

You are Loved - Session 1 - Preparing the Way for Christ

KEY POINTS

- God saved his people from slavery at the 1st Passover.
- For the Passover, the Israelites had to sacrifice a lamb, put its blood on their doorways, and eat the lamb with unleavened bread.
- In the desert, God fed his people with bread from heaven called manna.
- The Tabernacle was God's home with his people in the desert.
- Sacrifice is an action that shows how much we love God.



KEY WORDS: Moses, Plagues, Sacrifice, Unleavened bread, Passover, Manna, Israel, Seder Meal

You are Loved - Session 2 - The Last Supper

Key Points

- Jesus instituted the Sacrament of the Eucharist at the *Last Supper*.
- When Jesus said to his Apostles, “Do this in memory of me,”
 - *he made them priests so they could celebrate the Mass and give us the Eucharist.*
- Jesus’ 1st miracle was changing water into wine at the Wedding Feast at Cana.
 - This points to the miracle of changing bread & wine into his Body & Blood at the Last Supper.
- *At Mass we are with Jesus at the last Supper & at the Cross.*
- Receiving Jesus in Holy Communion is 1 of the most important things we do as Catholics.



KEY WORDS:
Mass, Instituted,
Memorial, Covenant,
Transubstantiation,
Real Presence,
Words of Consecration



You are Loved - Session 3 - The Death & Resurrection of Jesus

Key Points

- Jesus' Death & Resurrection is considered his *greatest act of love*.
- Salvation - forgiveness of our sins & the healing of our friendship w/God.
- Jesus rose from the dead **three** days after he died on the Cross.
- **Forty** days after his Resurrection, Jesus ascended into Heaven.
- **Fifty** days after his Resurrection, Jesus sent the Holy Spirit.
 - This is the Feast of Pentecost and the birthday of the Church.



Sacrifice

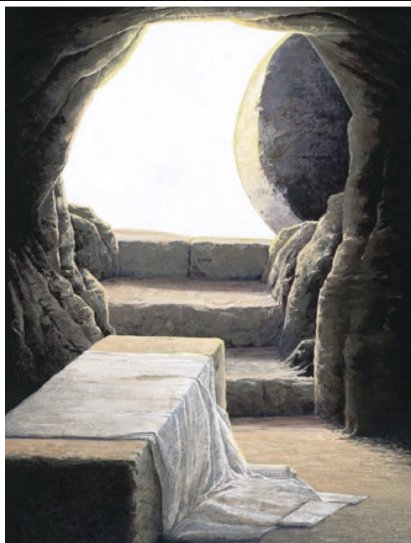
CROSS / LAMB of GOD:
Saves us from our sins.

PASSOVER LAMB:
Saved Israelites from
slavery in Egypt.



KEY WORDS:

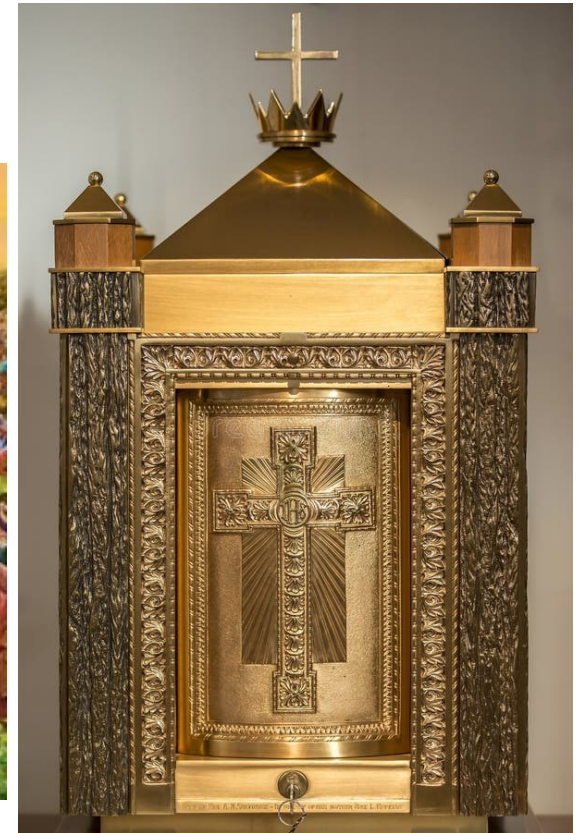
Crucified, Sabbath,
Salvation, Resurrection,
Ascension, Pentecost,
Body of Christ, Witness,
Lamb of God, Holy Spirit,
Sacred Chrism,
Sanctifying Grace,
Actual Grace



You are Loved - Session 4 - The Sacrament of the Eucharist

Key Points

- Jesus promised to give us his Flesh as true food & his Blood as true drink.
- In the Eucharist, the bread & wine really become the Body, Blood, Soul, & Divinity of Jesus.
 - We call this the Real Presence.
- Jesus is fully present Body, Blood, Soul, & Divinity in both species of the consecrated bread & wine.
- Jesus is present in the Tabernacle;
 - We genuflect toward the Tabernacle to show our love & respect.
- The Eucharist is the source & summit of the Christian life.



KEY WORDS: Miracle, Heaven, Bread of Life Discourse, Host, Tabernacle, Genuflect, Venial Sins, Act of Spiritual Communion

You are Loved - Session 5 - Receiving Holy Communion

Key Points

- In the Eucharist, we share in the Body & Blood of Christ.
- We need to be in the state of grace to receive Communion.
- We fast from all food & drink for 1 hour before receiving Communion.
- Jesus is completely present in every drop of the precious Blood & every piece of the Host.
- We receive special graces when we receive the Eucharist:
 - we have a very special union with Christ and his Church,
 - our baptismal graces are increased and renewed,
 - our venial sins are forgiven, and
 - we grow in love of God and of others



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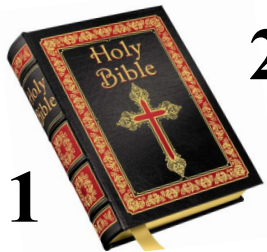
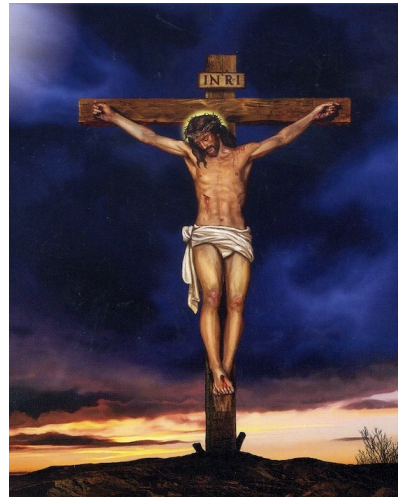


KEY WORDS: State of Grace,
Mortal Sin, Reverence, Eucharistic Fast, Consecrated,
Monstrance, Adoration of the Blessed Sacrament

You are Loved - Session 6 - The Liturgy of the Mass

Key Points

- Jesus gave us the Eucharist at the Last Supper, which was the 1st Mass.
- In the Mass, we are present at & participate in the Last Supper & the Crucifixion.
- The Mass is the 1-time, perfect sacrifice of Jesus on the Cross.
- The Liturgy of the Mass has 2 parts:
 - Liturgy of the Word
 - Liturgy of the Eucharist.
- We have the gift & the obligation to go to Mass every Sunday & on Holy Days of Obligation, unless there is a serious reason.



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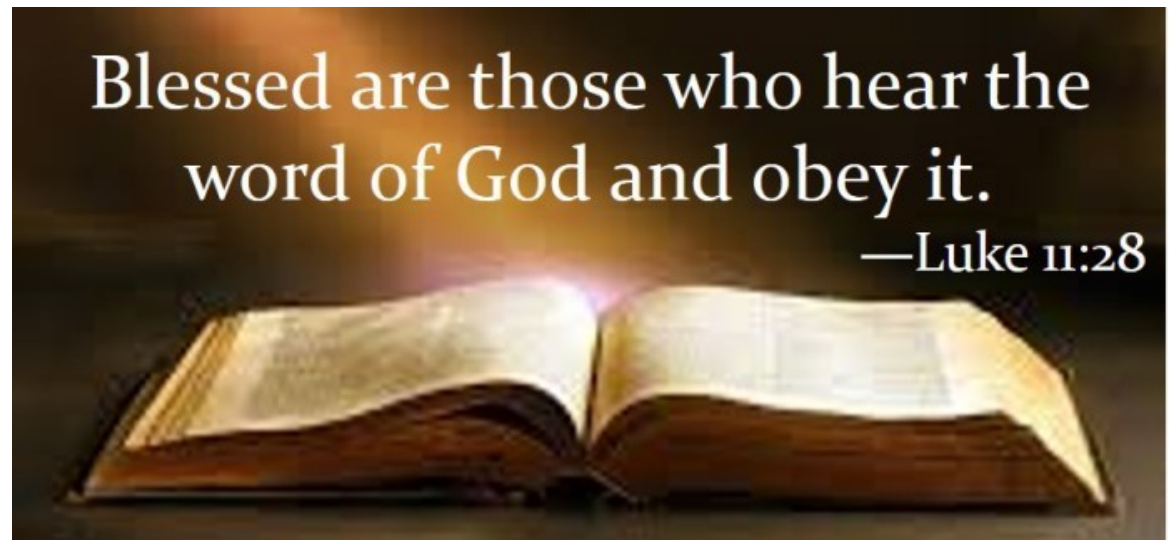


KEY WORDS: Liturgy, Liturgy of the Mass, Liturgy of the Word, Liturgy of the Eucharist, Lord's Day, Holy Days of Obligation

You are Loved - Session 7 - The Liturgy of the Word

Key Points

- The Introductory Rites help prepare us for the Liturgy of the Word.
- In the Penitential Act, we tell God that we are sorry for our sins & ask for his mercy.
- Jesus is present to us in the Word of God in Scripture.
- The 1st part of the Mass is called the Liturgy of the Word.
- The Liturgy of the Word has 4 readings that prepare us to receive Jesus in the Liturgy of the Eucharist.



KEY WORDS:

Introductory Rites: Entrance Antiphon, Sign of the Cross, Penitential Act, Gloria, Collect,

Liturgy of the Word: 1st Reading, Responsorial Psalm, 2nd Reading, Responsorial Psalm, 2nd Reading, Epistles, Alleluia, Gospel, Homily, Creed / Profession of Faith, Prayer of the Faithful

You are Loved - Session 8 - The Liturgy of the Eucharist

Key Points

- Jesus gave us the Eucharist at the last Supper,
 - which was the 1st Mass.
- During the Liturgy of the Eucharist,
 - the bread & wine really become the Body & Blood of Christ.
- The Epiclesis is the prayer asking the Holy Spirit to
 - come down & change the bread & wine into the Body & Blood of Jesus.
- The Words of Consecration are the words Jesus spoke at the last Supper.
 - When the priest says these words, the bread & wine become the Body & Blood of Jesus.
- It is really Jesus who offers the sacrifice of the Mass.



KEY WORDS:

Presentation of the Gifts,

Preparation of the Altar: Prayer over the Offerings,

Eucharistic Prayer: Preface, Sanctus, Epiclesis, Institution Narrative, Words of Consecration, Mystery of Faith or Memorial Acclamation, Oblation, Chalice, Paten, Doxology, Great Amen,

Communion Rite: Lamb of God, Holy Communion, Prayer after Communion,

Concluding Rite, In Persona Christi Capitis