

Discussion Questions

Episode 3: Effects of the Eucharist

Kay shared three powerful examples of Eucharistic moments she's experienced. Have you ever had a similar experience where you felt or saw the effects of receiving Jesus?

A principle effect of Holy Communion is that it unites us to Jesus. "He that eats my flesh and drinks my blood abides in me and I in him." We actually become one with him. Have you ever thought about what abiding in Him means to you personally or the effect it could have on your life? How can you abide in him more?

Read more about Viaticum in paragraph 1524 of the Catechism of the Catholic Church and reflect.

Sanctifying Grace "...is intrinsic to the soul, meaning that it inheres or takes up residence in the soul...Actual grace is extrinsic to the soul, meaning that it is an impulse to do good or avoid evil that is sent by God and acts upon the soul much like a tugboat gently nudges an ocean liner to move in a certain direction." CatholicAnswers.com

In order to maintain that sanctifying grace we need to receive Holy Communion to keep it active and going.

What do you think about this? Does it make you want to receive Jesus more frequently? Would you be able to attend Holy Mass even one more day a week?

Concupiscence is the tendency in all of us to sin. We need Holy Communion to keep us out of mortal sin and on a track for greatness. Did you know that the Eucharist cleanses us from venial sins? Do you have a sin that you repeatedly take to confession? If so, trying attending Daily Mass which would provide you with the "medicine" to root out that sin.

If the devil believes in the presence of Christ in the Eucharist, why do you think 70% of Catholics do not believe in the True Presence? Are you of that 70%? What is holding you back from more belief in the Eucharist and what could you do to remedy that?

Pray this prayer at Holy Mass. "Jesus I believe, help my unbelief."

"If we wish to understand the power of Christ's blood, we should go back to the ancient account of its prefiguration in Egypt.

"Sacrifice a lamb without blemish," commanded Moses, "and sprinkle its blood on your doors."

If we were to ask him what he meant, and how the blood of an irrational beast could possibly save men endowed with reason, his answer would be that the saving power lies not in the blood itself, but in the fact that it is a sign of the Lord's blood. In those days,

when the destroying angel saw the blood on the doors he did not dare to enter, so how much less will the devil approach now when he sees, not that figurative blood on the doors, but the true blood on the lips of believers, the doors of the temple of Christ.”

Saint John Chrysostom