J.M.J.

A.M.D.G.

Bread of Life

**Lesson 8: Worthy Reception (and Review)**

**Opening Prayer**

**Statements about the Eucharist**

* The Body and Blood of Jesus Christ are truly, really, and substantially present in the Eucharist.
	+ It is not a symbol or a sign, but really Jesus.
	+ Not a what, but a Who.
* Jesus becomes present in the sacrament of the altar by the transformation of the whole substance of the bread into His Body and the whole substance of the wine into His Blood.
	+ Body, Blood, Soul, and Divinity are *all* present in the Eucharist—He gives everything; we cannot separate Christ.
* After the consecration, Christ is permanently present in the Eucharist.
* The real presence of Christ in the Eucharist is a mystery of our Faith.
* The Eucharist is a true sacrament instituted by Christ.
	+ Promised by Our Lord in John 6, and then instituted at the Last Supper.
* The chief fruit of the Eucharist is an intrinsic union of the recipient with Christ.
	+ That is why we call it *Holy Communion.*
* The Eucharist as food for our soul preserves and increases the supernatural life in our soul.
* The Eucharist is a pledge of heavenly bliss and the future resurrection of the body.
* For children before the age of reason, the reception of the Eucharist is not necessary for salvation.
	+ For adults (those who have reached the age of reason), the Eucharist *is* necessary for salvation.
		- We recognize that the Eucharist is Jesus, and so we must receive Him as He commanded.
		- To purposefully refrain from that union with Christ is a serious sin.
	+ It is a precept (law) of the Church that the faithful must receive the Eucharist at least once per year (during the Easter season).
* The ordinary minister of the Eucharist is a priest. The extraordinary minister is a deacon with permission. And with the need, it can be done by the laity (if approved).
* The Eucharist can be received by every validly baptized person, including children.
	+ Worthy reception—need to be in the state of grace (not in persistent serious sin), also must have proper and pious disposition.
* The Holy Mass is a true and proper sacrifice.
* In the sacrifice of the Mass and the sacrifice of the cross, the same Sacrificial Gift and the primary Sacrificing Priest are identical (JESUS CHRIST).
* The Mass is not merely a sacrifice of praise and thanksgiving, but expiation for our sins, applying the blood of Christ to our lives for the forgiveness of sins, and also so we can implore other needs (bring our intentions to the altar), making offerings of ourselves as well to the Father along with Christ.

**The Two A’s**

Two things necessary to have a proper disposition to receive the Eucharist.

* **Adoration**—expressed through the action of our bodies through kneeling or making a profound bow.
	+ - If our soul is ready to receive the Eucharist, our body should express that.
	+ Two ways of adoration—kneeling or a profound bow.
		- The faithful should receive Communion kneeling or standing. If we kneel, it is a sign of reverence. But if you stand, then you need to show a proper sign of adoration (a profound bow).
* **Amen—**profession of our mouth, our consent, the “I believe” in the presence of Christ in the Eucharist and in the teachings of the Church.

**Tongue or Hand**

*Universal Norm (GIRM)*: the faithful are not permitted to take the consecrated bread or the sacred chalice to themselves, and still less to hand them on to one another. The faithful may communicate either standing or kneeling, however if they are standing they are to make an appropriate gesture of reverence.

*Norms for United States*: same as above.