

1st Eucharist PARENTS – Presence Discussion Points

Presence – Session 1 – God is with us

1. Martyrs & heroes of the Eucharist

- a. Do you believe this much?
- b. Does your family believe?
- c. See Catholic Times – Aug. 17, 2025,
 - i. pg 12, #1 and pg 14, Q1 A1

2. What do Catholics believe?

- a. Sacrament be able to explain this to your kiddos.
- b. Transubstantiation – super important to explain to your kiddos.

3. God is with His people.

- a. Meals are about sharing relationships with other people.
 - i. How does your family treat meals?
 - ii. See Catholic Times – Aug. 17, 2025, pg 14, Q1 A2
- b. God is love (see 1 John 4:8). RELATIONSHIP – sharing life & building trust – communion w/Him.
- c. God's presence in the Old Testament – was VISIBLE!
- d. The incarnation – “The Son of God became man so that the sons of men could become God.”
- e. Jesus established the Eucharist – the Last Supper & NOW!
 - i. The Eucharist is a WHO not a what.
 - ii. “I consume the Eucharist because I want the Eucharist to consume me.”

“The greatest love story of all time is contained in a tiny white host.” - Venerable Fulton Sheen

Presence – Session 2 – The Story of the Eucharist

1. Scott Hahn – I don't have to die to go to heaven.

2. John 6 – Bread of Life Discourse

- a. Everyone left – Peter's reply

3. The Story of Scripture

- a. Adam & Eve – meant to share in communion w/God forever! - instead, turned away from God
- b. Original Sin separated us from God and from our original purpose.
- c. Passover – meal & sacrifice – w/ rules & script – “we were enslaved in Egypt” not “they”

4. The Last Supper

- a. No mention of a lamb – new script – Jesus reveals He is the new Passover lamb.
- b. “The universe was created as a tabernacle to house the Most Holy Eucharist”

5. Road to Emmaus

- a. 1st day of a new creation – Jesus explains the scripture & gives them the Eucharist
 - i. Jesus is new Adam.
 1. Garden, tree – Tree of Knowledge of Good & Evil / cross – Tree of Life
 2. Eucharist is fruit of new Tree of Life (Cross)
- b. Their eyes are open – A&E to sinfulness & shame, Emmaus – to Jesus & freedom from sin.

6. “This is my body, which was given up for you.”

1st Eucharist PARENTS – Presence Discussion Points

Presence – Session 3 – Bread for the Journey

1. Mother Miriam

- a. Passover – retelling of the Passover story - 1.5 hours before they ate – read right to left.
- b. “As it is said you shall tell your child on that day.”
- c. How I can receive God & not perish, I didn’t know – The God of Abraham, Isaac & Jacob, whom know man could look on and live – is being placed on my tongue.
- d. Eucharist means Thanksgiving – there will never be enough minutes to thank Him.

2. Bread for the journey

- a. Can you imagine your life without the Eucharist?
- b. When I am about to make a big decision in my life, I go to God – Mass, Eucharist, Tabernacle
- c. Follow me & all your suffering will go away – NO – follow me & I’ll always be present – in the midst.
- d. God gives the Israelites manna for their journey in the wilderness – prefigures the Eucharist.
- e. The Eucharist sustains us on our spiritual journey – from slavery (to sin) to heaven.
- f. The Eucharist is a foretaste of Heaven.
 - i. We receive Christ, who is our ultimate goal.
 - ii. We are brought into communion with God & w/everyone else who is in communion w/God.
 - iii. In the Mass, we worship God together with all the angels and saints in Heaven.

3. The Mass

- a. Liturgy of the Word
 - i. We encounter God in Scripture.
 - ii. We respond in faith through the Creed and the Prayers of the Faithful.
- b. Liturgy of the Eucharist
 - i. The sacrifice of Jesus is made present in the Eucharist.
 - ii. The climax of the liturgy is when we receive Jesus in Holy Communion.
- c. Story of Emmaus
 - i. Liturgy of the Word – Jesus interprets the Scriptures for the disciples.
 - ii. Liturgy of the Eucharist – Jesus takes, blesses, breaks, and gives the bread.
- d. At Mass, the Last Supper, the Crucifixion, the Death, & the Resurrection of Jesus are made present.

4. Rules for receiving the Eucharist *protection, reverence, love, bow*

- a. Never receive the Eucharist in a state of mortal sin (see 1Cor 11:27-29).
- b. Fast from food and drink (except water or medicine) for at least one hour before receiving.
- c. Receive at least once a year.

5. Our participation in Mass

- a. Fellowship - Colossians 1:24 – we participate in Christ’s sacrifice.
- b. Sacrifice - Intentionally give ourselves back to God when we receive the Eucharist.
 - i. Put yourself on the altar as a sacrifice, offer your struggles & good things.
- c. Thanksgiving - The Eucharist is our offering of thanksgiving to God.
 - i. Take time to rest w/Jesus after receiving Communion.

6. Eucharistic adoration

- a. “I look at Jesus, and Jesus looks at me”.
- b. Jesus is present in every Tabernacle, waiting for us.

7. Sent forth

- a. *Ite, Missa est* – we are sent out from Mass with a purpose.
- b. The world needs us to share what we have received.

1st Eucharist PARENTS – Presence Discussion Points

Living Faith – Episode 2, Part 1 – The Mass

<https://app.formed.org/app/videos/3383192?cid=1071399>

There is infinite grace available in every Mass and confession, but our subjective experience may not reflect this objective reality.

The Sacraments are ways God majorly helps us out.

They are massive rivers flowing from God / heaven to you.

The focus of this episode is unlocking more grace from Mass and confession.

PART 1 – The Mass

This is the greatest privilege, greatest thing we can ever take part of on this earth.

Objectively – Jesus is worshiping the Father, the Father is receiving the gift from His Son.

Subjective – our experience of that.

An infinite amount of grace is being released at the Mass, but if our heart is not open, have the right posture we won't receive it. Ex. Thimble & Niagra Falls.

The more we open ourselves, the more we can expand our hearts & receive more.

What can we do to participate better at Mass?

1. Be there
2. Prepare
3. Pray

If the people of the world knew what it was – we wouldn't be able to get a seat at Mass.

4 ends (purpose) of the Mass:

1. Adoration
2. Thanksgiving
3. Atonement
4. Petition