

St. Brigid's

Family Faith Formation BREAD February Session #5

(Please note February session is in January workbook and January is in February)

The Eucharist: Jesus the Passover Lamb



“I am the living BREAD that comes down from heaven; whoever eats of this BREAD will live forever; and the BREAD that I will give is my flesh for the life of the world ” (John 6:51)

BREAD Resource Page: [Latest News from Faith Formation](#)

This month we focus on:

- I The Passover and the Eucharist**
- II The Eucharist and Holy Mass**
- III Sacred Art Discussion: Mond Crucifixion**

Saints of the Month:



PG: 140-142
AB: 158-161

Word to know:

Covenant
Eucharist
Passover
Pascha
Paschal Lamb

Chapter
Overview
John 20:22-23
PG108-116
AB164-167

Do activity #1
“What is the Eucharist”
PG:117-119
AB:110-111

Bonus Activity
PG: 120

Do activity #2
“The Passover Sacrifice”
PG:121-122
AB:112-113

Bonus Activity
PG: 1123

St.Thomas Aquinas:

(c. 1225–1274) was a devout Catholic priest, Dominican friar, theologian, and philosopher, considered one of the most important figures in Catholic history, a Doctor of the Church, and a key figure in shaping Catholic theology and philosophy. He is revered for integrating faith and reason and his influential writings, like the *Summa Theologica*, are foundational to Catholic thought. He was a proponent of natural theology and the father of a school of thought (encompassing both theology and philosophy) known as **Thomism**. He argued that God is the source of the light of natural reason and the light of faith

The Source and Summit: Introduction to the Eucharist

“He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.” John 6:54

These words are at the very heart of our Catholic Faith, and so we have to accept them and try to understand them as best we can if we want to live as followers of Christ.

The Sacraments of Initiation culminate in the Eucharist.

- Although in many places Confirmation is received last, the Church refers to the Eucharist as the “last of the Sacraments of Initiation.”
- The Catechism refers to the Eucharist as “Sacrament of Sacraments” and the “Source and Summit of the Christian Life.
- All other Sacraments flow from it and return to it!
- At the **Easter Vigil Mass** the catechumen who entered the Church, first they are Baptized, then they are Confirmed, and then it all culminates in them receiving their first Holy Communion.
- Remember that Jesus said “Whoever eats my flesh and drinks my blood has eternal life.” **By receiving the Eucharist, which re-presents Jesus’ sacrifice on the Cross, we are initiated into the promise of eternal life that Christ’s death and resurrection gave us.**

Food for the Journey

- Just like our natural bodies need food to survive, our souls need spiritual nourishment in order to survive!
- Jesus uses the matter of food (bread and wine) to point towards the spiritual reality of receiving and consuming Him to sustain our souls.

I. The Passover and the Eucharist

- A. St. Augustine said, “The New Testament lies hidden in the Old and the Old is unveiled in the New.”
 1. The Eucharist is not only the culmination of the Sacraments of Initiation but the culmination of all of Salvation History.
 2. It is prefigured throughout the entire Old Testament, finds its origin in the Incarnation, its institution at the Last Supper, and its full revelation and significance in Christ’s death and resurrection.
 3. The most significant of these prefigurements is the Passover.
- B. The Passover

Do activity #3
“Jesus, Our
PassoverLamb”
PG:124-128
AB: 116-117
AB: 118-119
AB: 120-121
AB: 122-123
AB: 124-125
AB: 126-127

Activities:
Sp: 129
En: 127

Do activity #4
“Old Covenant”
PG: 129
AB: 146-149

Word to know:
Altar
Tabernacle
Transubstantiation

Lesson # 7

Do Activity #1
“This Is My
Body”
PG: 132-134
AB:150-153

Bonus Activity
PG: 135

Do Activity #2
“Receiving the
Blessed
Sacrament
Worthily”
PG: 136-137

Bonus Activity
PG: 137
AB: 154-157

Do Activity #3
“The Effect of
Holy
Communion”
PG:138-139

1. The Passover was promulgated in the Book of Exodus. Moses gave the instructions and commanded the Israelites to celebrate it so that their first born would be spared when the plague hit the Egyptians.
 2. After that point they were expected to celebrate it every year in commemoration of their freedom from slavery.
 3. They had to sacrifice a lamb and consume it.
- C. How does the Passover prefigure the Eucharist:
1. Lamb had to be 1 year old (in prime of life) male without blemish→ Jesus is male, 33 (in prime of life), without sin.
 2. Lamb had to be sacrificed in an assembly at evening twilight→ Jesus had a crowd present at the crucifixion and died at 3pm (evening twilight)
 3. Not a bone could be broken on the lamb→ Jesus had no bones broken at crucifixion
 4. The lamb had to be eaten. Moses commands 5 times in Exodus 12 that the lamb must be eaten→ Jesus tells us to eat His body, in John 6 he says 5 times that we must eat his flesh and drink his blood
 5. Passover is the celebration of Israel’s freedom from slavery in Egypt→ The Eucharist is the celebration of our freedom from sin.
 6. Jesus celebrates the first Eucharist at the Passover
 7. The Passover commands the only unleavened bread can be eaten during the celebration. → Jesus turns unleavened bread into His body
- D. Jesus Gives the Passover its definitive meaning
1. In the first chapter of the Gospel of John, John the Baptist points to Jesus and says, “Behold the Lamb of God.”
 2. Lamb of God to a Jew meant one thing→ Passover Lamb
 3. What was a good Jew supposed to do with the Passover Lamb→ Sacrifice it and eat it!
 4. At the Last Supper Jesus institutes the Eucharist in the context of the Passover celebration.
 5. He is the Lamb of God and the Eucharist now becomes the new and everlasting sacrifice of the New Covenant.

Now that we know how the Eucharist is the fulfillment of the Passover let’s take a closer look at its celebration through the Mass and why it is such an important Sacrament for us to partake of.

II. The Eucharist and Holy Mass

1. The Mass is literally Heaven on earth.
 2. The Mass is the gift Jesus has given us so that he can quite literally be with us in the flesh.
 3. The Mass is celebrated in two main parts: The Liturgy of the Word and the Liturgy of the Eucharist.
- A. Transubstantiation
1. The change of the bread and wine into the Body and Blood of Jesus is called 3
 2. They still appear and look like bread and wine but their entire substance changes.
 3. It is now truly the body, blood, soul and divinity of Jesus Christ.
 4. Christ could not have been more explicit in the words He used: “This is my Body...This is my Blood...”
 5. He did not say, “This is a sign of my Body” or “This represents my body.” His words were very clear and we take Him at His word.
- B. What are the fruits or effects of Holy Communion?
1. Being able to receive Jesus in the Eucharist is the most precious gift we have. We need the Eucharist spiritually like we need food physically. It truly is our fuel for the journey.
 2. The effects of receiving Holy Communion are:
 - a. We are united with Jesus Christ
 - b. Our souls and spiritual life are strengthened
 - c. Helps us avoid sin
 - d. Strengthens our charity
 - e. Separates us from sin by forgiving venial sin and helping us avoid mortal sin in the future.
 - f. Helps us see the face of Jesus in the poor.
 - g. Unites us with other Christians.
 - h. The Eucharist strengthens and nourishes the Body of Christ. It unites those of us here on earth with those in Heaven and in Purgatory

The Eucharist is a gift of great value and so the Church calls us to treat it worthily.

- a. We should fast for at least one hour before receiving, only consuming water or medicine.
- b. Encourage our children to dress in appropriate attire for Mass as a sign of respect.
- c. Receive on the tongue or in one’s hand (if you do so on the hand, make sure they are clean and empty. Place your left hand flat over your right and put the host in your mouth right away. Do not wait until you return to your pew.)