



Eucharist: The Source and the Summit

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WE CELEBRATE

1. How is the Eucharist the “Source and summit” of the Christian life?
2. What three sacred objects are found in all Catholic churches and what is their purpose at Mass?
3. What does the word “Eucharist” mean and why is that an appropriate name for the Mass?
4. How do we participate in Mass? What role does singing play at Mass? What purpose does the Liturgy of the Word have in Mass? What do we present to God at the Offertory of Mass?
5. What is “anamnesis”? At Mass how are we connected to Jesus’ sacrifice on the cross?
6. What is “transubstantiation”? How is Mass a sacred meal? What is the purpose of our receiving the Sacred Body and Blood of Jesus at Mass?
7. How is Mass connected to building the Kingdom of God? How does Mass draw us into the giant circle of LOVING?

[For more information concerning the Eucharist, see Catechism of the Catholic Church, No. 1322-1405.]

WE PRAY

1. What is the purpose of every kind of prayer outside of Mass?
2. Why do we have designated Eucharistic chapels?
3. We reserve the Blessed Sacrament in tabernacles. How did the early Christians use the reserved Eucharist for the Church community?
4. How has the devotion of silent adoration developed over the last 800 years of our Catholic Church?
5. How is Eucharistic adoration connected to the Mass?
6. What is the prayer of adoration? How does adoration connect us to the Real Presence of our Lord?
7. What is exposition of the Blessed Eucharist? How is it different from other forms of adoration? What are the sacred vessels we use to hold the Blessed Sacrament during exposition?
8. What is benediction? How does this liturgical devotion strengthen us as Catholics?
9. What are the challenges for a faith community who is committed to maintaining a perpetual adoration chapel?
10. What are the blessings for people who regularly participate in Eucharistic adoration?

[For more information concerning Eucharistic adoration, see Catechism of the Catholic Church, No. 1378-1381.]



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WE PRACTICE

1. How does receiving Holy Communion demand a response from us to help others?
2. What were some of the ways Jesus helped those around Him remember how much God the Father loved them?
3. How can we practice the Eucharist in our daily lives?
4. The “works of mercy” are charitable actions by which we help our neighbor in his/her spiritual and bodily necessities. [CCC 2447] Read Matthew 25: 31-46 and discuss the importance of practicing the works of mercy in our daily lives.
5. Discuss ways you can practice each of these corporal works of mercy:
Feeding the hungry and giving drink to the thirsty,
Clothing the naked,
Sheltering the homeless,
Visiting the sick and imprisoned,
Burying the dead.
6. Discuss ways you can practice each of the spiritual works of mercy:
Instructing others in the Faith,
Advising others by the way we live our own holiness,
Consoling those who suffer illness,
Comforting those who are sorrowful,
Forgiving those who hurt us,
Caring others’ burdens & sacrificing for others
Pray for the living and the dead.
7. What does it mean to become “Communion” for others? How does that complete the circle of God’s love in the Eucharist?

*[For more information concerning the Corporal and Spiritual Works of Mercy,
see Catechism of the Catholic Church, No. 2443-2449.]*