

# The Eucharist

## Lesson 20 Summary

### Lesson Learning Objectives

- The participants will examine several important meanings of the Eucharist.
- The participants will become familiar with the movement and meaning of the Eucharistic Rite.
- The participants will explore the effects of attending the liturgy and receiving the Eucharist.

### Content Summary

1. The Eucharist is central to the life of the Church because the Eucharist brings together in a single ritual all the important elements of the Catholic faith. In it we recall what God has revealed to us through history in the Liturgy of the Word. Through the power of the Holy Spirit, we remember and make present the life, death, and Resurrection of Jesus Christ.
2. The roots of our celebration of the Eucharist are found in the Old Testament story of the Exodus.
3. The word *Eucharist* comes from a Greek word meaning “thanksgiving.” In the Sacrament we give God thanks and praise for all that God has given us.
4. The Eucharist is also a memorial of the life, death, and Resurrection of Christ. In the Eucharist these saving actions are made present, and we are actually participating in these events!
5. In the Eucharist Jesus is present in the fullest possible way. He is present in the assembly, the people gathered as the Body of Christ. He is present in the Scripture readings that are proclaimed at every Mass. He is present in the priest or bishop who presides over the Eucharist. But he is particularly present in the bread and wine, which, after the Consecration, become the Body and Blood of Jesus.
6. The Lord’s Supper, the Holy Sacrifice, the Holy and Divine Liturgy, Holy Communion, and the Mass are all names for the Eucharistic Liturgy.
7. The entire rite consists of four parts: (1) the Introductory Rites, (2) the Liturgy of the Word, (3) the Liturgy of the Eucharist, and (4) the Concluding Rites.
8. Participating in the liturgy and receiving the Eucharist has the following effects: it strengthens our relationship with Jesus and his Body, the Church; it unites all the members of the Church together, making it stronger and more vital; it brings forgiveness for our venial sins and strengthens us to resist serious sin.
9. The Holy Spirit sends us forth from the Eucharist, strengthened to be Christ’s presence in the world.

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