

ALIVE IN CHRIST

GRADE 5

The Seven Sacraments

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Our Sunday Visitor

Liturgy of the Eucharist

Let Us Pray

Leader: Generous God, you satisfy our hungry hearts.

“Then I will thank you in the great assembly;
I will praise you before the mighty throng.”

Psalm 35:18

All: You feed us, Lord, with the Bread of Life and the Chalice of Salvation. We are full—full of thanks. Amen.

Scripture

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? **1 Corinthians 10:16**

What Do You Wonder?

- How is the Mass a meal and a sacrifice?
- How do you participate in the Body of Christ?

Jesus Feeds Us

What hunger does the Eucharist satisfy?

Crowds followed Jesus around the countryside to hear him speak and to be healed. One time, the crowds followed Jesus to a town called Bethsaida. After a long day, the crowd was getting hungry. Yet, they showed no signs of leaving.

Scripture

The Feeding of the Five Thousand

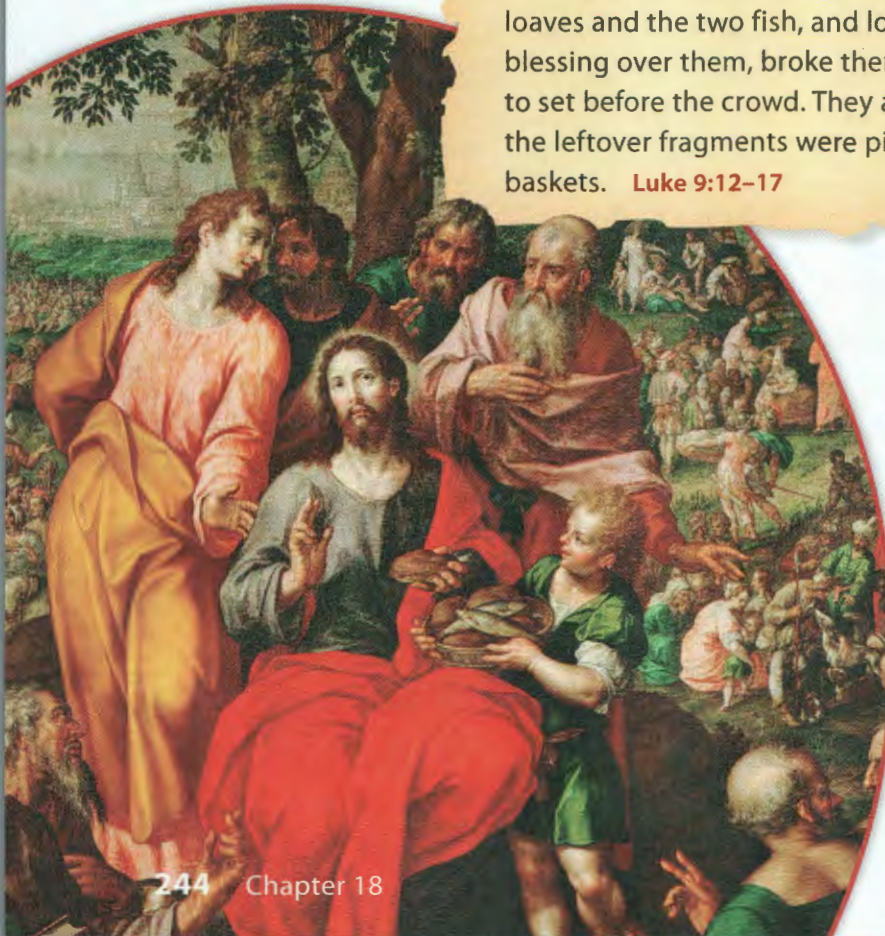
As the day was drawing to a close, the Twelve approached [Jesus] and said, "Dismiss the crowd so that they can go to the surrounding villages and farms and find lodging and provisions; for we are in a deserted place here."

[Jesus] said to them, "Give them some food yourselves."

They replied, "Five loaves and two fish are all we have, unless we ourselves go and buy food for all these people."

Now the men there numbered about five thousand. Then he said to his disciples, "Have them sit down in groups of [about] fifty."

They did so and made them all sit down. Then taking the five loaves and the two fish, and looking up to heaven, [Jesus] said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets. **Luke 9:12-17**



- ➔ How did Jesus feed the crowd?
- ➔ How does Jesus feed us today?

In this painting, the artist depicts the Apostles and others reacting to Jesus' command to feed the five thousand people gathered. What is their reaction?



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Bread of Life

No matter what the cause, the hunger that people suffer is real. But those who hunger for bread also hunger for spiritual food. This hunger is as real as physical hunger. It is the hunger for happiness and love. Only God can feed this hunger, for God alone is the source of true happiness. God gave people a taste of true happiness in Jesus, the Savior.

In the Sacrament of the Eucharist, you share the Bread of Life and the Cup of Salvation. You taste the happiness you will one day experience with God in Heaven. The bread you eat at meals and the Eucharist are similar because both offer nourishment. The Eucharist, however, offers lasting spiritual nourishment and the promise of eternal life.

Share Your Faith

Reflect Think of ways in which the Eucharist is food for others.

Share Imagine that you are producing a movie called *Bread of the World*. With a partner, write a script for one scene of your movie. Act out your scene for the group.



The Eucharistic Mystery

Why is the Eucharist a sacrifice?

At the Last Supper, Jesus' words and actions changed the traditional Passover meal into something new. It became a living memorial of the sacrifice Jesus was about to make by his Death.

Catholic Faith Words

consecration the part of the Eucharistic Prayer in which the priest prays the words of Jesus over the bread and wine, and these elements become the Body and Blood of Christ

transubstantiation the process by which the power of the Holy Spirit and the words of the priest transform the bread and wine into the Body and Blood of Christ

Blessed Sacrament the Holy Eucharist, especially the Body of Christ, reserved in the Tabernacle

Scripture

The Lord's Supper

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins." **Matthew 26:26–28**

➔ In what part of the Mass do you hear these words?

In order to give himself to his followers as the Bread of Life, Jesus died on the Cross. His Death was a perfect sacrifice of love. It brought salvation and the abundance of God's grace to the world. In the Eucharist, Christ unites his followers to his own sacrifice so that they can experience salvation.



The Liturgy of the Eucharist

Every time you participate in the Eucharist, you share both in the meal and in the sacrifice of Jesus. Throughout the Mass, the assembly is gathered and led by God's Spirit. In the Eucharistic Prayer, the people, led by the priest, ask the Father to send his Holy Spirit. This great prayer is at the heart of the second main part of the Mass during which we receive Jesus' Body and Blood—the Liturgy of the Eucharist.

The priest calls on the Holy Spirit to make holy the assembly and the gifts of bread and wine. In the part of the prayer called the **consecration**, the priest prays Jesus' own words from the Last Supper to consecrate the bread and wine. By the words of the priest and the power of the Holy Spirit, the wheat bread and grape wine are transformed into the Body and Blood of Christ. The Church refers to this mystery as **transubstantiation**. Through the action of the priest, Christ himself offers the sacrifice. Prayers for the whole Church follow. The Eucharistic Prayer ends with praise for the Trinity, and the assembly responds with the Great Amen.

When you truly believe and respond in faith, you can be transformed by the Body and Blood of Jesus. Through the Eucharist, you live in Christ, and Christ lives in you.

Outside of Mass, many Catholics participate in Eucharistic Adoration. They pray prayers of adoration before the **Blessed Sacrament**. The Blessed Sacrament is another name for the Holy Eucharist, especially the Body of Christ reserved in the Tabernacle.



Underline the meaning of transubstantiation.

Connect Your Faith

Talk About Sacrifice Write your responses to the following questions:

1. What did Jesus sacrifice for us? Why?
2. How does the Church celebrate and participate in that sacrifice?

Our Catholic Life

What does it mean to live the Eucharist?

Having received Christ in the Eucharist, the assembly is sent forth in the Concluding Rites with the responsibility to live the Eucharist. There are ways to be more active in living the Eucharist in your daily life.



Place check marks next to the things you will do this week.

Share the Gift of Love

- | | | |
|--------------------------|--------------------|--|
| <input type="checkbox"/> | Give thanks | Every day, think about the gifts that you and your friends and family have been given and thank God for them. |
| <input type="checkbox"/> | Communicate | When you are with a friend or family member, listen to what that person is saying. When it is your turn, share your thoughts and feelings. |
| <input type="checkbox"/> | Go forth | Observe your school and neighborhood. Identify people who need help or situations that you could improve, and take some action. |
| <input type="checkbox"/> | Sacrifice | Once each day, do something to help someone else, but do not tell anyone about it. |
| <input type="checkbox"/> | Remember | Set aside some special time to read the stories of Jesus in the New Testament. Think about what they are saying about your own life. |



People of Faith

Saint Clare of Assisi, 1194–1253

August 11

Saint Clare was one of the first people to follow the teaching of Saint Francis of Assisi. She lived with a group of women who were very poor and prayed all the time. Despite their hard life, Clare and the other women were very happy because they knew God loved them. Saint Clare believed that Jesus was really and truly present in the Eucharist. Two times, when enemies wanted to attack the town of Assisi, the people asked Clare for help. She came to the walls of the city, holding the Blessed Sacrament in her hands. Both times the enemy ran away in fear.



Discuss: How do you show your devotion to the Eucharist?



Learn more about Saint Clare of Assisi at aliveinchrist.osv.com

Live Your Faith

Write and illustrate a story board in the space below that shows how people your age can live out the Eucharist. Make sure to include yourself in your illustration.



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 Let Us Pray

Prayer of Gratitude

This prayer of gratitude helps us to be grateful for the Eucharist and to live the Eucharist in our lives.

Gather and begin with the Sign of the Cross.

Leader: In his great gift to us, Jesus, the Bread of Life, gave us his very life and love. We gather to thank him.

Reader 1: Because there are times we are worried or discouraged,

All: thank you for coming to us, O Bread of Life.

Reader 2: Because we can do nothing alone,

All: thank you for coming to us, O Bread of Life.

Reader 3: When others are lonely or left out,

All: we will be bread of life for others.

Reader 4: When people are in need of kindness, care, or a helping hand,

All: we will be bread of life for others.

Reader 5: When we give thanks to family and friends who have been there for us,

All: we will be bread of life for others.

Leader: Jesus, Bread of Life, you nourish us. Teach us, through this nourishing, to be nourishment for others.

All: Amen.




Sing "Blest by Your Sacrifice"



YOUR CHILD LEARNED >>>

This chapter explains the significance of the bread and wine becoming the Body and Blood of Christ, expressing the Mass as a holy meal and a sacrifice.

Scripture

 Read **1 Corinthians 10:16** to see what Saint Paul wrote about the Body and Blood of Christ.

Catholics Believe

- In Sunday worship and daily living, we show that the Eucharist is the source and the summit of the Catholic Church.
- The power of the Holy Spirit and the words of the priest transform the bread and wine into the Body and Blood of Jesus.

To learn more, go to the *Catechism of the Catholic Church* #1324, 1372, 1398 at uscgb.org.

People of Faith

This week, your child learned about Saint Clare of Assisi, one of the first followers of Saint Francis of Assisi. Clare's devotion to the Blessed Sacrament saved her town from attack two times.

CHILDREN AT THIS AGE >>>

How They Understand Transubstantiation The process of transubstantiation, by which our gifts of bread and wine become the Body and Blood of Jesus, is a mystery to most adult Catholics, and even more of a mystery to children. With the trust and openness of young children, First Communicants (often second-graders) can accept this doctrine on faith. Fifth-graders are sometimes more skeptical. It helps them to know that Jesus promised in Scripture that he would be with us in this way, that early Christians professed this belief, and that the Catholic Church has upheld this doctrine for 2,000 years.



CONSIDER THIS >>>


How focused are you on what you eat?

Everywhere in our culture we see and hear messages about food. One of those familiar messages is "you are what you eat." Saint Augustine proclaimed that when we consume the Eucharist, "we become what we eat." Our need to be nourished and fed by God in the Eucharist is essential and central to our lives. As Catholics, we know that "Holy Communion increases our union with Christ. Just as bodily food sustains our physical life, so Holy Communion nourishes our spiritual life. This Communion moves us away from sin, strengthening our moral resolve to avoid evil and turn ever more powerfully toward God" (*USCCA*, p. 223).

LET'S TALK >>>

- Ask your child to explain the Liturgy of the Eucharist, the second main part of the Mass.
- Share how your family lives the Eucharist.

LET'S PRAY >>>

 Saint Clare, pray for us that we may share your faith and trust in God's love, and your respect and love for the Eucharist. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.

