

Session 8

The Liturgy of the Eucharist



Dear Jesus,

I love you. I want to be united to you in Holy Communion. Please prepare my heart to receive you. Please help me to make an offering of myself, and please join my sacrifice to yours so that my offering will be perfect, too. In your holy name, I pray.

Amen.



Introduction

Have you ever wondered what it would be like to meet someone famous? Maybe even someone who lived a long time ago! If you could meet anyone in the world, who would it be? What questions would you ask him or her? What would you like to do with this person? In the Mass, we have the chance to meet Jesus in a very special way. And in the Liturgy of the Eucharist, Jesus comes to be with us.

Let's Read God's Word

The Road to Emmaus – Part 2

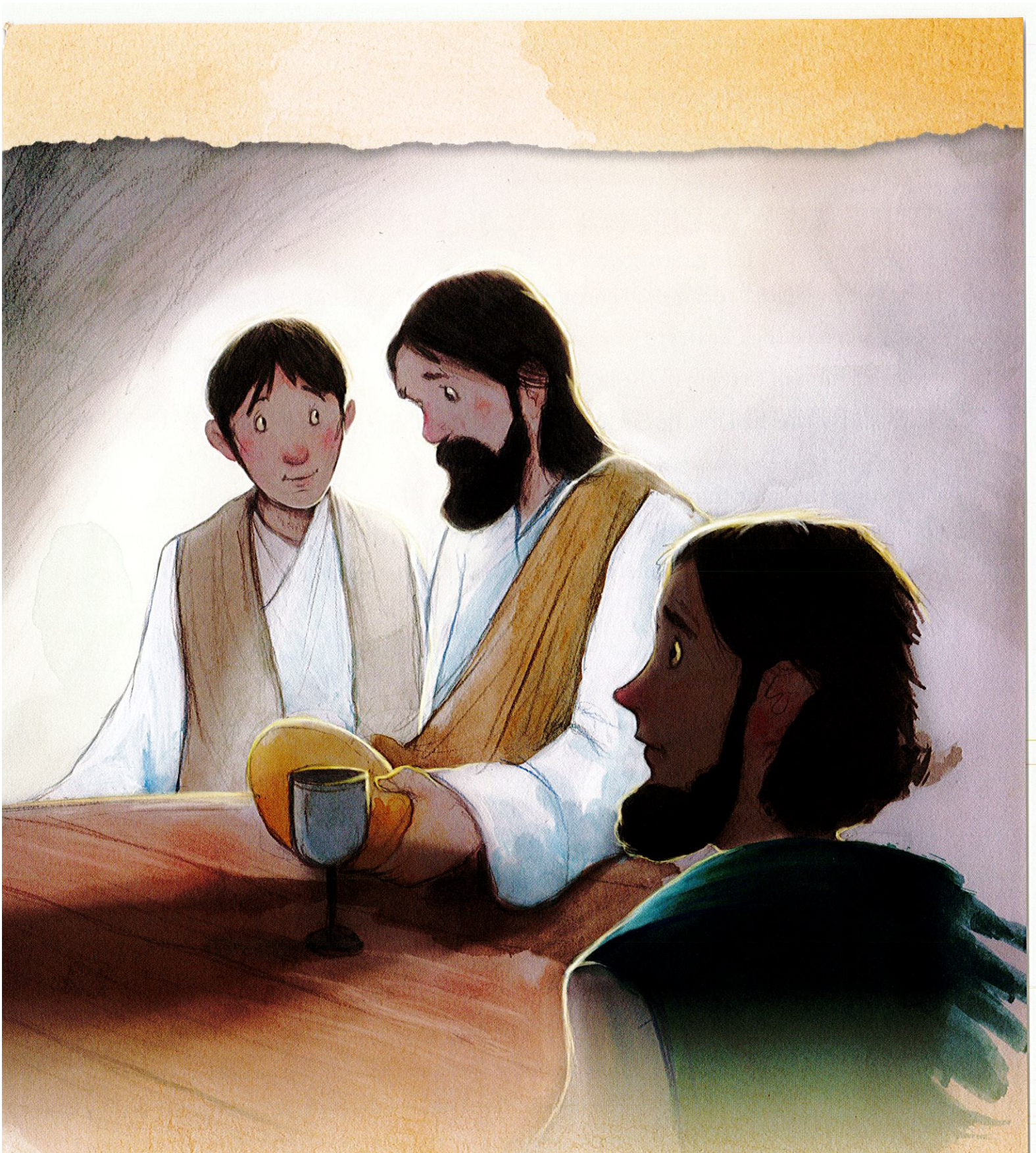
From Luke 24:28–35

In the evening of the first Easter Sunday, two of Jesus's disciples were walking together on the road to Emmaus. Jesus appeared and started to explain the Scriptures to them as they walked. However, the disciples did not recognize Jesus. It was nearly evening when the disciples reached the village, but it looked like Jesus was going to keep walking. The disciples begged him to stop and have a meal with them. Jesus agreed.

When the three of them sat down at the table, Jesus took the bread, blessed it, and broke it—just like he did at the Last Supper. Then he gave the bread to the disciples. At this moment, their eyes were opened, and they recognized Jesus. Then he vanished from their sight.

The disciples said to each other, “Didn't we know in our hearts that something special was happening when he explained the Scriptures to us on the road?” They were so excited that they immediately got up and went all the way back to Jerusalem.

In Jerusalem, they found the Apostles and the women who had found the empty tomb gathered together. The disciples from Emmaus told their friends everything that had just happened to them. They had met Jesus on the road but couldn't recognize him. Jesus had opened up the Scriptures for them on the road, and then opened their eyes so they could recognize him in the breaking of the bread.



—  **Let's Talk About It** —

How can you better recognize Christ's presence in the Eucharist?

Let's Learn About Our Faith

The two disciples had a special encounter with Jesus on the road to Emmaus. First, Jesus prepared their hearts to receive him by opening up the Scriptures to them. Then he revealed himself to them in the breaking of the bread. In fact, one of the names that the early Christians had for the Eucharist was the “Breaking of Bread.”

Jesus does the same thing for us today in the Mass. First, he prepares our hearts by opening up the Scriptures for us in the Liturgy of the Word. Then he becomes present for us in the Liturgy of the Eucharist. In the Eucharist, we are able to encounter Christ, just like the disciples did on the road to Emmaus.

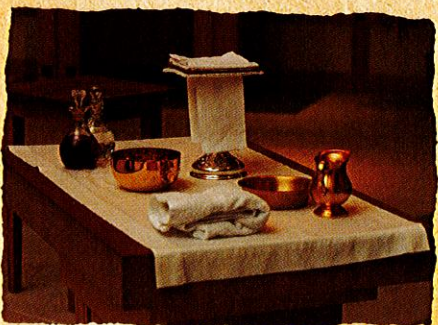
The Liturgy of the Eucharist

In today's session, we will look at each part of the Liturgy of the Eucharist.



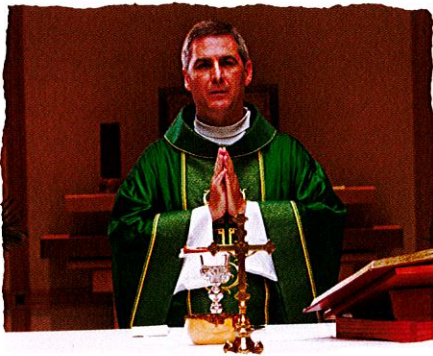
The Presentation of the Gifts

The Liturgy of the Eucharist begins with the Presentation of the Gifts. The bread and wine—the offerings—are brought up to the priest.



The Preparation of the Altar

The priest or deacon places the bread and wine and all of the items needed for the Liturgy of the Eucharist on the altar. This includes the sacred vessels such as the paten and chalice—the containers that hold the bread and wine that will become the Body and Blood of Christ.



Then the priest says the **Prayer over the Offerings**, and everyone says, “Amen.”

The Eucharistic Prayer

Next the priest begins the Eucharistic Prayer. This is the heart of the Liturgy of the Eucharist. It has many parts.



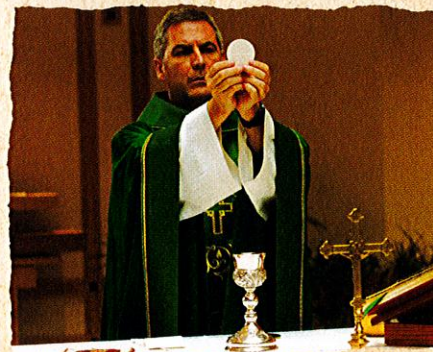
The first part is the **Preface**, where the priest gives thanks and glory to God the Father.

Sanctus

The Preface is followed by the Sanctus, in which we join our prayers to the angels and saints in Heaven in a song of praise to God, singing, “Holy, Holy, Holy.”



In the next part of the Eucharistic Prayer, the priest holds his hands together over the bread and wine on the altar and asks the Holy Spirit to come down and change the bread and wine into the Body and Blood of Jesus. This is called the **Epiclesis**.



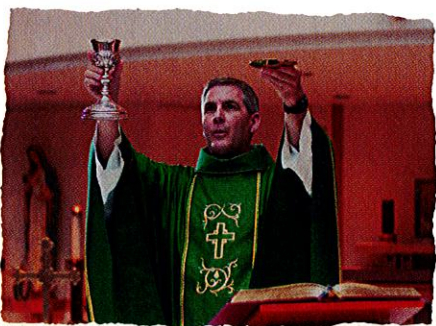
The priest then says a prayer that tells the story of the Last Supper, which is called the **Institution Narrative**. When this is finished, the priest says the **Words of Consecration**: “This is my Body,” and “This is the chalice of my Blood.” These are the words that Jesus spoke at the Last Supper. When the priest says these words, the bread and wine become the Body and Blood of Christ.

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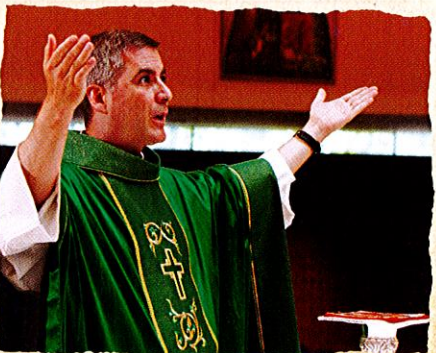
The Liturgy of the Eucharist



In **the Mystery of Faith or Memorial Acclamation**, we remember the Passion, Death, and Resurrection of Jesus and express our faith that he will come again. The Passion was when Jesus suffered and was nailed to the Cross. The Resurrection was when Jesus rose from the dead.



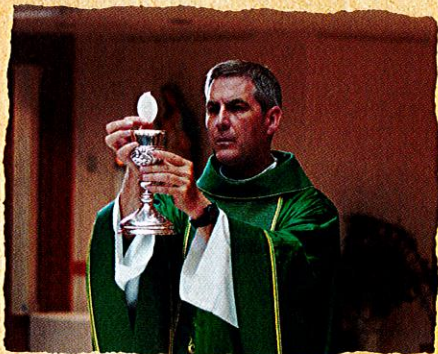
Finally, the priest holds up the **chalice**, the cup that holds the Blood of Christ, and the **paten**, the small plate that holds the Host, the Body of Christ. The priest prays a prayer that gives praise and worship to God, called the **Doxology**. We all respond with the **Great Amen** and this ends the Eucharistic Prayer.



The Communion Rite

After the Eucharistic Prayer, we all pray the Lord's Prayer together. When Jesus's disciples asked him how to pray, this is the prayer he taught them. It starts, "Our Father, who art in heaven."

Then we exchange the Sign of Peace, where people shake hands and say, "Peace be with you."



Next, we all sing the **Lamb of God**. Jesus is the Lamb of God who takes away the sins of world. While we sing this prayer, the priest breaks the consecrated host, just as Jesus broke the bread at the Last Supper and at Emmaus. Then we pray the words, "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed."



Then we go forward to receive **Holy Communion**. The priest, deacon, or Extraordinary Minister of Holy Communion holds up the Host and says, “The Body of Christ.” We show that we believe that the Host is the Body of Christ by responding, “Amen.” The priest, deacon, or Extraordinary Minister of Holy Communion holds up the chalice and says, “The Blood of Christ.” We respond, “Amen.”

After we have received Holy Communion and the sacred vessels have been cleansed, the Liturgy of the Eucharist ends with the **Prayer after Communion**. In this prayer the priest thanks God for the gift of the Eucharist and asks him that the blessings of the Eucharist stay with us even after Mass ends.



The Concluding Rite

In the Concluding Rite, the priest gives us a blessing, and we all make the Sign of the Cross. Then the priest or deacon announces that the Mass has ended and tells us to glorify the Lord by announcing the Good News to others.

Let's Talk About It

What is your favorite part of the Liturgy of the Eucharist, and why?



Did You Know?

In Persona Christi Capitis

In the Mass, the priest acts *in persona Christi Capitis*. This is a Latin phrase that means “in the Person of Christ the Head.” Jesus is the Head of his Body, the Church. *In persona Christi Capitis* means that when a priest celebrates Mass, he is acting as the representative of Jesus. Through the priest, Jesus is the one who offers the Sacrifice of the Mass, just as he did at the Last Supper and on the Cross.



Our Own Sacrifice

Have you ever noticed that in the Eucharistic Prayer the priest says “we pray” and not “I pray”?

Even though the priest is the one saying the prayer out loud, it isn’t just his prayer. It’s your prayer to God, too! The Eucharistic Prayer is a prayer that every baptized person present at the liturgy offers to God. We are all united to Christ in offering his sacrifice as a perfect offering to God the Father.

We are united to Christ in offering his sacrifice, and we are also united in Christ in making a sacrifice. We are called to offer ourselves to God, too. Our lives, our efforts to love God and make good choices, and even our struggles—all of these are part of our offering to God. And although we aren’t perfect, we can unite our sacrifice to the perfect sacrifice of Jesus to the Father in Mass.

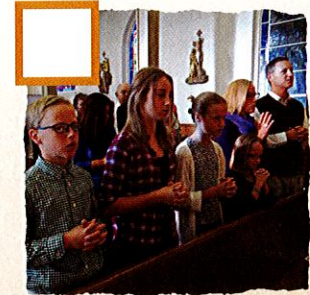
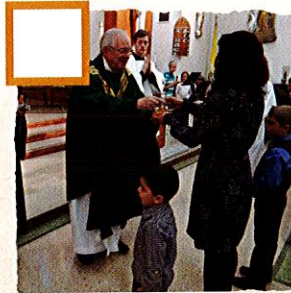


Let's Do Activities

The Liturgy of the Eucharist

The Liturgy of the Eucharist is when Jesus becomes present to us, Body, Blood, Soul, and Divinity. We offer our lives as a living sacrifice through the sacrifice of Jesus.

Match the different parts of the Liturgy of the Eucharist with the pictures by writing the correct number in the box.

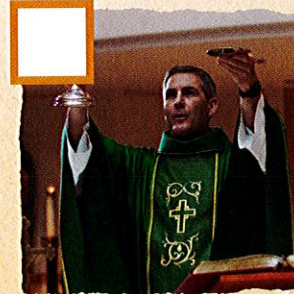


The bread and wine become the Eucharist

We receive Jesus

We bring our gifts to the Lord

The prayer Jesus taught us



With the angels and saints, we give praise to God

Peace be with you

We say, "Amen!"

1. Presentation of the Gifts

2. Holy, Holy, Holy

3. Consecration

4. Great Amen

5. Our Father

6. Sign of Peace

7. Communion

Let's Recall and Reflect

How is our encounter with Jesus in the Liturgy of the Eucharist different from encountering Jesus in Scripture or prayer?

We are called to unite ourselves to Jesus's sacrifice. What specifically do you want to offer to God?

What is the Liturgy of the Eucharist? The Liturgy of the Eucharist is the second part of the Mass where Jesus becomes present to us, Body, Blood, Soul, and Divinity.

At what point in the Mass do the bread and wine change into the Body and Blood of Jesus? The bread and wine change into the Body and Blood of Jesus when the priest says the Words of Consecration, "This is my Body" and, "This is the chalice of my Blood."

What is Holy Communion? Holy Communion is when we receive the Body and Blood of Christ.

How is the Mass a sacrifice? In the Mass, Jesus's sacrifice on the Cross is made present to us, and we also offer ourselves to God in union with Jesus.

What happens at the end of Mass? We are sent forth to spread the Gospel by living Jesus's message in all that we do.

Story of a Saint



Pope Saint Pius X (1835–1914)

Pope Saint Pius X was born into a poor family and was the oldest of eight children. He humbly accepted God's call to become a priest and then a bishop. He loved Jesus in the Blessed Sacrament so much that when he was elected pope, he wanted young children to receive their First Communion when they were seven or eight years old rather than waiting until they were older. He also encouraged people to receive Holy Communion as frequently as possible. Because of this, he is known as the Pope of the Eucharist.



Let's Pray

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me.

O good Jesus, hear me. Within your wounds conceal me. Do not permit me to be parted from you. From the evil foe, protect me. At the hour of my death, call me. And bid me come to you, to praise you with all your saints for ever and ever. Amen.

Memory Verse

"He took the bread and blessed and broke it, and gave it to them. And their eyes were opened and they recognized him."

—Luke 24:30–31

Let's Read a Story

The Big Picture

It was a big day at school. The kids were to give their presentations to the class.

Nick, Sam, and the rest of the class were surprised to see a large cloth hanging on the wall. It looked like a large curtain covered with hundreds of tangled threads. The threads were a lot of different colors.

Everyone asked Sister Lucy what it was. She smiled. She said she would show them later.

The students took turns talking about their families and the special dates they celebrate. They showed their family keepsakes.

Brad brought a real sword used by a relative in a war in France.

A girl named Anne brought rosary beads that were over a hundred years old. They had been given to Anne's great-grandmother in Peru by a missionary.

Kim brought a handful of letters from her parents. The thin sheets of paper were covered with Chinese characters.

Nick and Sam did their presentation together. They told about Old Stockyard Willis and their great-great grandfather.

Everyone learned a lot about the other kids' families and histories.

Then Sister Lucy stood up. She walked over to the large cloth with the colored threads. "Everyone in this class has stories. They are all special. They are like the threads you see on this big cloth."

The kids looked at the tangled threads. Nick didn't see how their families were like those threads.

Sister Lucy smiled. "They look like a big mess to us. But let's look from another point of view."

She reached up and carefully turned the cloth around.

The kids gasped.

On the other side of the cloth was a beautiful tapestry. It showed a picture of Jesus and the disciples sitting around a long table.



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“Good and bad things happen to us and our families,” Sister Lucy said. “We think life is a big mess. But God is really creating a beautiful picture.”

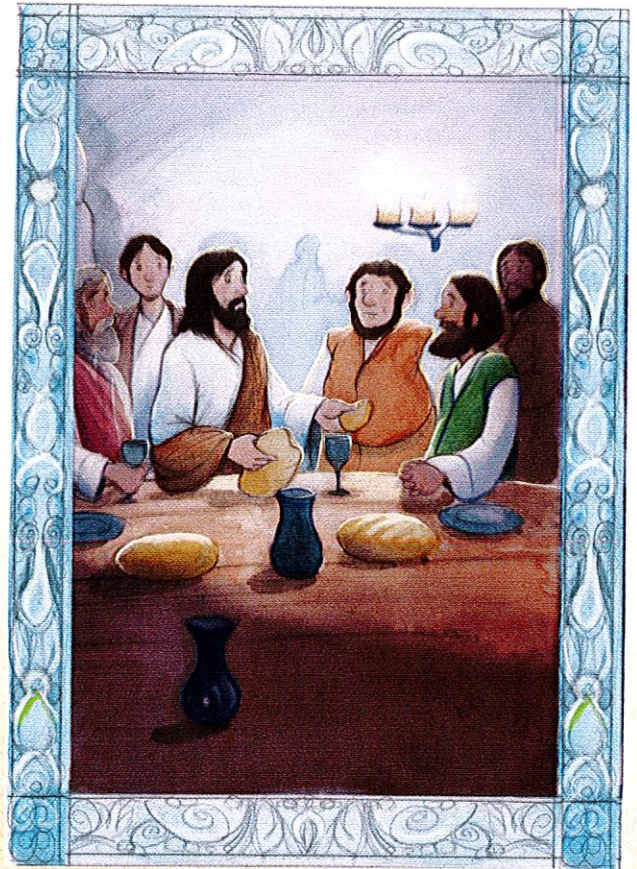
Sister Lucy pointed to the picture of Jesus and his disciples. “This is a scene of the Last Supper. It is the night before Jesus died on the Cross. He broke the bread and said it was his Body broken for us. He shared the wine and said it was his Blood poured out for us. The next day Jesus was crucified. The disciples thought it was a big mess. But God was creating something beautiful through Jesus’s sacrifice.”

“I know it is hard to understand,” Sister Lucy said. “But God wants us to trust him. He gives us the Church and the sacraments to help us along. One day he will show us the big picture.”

Nick and Sam walked home after school. They talked about the big picture.

Nick thought about everything they had been learning. “It’s a mystery,” he said.

Sam looked up at the sky. “I can’t wait for God to show us the whole picture,” she said.



Let's Talk About It

Why do you think things sometimes look like a mess to us, but not to God?

When Jesus died on the Cross, it seemed like his followers had lost everything. How was this just the beginning?

How do the Sacraments of Reconciliation and the Eucharist help us to be better followers of Jesus?