last Supper, so we call this sacrament the \_\_\_\_\_.

### WORD BANK

Communion	Most Blessed Sacrament
Lord’s Supper	Bread of Life
Holy Sacrifice	Host
Eucharist	Body and Blood

### Jesus Said,

*“As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.”*

—John 6:57



## ☑ Things We Learned This Week

1. The Real Presence is the teaching that Jesus is really and fully present, Body, Blood, Soul, and Divinity, in the Eucharist. Because of this, the Eucharist is the source and summit of our Catholic Faith.
2. Jesus unites himself with us and gives us grace when we receive the Sacrament of the Eucharist.
3. Jesus says that his Body is true food and his Blood is true drink that will give our souls eternal life. He is the true Bread from Heaven.
4. Every tiny piece of the Host and every drop of the Precious Blood is Jesus—Body, Blood, Soul, and Divinity. The Eucharist that we receive is the risen Body and Blood of Christ.
5. The Eucharist is so important in our Faith that we call it by many names, such as, Eucharist—which means thanksgiving—Holy Communion, and Holy Sacrifice.

## 🗨 Let's Talk About It

1. Jesus knew that just as our bodies need good food to keep us strong and healthy, so too our souls need the Eucharist to be strong. Can you name one or two ways that having a strong soul can help you?
2. Talk about how Jesus's Real Presence in the Eucharist shows how close he wants to be with us.
3. Discuss with your child some ways that being close to Jesus has helped you.



## Let's Read God's Word Jesus Is the Bread of Life

The Scripture reading for this week's lesson was from John 6:1–59. Please take time to read and reflect on this passage as a family.



## ✓ Lo que aprendimos esta semana:

1. La Presencia Real es la enseñanza de que Jesús está real y completamente presente en Cuerpo, Alma y Divinidad, en la Eucaristía. Por eso, la Eucaristía es la fuente y culmen de nuestra fe católica.
2. Jesús nos une a sí mismo y nos otorga la gracia cuando recibimos el Sacramento de la Eucaristía.
3. Jesús dijo que Su Cuerpo es verdadera comida y Su Sangre es verdadera bebida que dará a nuestras almas vida eterna. Él es el verdadero pan del cielo.
4. Cada pedacito de la Hostia y cada gota de la preciosísima Sangre es el mismo Jesús, en Cuerpo, Sangre, Alma y Divinidad. La Eucaristía que recibimos es el Cuerpo y la Sangre de Cristo resucitado.
5. La Eucaristía es tan importante en nuestra fe que le llamamos por distintos nombres, tales como: Eucaristía, que significa acción de gracias, Sagrada Comunión y Santo Sacrificio.

## Q ¡Hablemos Sobre Esto!

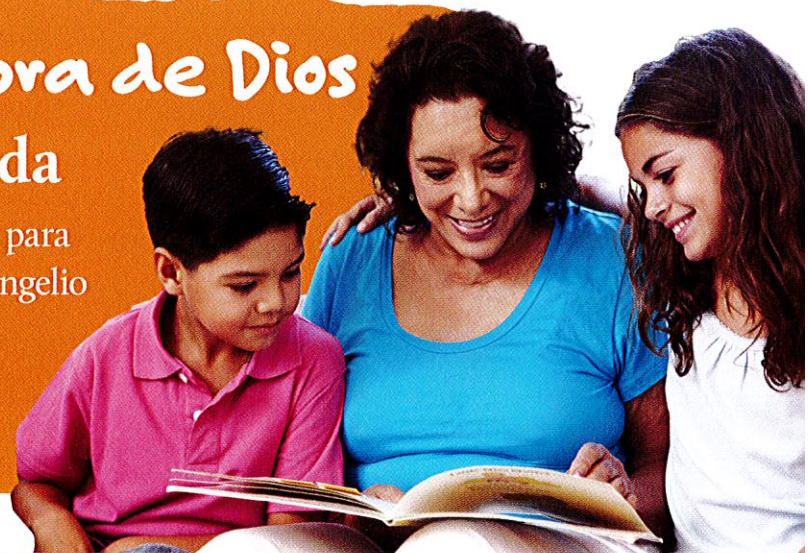
1. Jesús sabía que así como nuestros cuerpos necesitan de buen alimento para mantenernos fuertes y saludables, así también nuestras almas necesitan la Eucaristía para ser fuertes. ¿Puedes nombrar una o dos maneras en que te puede ayudar el que tengas un alma fuerte?
2. Platiquen sobre cómo la presencia real de Jesús en la Eucaristía nos muestra qué tan cerca desea estar Jesús de nosotros.
3. Platica con tu hijo(a) algunas maneras en que te ha ayudado estar cerca de Jesús.



## Leamos la Palabra de Dios

### Jesús es el Pan de Vida

La lectura de las Sagradas Escrituras para la lección de esta semana fue del Evangelio de San Juan 6:1-51. Por favor tomen tiempo para leer y reflexionar sobre este pasaje en familia.



## Family Fun Activity

Visit the Blessed Sacrament at your parish as a family. This would be a wonderful time to show your child the Adoration Chapel if your church has one. Or you could go into the main sanctuary and show your child the Tabernacle where the Eucharist is kept. Feel free to bring this sheet and pray the Act of Spiritual Communion at this special time.

## Explore the Faith Together

For more information on Catholic traditions and teachings as well as Catholic movies, books, audios, and more, please check out [formed.org](http://formed.org). Ask your Director of Religious Education if your parish has a subscription to log on for free!



## Our Family Prays Together

### Act of Spiritual Communion

#### Parent:

My Jesus, I believe that you are present in the Most Holy Sacrament.

#### Response:

I love you above all things, and I desire to receive you into my soul.

#### Parent:

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart.

#### Response:

I embrace you as if you were already there and unite myself to you.

#### Parent:

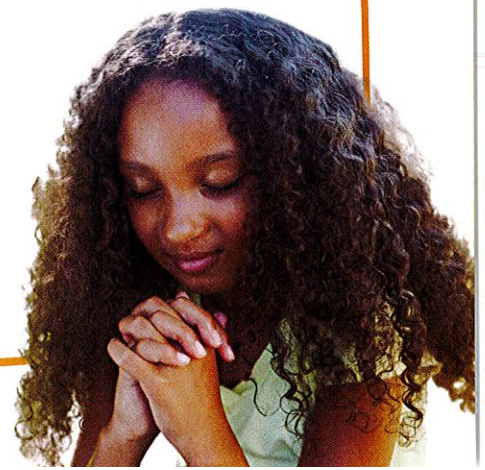
Never permit me to be separated from you.

#### Response:

Prepare my heart to receive my First Holy Communion.

#### All:

Amen.



## ¡Actividad Familiar Divertida!



Visita el Santísimo Sacramento en tu parroquia como familia. Si tu parroquia tiene una capilla de adoración sería un buen momento para mostrársela a tu hijo(a). O puedes ir al santuario principal y mostrarle a tu hijo(a) el Tabernáculo donde se guarda la Eucaristía. Puedes llevarte esta hoja y hacer la oración del Acto de comunión espiritual en este tiempo especial.

### Exploren Juntos La Fe

Para más información acerca de las tradiciones y enseñanzas católicas, y para encontrar material católico como películas, libros, audios, etc., puedes checar la página [formed.org](http://formed.org). ¡Pregúntale al director de educación religiosa si tu parroquia tiene una suscripción parroquial para tener acceso gratuito!



## Joremos Juntos En Familia!

### Acto de comunión espiritual

#### Papá/Mamá:

Mi Jesús, creo que estás presente en el Santísimo Sacramento.

#### Respuesta:

Te amo sobre todas las cosas y deseo recibirte en mi alma.

#### Papá/Mamá:

Mas ya que no puedo recibirte en este momento sacramentalmente, ven por lo menos espiritualmente a mi corazón.

#### Respuesta:

Yo me abrazo todo a Ti.

#### Papá/Mamá:

No permitas que nada ni nadie me aparte de Ti.

#### Respuesta:

Prepara mi corazón para recibir mi Primera Comunión.

#### Todos:

Amén.





# Let's Sing God's Praises

## Pange Lingua Verses 3 through 6



3. On the night of that Last Sup - per

4. Christ, the Word made flesh, by speak - ing



3. Seat - ed with his chos - en band \_\_\_

4. Earth - ly bread to Flesh he turns \_\_\_



3. He, the pas - chal vic - tim eat - ing

4. Wine be - comes his Blood so prec - ious



3. First ful - fills the law's com - mand;

4. Un - con - ceived in hu - man terms!



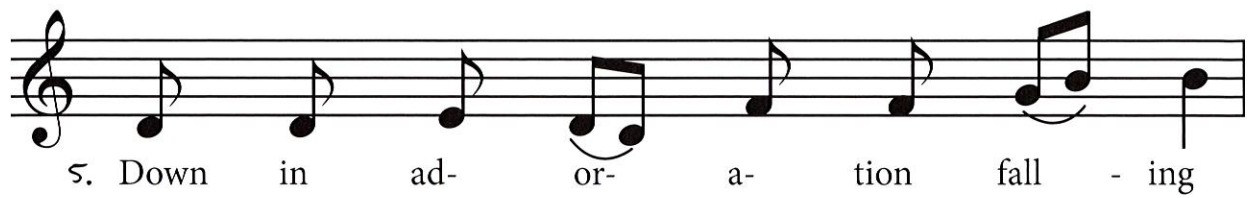
3. Then as food to all his breth - ren

4. Hearts sin - cere per - ceive this mar - vel;

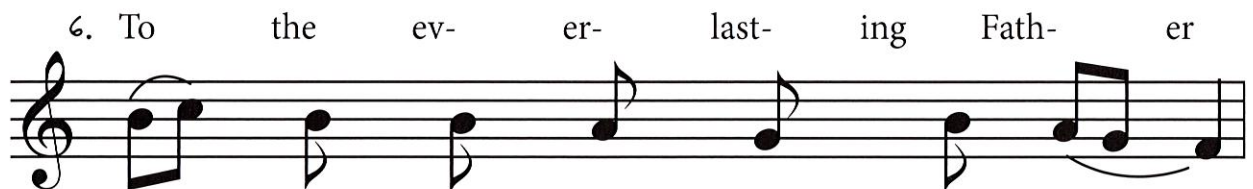


3. Gives him - self with his own hand.

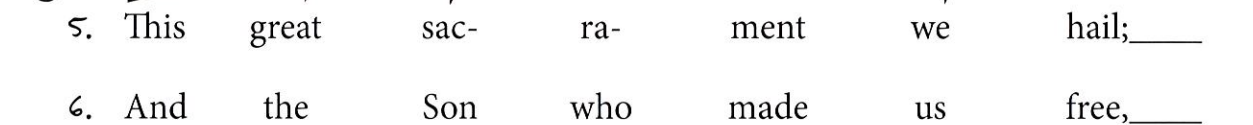
4. Faith its les - sons quick - ly learns.



5. Down in ad- or- a- tion fall - ing



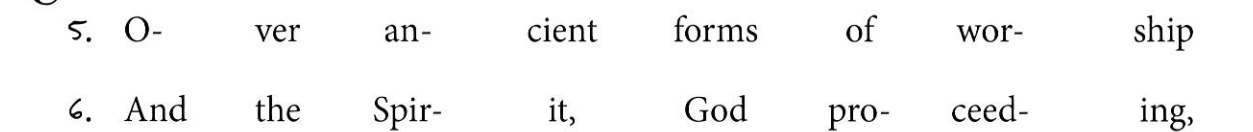
6. To the ev- er- last- ing Fath- er



5. This great sac- ra- ment we hail; \_\_\_



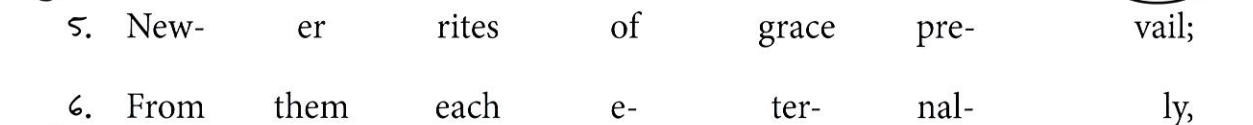
6. And the Son who made us free, \_\_\_



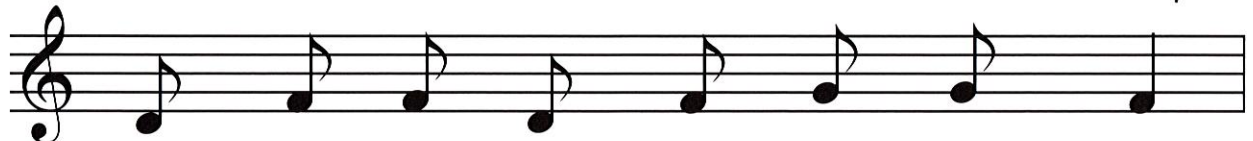
5. O- ver an- cient forms of wor- ship



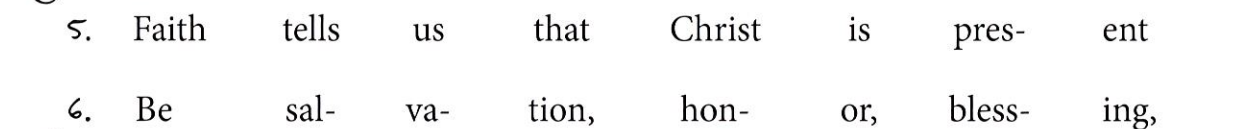
6. And the Spir- it, God pro- ceed- ing,



5. New- er rites of grace pre- vail;



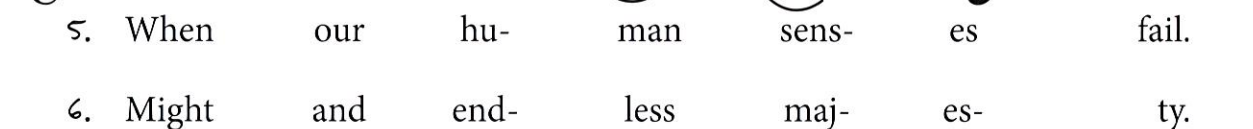
6. From them each e- ter- nal- ly,



5. Faith tells us that Christ is pres- ent



6. Be sal- va- tion, hon- or, bless- ing,



5. When our hu- man sens- es fail.



6. Might and end- less maj- es- ty.

**Session 4**  
**The Sacrament of the Eucharist**

**Flash Cards**

Key Words - Session 4



**Miracle**

**Heaven**

**Bread of Life**  
**Discourse**

**Host**

**Tabernacle**

**Genuflect**

## Flash Cards

### Key Words – Session 4 (definitions)

The place where God dwells along with the angels and the saints.

A sign or wonder that can only be worked by God.

The small wafer or piece of unleavened bread that becomes the Body of Christ.

Jesus's teaching on the Eucharist in the Gospel of John, chapter 6.

To bend the right knee to the floor or ground to show love and respect to Christ in the Tabernacle.

An ornate, box-like container where the Eucharist is kept for the purpose of Adoration outside of Mass.

Session 4  
The Sacrament of the Eucharist

Flash Cards

Key Words - Session 4



Venial Sins

Act of  
Spiritual  
Communion

Eucharist

Lord's Supper

Holy Sacrifice

The Most  
Blessed  
Sacrament

## Flash Cards

### Key Words – Session 4 (definitions)

A prayer in which we tell Jesus how much we want to be united with him.

Lesser sins that do not result in a complete separation from God.

The Passover meal that Jesus shared with his Apostles on the night of his Crucifixion.

The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood.

Another name for the Eucharist because it is the center of the sacramental life of the Church.

In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.

**Session 4**  
**The Sacrament of the Eucharist**

**Flash Cards**

Key Words - Session 4



**Holy Communion**

## Flash Cards

Key Words – Session 4 (definitions)

Another name for the  
Sacrament of the Eucharist  
because because it unites us  
with Jesus.