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Bread of Life Course
St. Elizabeth Ann Seton Catholic Church

Lesson 3: Holy Sacrifice/ Salvation History
Seascc.org/breadoflife (other resources—link to liturgy)

Opening Prayer

The Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, True God and True Man.

Blessed be the Name of Jesus.

Blessed be His most Sacred Heart.

Blessed be His most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

Amen.

○ **What is the Old Testament? The New Testament?**

- Old: the record of salvation history before Jesus' life on earth.
 - The stories in the Old Testament point towards Jesus.
- New: the record of salvation history during/after Jesus' life on earth.
 - The stories in the New Testament remind us of what Jesus said and did during His time on earth, and what occurred after He ascended into Heaven, so that we can continually pass along the tradition.

- **Using the Book: Page 1---Adam and Eve, before the Fall**
- **Ask your child: What do you see here?**
 - Genesis 3:3—Adam and Eve hear this command from God—“*You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die.*”
 - In the beginning, we see this tree and we see this fruit.
 - If everything in the Old Testament is pointing towards the New, towards Jesus, then there is another tree and another fruit later on.
 - **Tree: THE CROSS**
 - **Fruit: JESUS HIMSELF**

- **Page 2—Adam and Eve, being driven from the garden of paradise**
 - They ate the fruit and the gates of garden of paradise were closed.
- **How do we enter through the gate, now that it is open? Baptism.**
 - Baptism is the sacrament by which we are made children of God and members of His Church. It opens to us the possibility of going to Heaven.

- **Page 3—Noah and the Ark**
- **Genesis 8:20-21**—the very first thing Noah does when he steps off the ark is build an altar and offer sacrifice to God in thanksgiving to Him!
 - Mankind had displeased God, and to reverse that, we give the best that we can, the best we have. And this is what we see Noah doing, being faithful and thankful to God. And the Lord was pleased with his sacrifice!
 - The Lord is pleased when we offer Him our best.
 - **Who determines how the repair will be accomplished?** The one who was offended! They also determine *how and what* will repair the offense.
 - It would not be fair for the person who was offended to have to make up for the offense.
 - So when we sin, we have to make up for our offense to God.
 - **How do we make up for our offense?**
 - We can make up for our offenses to other people because we are equal to them. We are all temporal.
 - But we are not equal to God! Man, a temporal being, has offended God, the Eternal Being.
 - God determines both *how and what* will make up for the offense. And we are not to refuse Him!
 - That is where the notion of sacrifice came from. To make up for our offenses to God, to show Him that we are sorry and want to reconcile with Him.

- **What is offered at the Mass?**
 - Bread and Wine (they are originally offered, but can't stay that way)
 - The Body and Blood of Jesus Christ (the Eucharist)
 - Ourselves
- God wants us to offer ourselves along with His Son at the Mass, because then our sacrifice will be both pleasing *and* satisfactory.

- **Page 4—Abraham and Isaac**
 - **Genesis 22:8**—“ ‘My son’, Abraham answered, ‘God will provide the sheep for the burnt offering’.”
 - At the Mass, we hear the priest say when he holds up the Eucharist, “Behold the Lamb of God”.
 - **Why would God ask Abraham to make a human sacrifice of his own son?**
 - Abraham is willingly offering his son—pointing to the FATHER.
 - Isaac is freely offering himself as the sacrifice, as the only son of his father Abraham—pointing to THE SON (JESUS)

- **Page 5—Moses**
 - Key words in the story of the Feast of Passover:
- **LAMB**
 - Exodus 12:5
 - They had to sacrifice and eat the flesh of a lamb, without blemish.
- **BREAD**
 - Exodus 12:8
 - Had to eat unleavened bread
- **BLOOD**
 - Exodus 12:13
 - They were told to take the blood of the lamb and spread it on the doorpost, so that death would pass over them.
- **FLESH**
 - Exodus 12:8
 - They were told to eat the flesh.

- **What does this have to do with us? What do we eat at Mass?**
 - The FLESH and BLOOD of the LAMB of God (unblemished and sinless), in the form of BREAD and wine.
 - When we receive the Body of Christ, we receive Him fully: body, blood, soul, and divinity. If we receive the Precious Blood, we are also receiving Him fully: body, blood, soul, and divinity. So whether we partake of one or the other or both, we are still receiving Christ totally and fully.
 - Right before we receive, we say: “Lord, I am not worthy that You should enter under my roof.” Our mouth is like the door, and the roof is the roof of our mouth. We can remember how the blood was placed on the doorposts in order to save those who lived under that roof.

- **Page 6—Joshua at the city of Jericho**
- We see the ark of covenant. The Jewish people kept three things in there:
 - Manna—food for their journey
 - The staff of Aaron (the high priest, their shepherd)
 - The Ten Commandments—the law
- **What is kept before the people of God always, front and center?**
The TABERNACLE.
 - **Who is the new ark of the covenant? MARY** is the new ark of covenant. Her womb will contain JESUS.
 - Jesus is not the *manna* but the **Bread of Life**.
 - Jesus is not the *staff* but the **Shepherd**.
 - Jesus is not the *Ten Commandments* but the **Lawgiver**.
- **Where do we place Jesus now?** In the Tabernacle.
 - The tabernacle is where we place the Bread of life, the Shepherd, and the Lawgiver.
 - Everywhere the ark of the covenant was carried, the Israelites won and were triumphant. So everywhere the church is, everywhere the tabernacle is, the Church is triumphant!
 - When the Church is persecuted, the first thing they try to get rid of is the Tabernacle, because the Eucharist is the center of our faith, and the tabernacle is the hidden treasure in every Catholic Church.

- **Page 7—David**
 - David kills Goliath with the rock, and then takes Goliath’s sword and cuts off his head in victory.
 - **Genesis 3:15**—“I will put enmity between you and the woman, between your offspring and hers; They will strike at your head, while you strike at their heel.”

- **Page 8—Elijah**
- Battling 850 prophets all by himself. They were sacrificing to their gods, and he was sacrificing to the One True God. And Elijah won.
- Queen Jezebel was the evil queen at the time, and even though Elijah proved that his God was the One True God, she did not want anything to do with it. So she persecuted him, and he was forced to run away so he was not killed.
 - Elijah ran away, sits under a tree, and wished that he were dead. But an angel comes to comfort him, and brings him bread.
 - With that bread, he goes to Mount Horeb, and encounters God in the still, quiet voice.
 - The bread of angels is what enabled him to make this long journey and have an encounter with God on the mountain.

- The Eucharist is also our food for the journey towards Heaven!
 - Just like we always want to have food on our table, we should also always strive to have food in our souls, and to nourish ourselves with the Holy Eucharist, the Body and Blood of Christ, that will help us on our journey towards Heaven.

Closing Prayer

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.