

BEGIN AT THE END

Why God Humbled Himself in the Eucharist

DEAR PARENTS AND FAMILY,

This is the first Life Night in “Here and Now,” a series on the Eucharist. We began the Life Night with a blindfolded activity that shows how God desires to guide humanity to Him. Next, the Proclaim discussed how God invites us to share in His life through the Eucharist, which fulfills His plan revealed in Scripture. During the Break, your teen gathered in their small group to discuss journeys and struggles with Eucharistic belief. Finally, we ended the Life Night with a brief time of Adoration, reflecting on Eucharistic miracles.

The goal of “Begin at the End” is for teens to understand why God humbled Himself in choosing to come to us and remain with us sacramentally in the Eucharist. The conversation starters below will help you talk to your teen about the content they learned during the Life Night.

MAIN IDEAS

- God’s plan from the beginning was for us to enjoy Jesus’ eternal presence within the Eucharist, as revealed through Sacred Scripture.
- Grace is God’s life within us, and that grace is poured out in and through the sacraments, specifically the Eucharist.
- The Eucharist allows us all to become partakers in the divine nature, taking part in God’s very life in a deep and meaningful new way.

SCRIPTURE REFERENCE

Jesus said: “I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.” (John 15:5)

CATECHISM REFERENCE

“As bodily nourishment restores lost strength, so the Eucharist strengthens our charity, which tends to be weakened in daily life; and this living charity wipes away venial sins. By giving Himself to us Christ revives our love and enables us to break our disordered attachments to creatures and root ourselves in Him.” (CCC 1394)

CONVERSATION STARTERS

- How does our family give thanks to God in our daily lives and during Mass?
- Where have you seen God’s grace in our family?
- How do you think the Eucharist helps us to grow in our relationships with God?

UNCONTAINABLE CONTENTS

Who Is Present in the Eucharist

DEAR PARENTS AND FAMILY,

This is the second Life Night in “Here and Now,” a series on the Eucharist. We began the Life Night with a high-energy game to connect in a fun, competitive way. Next, the Proclaim helped your teen appreciate the Real Presence of Jesus in the Eucharist and how to overcome distractions and deepen their relationship with Him. Finally, we ended the Life Night with an extended XLT event where your teen engaged in worship and praise in Eucharistic Adoration.

The goal of “Uncontainable Contents” is for teens to understand that the Lord desires to relate to us communally and personally in tangible and intimate ways through the Blessed Sacrament. The conversation starters below will help you talk to your teen about the content they learned during the Life Night.

MAIN IDEAS

- Jesus Christ is truly present — Body, Blood, Soul, and Divinity — in His glorified form in the Eucharist.
- We are called to a deep and abiding relationship with God through the Eucharist despite distractions at Mass and in Adoration.
- By virtue of the sacraments, Christ fulfills His promise to be with us always, assuring us all that we are not abandoned or alone; we always have access to Jesus.

SCRIPTURE REFERENCE

“Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour.” (1 Peter 5:8)

CATECHISM REFERENCE

“At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This He did in order to perpetuate the sacrifice of the cross throughout the ages until He should come again, and so to entrust to his beloved Spouse, the Church, a memorial of His death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet ‘in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.’” (CCC 1323)

CONVERSATION STARTERS

- How can understanding the Real Presence of Jesus Christ in the Eucharist help strengthen our relationships
- What distractions draw your attention away during the Eucharistic prayers? How can we help each other overcome them?
- How do the sacraments assure us that we are never alone and always have access to Jesus? How can we make sure to take advantage of that access?

PERFECTION THROUGH IMPERFECTION

How We Access the Eucharist

DEAR PARENTS AND FAMILY,

This is the third Life Night in “Here and Now,” a series on the Eucharist. We began the Life Night with a modeling clay activity that helped introduce the concept of form and substance. This prepared your teen to understand this in the Eucharist. Next, the Proclaim explained how to recognize the gift and mystery of the Eucharist as the center of our Catholic faith and how to participate in it with reverence and joy. During the Break, your teen heard quick biographies of saints describing their experiences with the Eucharist. Finally, we ended the Life Night with a reflection on the words of consecration from Mass.

The goal of “Perfection Through Imperfection” is for teens to understand that the Eucharist is the source and summit of the Catholic faith. As such, we are called to revere and honor both the sacrament and the priesthood, which makes it possible. The conversation starters below will help you talk to your teen about the content they learned during the Life Night.

MAIN IDEAS

- Through the Catholic Church, we have unique and perpetual access to the Eucharistic Lord by virtue of His priesthood.
- By transubstantiation, the gifts of the bread and wine are transformed into the Flesh and Blood of Jesus Christ at every Mass.
- As Catholics, we rightly honor and order our lives to the Eucharist, which is the source and summit of our faith.

SCRIPTURE REFERENCE

“For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins.” (Hebrews 5:1)

CATECHISM REFERENCE

“The Eucharist is ‘the source and summit of the Christian life.’ ‘The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ Himself, our Pasch.’” (CCC 1324)

CONVERSATION STARTERS

- How can our continued understanding of the priesthood make the Mass more meaningful for us as a family?
- How can our family ensure that we approach the reception of the Eucharist with the proper understanding and reverence?
- How can we, as a family, make sure that the Eucharist is at the center of our faith?

TWO EQUALS ONE

The Wedding Feast of the Holy Lamb

DEAR PARENTS AND FAMILY,

This is the final Life Night in “Here and Now,” a series on the Eucharist. We began the Life Night as if entering a wedding reception and played a game where players must find a person who has a word that pairs with the word they have on their back. Here your teen recognized that, much like Jesus and the Church, there are pairs made for one another. Next, the Proclaim discussed how the Eucharist unites us with Christ and His Church and empowers us to live as His disciples and witnesses. During the Break, your teen journaled and reflected on what skills and opportunities they have to evangelize and in what areas they can grow and be bold. Finally, we ended the Life Night with a Eucharistic procession that concluded with prayers to encourage them to share the love of Jesus with others.

The goal of “Two Equals One” is for teens to understand that the Eucharistic celebration at Mass is more than a ritual. It is a ceremony where we become one with God and are empowered to live sanctified lives that bear fruit for the world. The conversation starters below will help you talk to your teen about the content they learned during the Life Night.

MAIN IDEAS

- During communion, the bridegroom, Christ, joins Himself to His bride, the Church.
- The Eucharist was God’s plan from the beginning; even those who followed Jesus personally did not enjoy the closeness and intimacy we are offered through the Blessed Sacrament.
- Strengthened by grace, we are called to live evangelistic lives of boldness and virtue, bearing fruit that will remain.

SCRIPTURE REFERENCE

Jesus said: “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age.” (Matthew 28:19-20)

CATECHISM REFERENCE

“In the Latin Rite the celebration of marriage between two Catholic faithful normally takes place during Holy Mass, because of the connection of all the sacraments with the Paschal mystery of Christ. In the Eucharist the memorial of the New Covenant is realized, the New Covenant in which Christ has united Himself for ever to the Church, His beloved bride for whom He gave Himself up. It is therefore fitting that the spouses should seal their consent to give themselves to each other through the offering of their own lives by uniting it to the offering of Christ for His Church made present in the Eucharistic sacrifice, and by receiving the Eucharist so that, communicating in the same Body and the same Blood of Christ, they may form but ‘one body’ in Christ.” (CCC 1621)

CONVERSATION STARTERS

- How does the Eucharist show the union between Christ and the Church? What does that mean for our family?
- How does participating in the Eucharist give us a more profound intimacy with God, compared to what even Jesus’ closest followers experienced during His time on Earth?
- How can we, as a family, use the grace we receive from the Eucharist to live more boldly and virtuously, bearing fruit that will remain in our community?