

Hook/Introduction

Have you ever climbed to the top of a mountain or hill? When you get to the top, it's always so beautiful and an amazing experience!

You can think of participating in the Liturgy like climbing a huge mountain. Receiving the Eucharist, or partaking in Communion, is the top of the mountain. It is the pinnacle of the Liturgy when God feeds us the ultimate food for the soul.

Christ gave us the gift of the Eucharist to help us live a holy life, grow in virtue and become the best version of ourselves.

God had a master plan since the beginning of creation. He knew man would sin and fall and He made a plan for the *salvation* of mankind and prepared the world for the *incarnation* of His Son, the Word of God as a Man who then takes what is ours and gives us what is His.

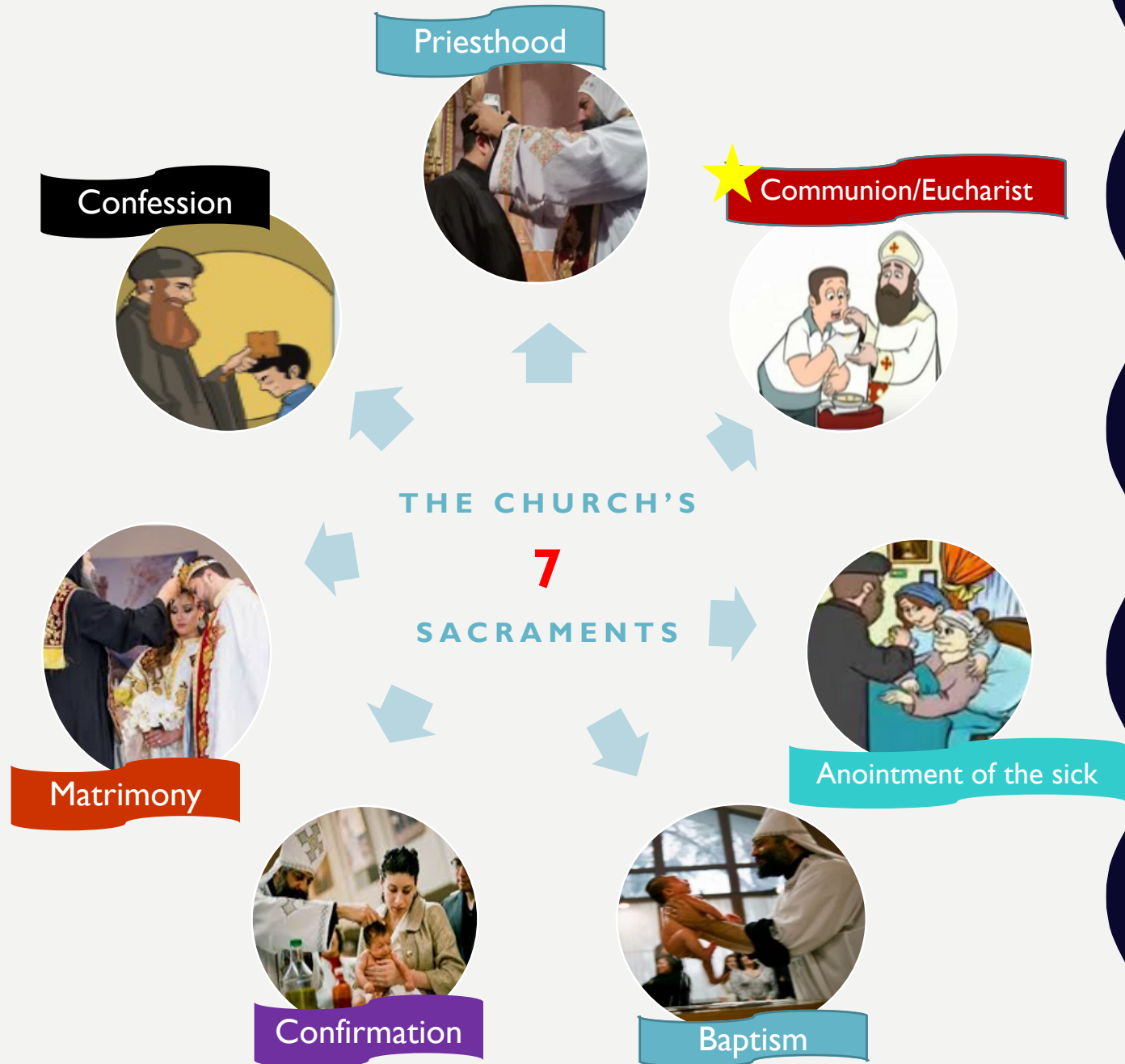
The Lord allowed us to partake of what is His importantly through the partaking of His very own Body and Blood and as He told His disciples on the last night before His crucifixion in the last supper. 'Take, eat; this is My body.' Then He took the cup, and gave thanks, and gave it to them, saying, 'Drink from it all of you. For this is My blood of the new covenant, which is shed for many for the remission of sins'" (Mt 26:26-28).

'Take, eat; this is My body which is broken for you; do this in remembrance of Me.' In the same manner He also took the cup after supper, saying, 'This cup is the new *covenant* in My blood. This do, as often as you drink it, in remembrance of Me.' For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes" (1 Cor 11:23-26)

THE EUCHARIST

THE CROWN OF SACRAMENTS

*"I AM THE LIVING BREAD WHICH CAME DOWN FROM HEAVEN.
IF ANYONE EATS OF THIS BREAD, HE WILL LIVE FOREVER AND
THE BREAD THAT I SHALL GIVE IS MY FLESH" (JN 6:51)*



★ **THE EUCHARIST IS ONE OF THE SACRAMENTS. IT IS CALLED DIFFERENT THINGS**



**Eucharist =
Thanksgiving**



**Communion =
Unification of
believers**



**Crown of
Sacraments**

EUCHARIST IN THE OLD TESTAMENT

THE OFFERING OF MELCHIZEDEK



“MELCHIZEDEK KING OF SALEM BROUGHT OUT BREAD AND WINE; HE WAS THE PRIEST OF GOD MOST HIGH”
(GEN 14:18)

THE PASSEOVER LAMB



“FOR INDEED CHRIST OUR PASSEOVER, WAS SACRIFICED FOR US”
(1 COR 5:7)

THE MANNA THE ISRAELITES ATE



“THIS IS THE BREAD WHICH CAME DOWN FROM HEAVEN NOT AS YOU FATHERS ATE THE MANNA , AND ARE DEAD. HE WHO EATS THIS BREAD WILL LIVE FOREVER (JN 6:58)

EUCHARIST IN THE NEW TESTAMENT

THE LAST SUPPER



“TAKE, EAT; THIS IS MY BODY.’ THEN HE TOOK THE CUP, AND GAVE THANKS, AND GAVE IT TO THEM, SAYING, ‘DRINK FROM IT ALL OF YOU. FOR THIS IS MY BLOOD OF THE NEW COVENANT, WHICH IS SHED FOR MANY FOR THE REMISSION OF SINS”
(MT 26:26-28)

CHRIST’S DEATH



“FOR AS OFTEN AS YOU EAT THIS BREAD AND DRINK THIS CU, YOU PROCLAIM THE LORD’S DEATH TILL HE COMES” (1 COR 11:23-26)

TRANSFORMATION DURING LITURGY

- During the Liturgy, during the invocation of the Holy Spirit (Epiclesis) at the point when the deacon says. “worship God in fear and trembling”, the holy Spirit comes and transforms the bread and wine into the body and blood of our Lord Jesus Christ.
- St. John of Damascus says, “And now you ask how the bread becomes the body of Christ, and the wine and the water become the blood of Christ. I shall tell you. The Holy Spirit comes upon them, and achieves things which surpass every word and thought...Let it be enough for you to understand that this takes place by the Holy Spirit”.

TO HELP UNDERSTAND HOW COULD BREAD AND WINE TRANSFORM INTO TRUE BODY AND BLOOD THROUGH THE EUCHARIST SACRAMENT, WE NEED TO UNDERSTAND WHAT IS A SACRAMENT



BENEFITS OF THE EUCHARIST



Abiding in Christ



Eternal Life

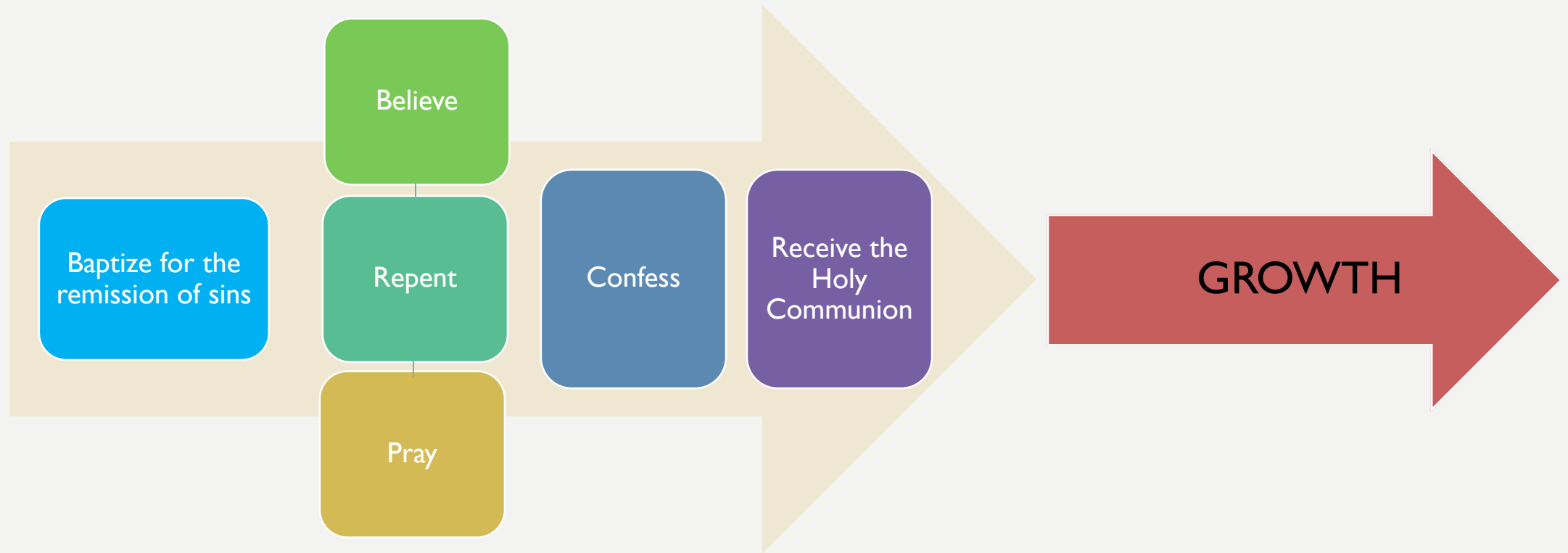


**Salvation &
Remission of
sins**



Covenant with God

THE EUCHARIST IS AN ESSENTIAL PART FOR THE GROWTH AND MAINTENANCE OF OUR SPIRITUAL LIFE



TAKING THE EUCHARIST WORTHILY – BE PREPARED

Belief in the true Body and Blood in the mystery of the Eucharist

Reconciliation with others

Regular confession and repentance

Physical preparation with fasting and cleanliness

Knowing that we are not worthy but God is so kind to let us

Knowing that taking communion unworthily can lead to condemnation

LIFE APPLICATION



We are united in Christ through Holy Communion

Communion helps us grow spiritually and will help me live eternally with Christ.

We can not be the best version of myself without receiving Christ in me through communion.