

Presence – KEYPOINTS

Session 1 – God is with us.

- A sacrament is a sign instituted by Christ to communicate his grace to us.
- The Eucharist is
 - the Sacrament of sacraments and
 - the source and summit of the Christian life.
- Transubstantiation means that in the Eucharist
 - the bread & wine really change into the Body, Blood, Soul & Divinity of Jesus,
 - although they retain the appearance of bread and wine.
- God wants to be united with us, and he accomplishes this through the Eucharist.

Session 2 – The Story of the Eucharist

- The Eucharist is prefigured
 - in the bread & wine offered by Melchizedek,
 - in the Passover (it is the new Passover), and
 - in the manna in the wilderness.
- Jesus prepares his disciples for the Eucharist by
 - changing water into wine and
 - multiplying loaves of bread.
- In John 6, Jesus
 - teaches explicitly about the Eucharist and
 - allows many followers leave because they don't like this teaching.
- The Death & Resurrection of Jesus begin a new Creation.
- The Cross is the new Tree of Life, and the Eucharist is its fruit.
- The fruit of the Tree of Life
 - opens our eyes to behold God and
 - gives us eternal life.
- The Eucharist is the memorial of Jesus' Passion, Death, Resurrection, & Ascension.

Session 3 – Bread for the Journey

- The manna in the wilderness prefigures the Eucharist.
- The Eucharist
 - sustains us on our spiritual journey and
 - gives us a foretaste of Heaven.
- In the Mass, we worship with all the angels & saints in Heaven – in the Eucharist we are united to God and to everyone else who is in communion with him.
- The Liturgy of the Word includes
 - readings from Scripture,
 - the Responsorial Psalm,
 - the homily,
 - the Creed, and
 - the Prayers of the Faithful.
- The Liturgy of the Eucharist makes present the sacrifice of Jesus on the Cross.
- We participate in the Mass by offering ourselves to God, united to the sacrifice of Christ.
- We must receive the Eucharist reverently and observe the Church's rules for doing so.
- The Mass sends us forth with a mission of love.