

The Eucharist Is the Center of Christian Life

Keep these ideas in mind as you study **Chapter 5**.

❖ The Jewish feast of Passover is also called *Pesach*. It celebrates the night the Israelites sacrificed lambs, and death passed over them. Jesus became the sacrificial lamb on the night of the Last Supper and gave this feast new meaning.

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❖ At the Last Supper, Jesus offered himself to the Father for us. By doing so, he gave us our greatest act of worship—the Eucharist.

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❖ Jesus gave us the Eucharist to nourish and strengthen us. We are fed in the Eucharist, which is our most important sacrament.

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❖ The Passion, Death, Resurrection, and Ascension of Jesus is the Paschal Mystery. We enter the Paschal Mystery when we celebrate the Eucharist.

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❖ When the priest consecrates the bread and wine, Jesus Christ becomes really and truly present in the Blessed Sacrament. This is the real presence.

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❖ Mortal sin separates us from God. If someone has committed a mortal sin, he or she must confess it before receiving Holy Communion.

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❖ One way we prepare for Holy Communion is through fasting for one hour beforehand. We can drink water or take medicine, however.

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❖ After Holy Communion, the Blessed Sacrament is placed in the tabernacle, where we can honor the Lord.

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❖ A priest may take the Blessed Sacrament to those who are sick. Extraordinary ministers of Holy Communion also do this work. They take Holy Communion to those who need strength and comfort.

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❖ During exposition and benediction, the Blessed Sacrament is placed in a monstrance for us to adore. Exposition is a time for us to worship through prayer, song, readings, and processions. Benediction occurs when the priest kneels at the altar and the Blessed Sacrament is incensed.

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