

# 5—Holy Eucharist Nourishes Us on Our Journey

## *Objectives*

By the end of this lesson students will be able to ...

- state that through the Mysteries of Initiation, they become members of the Church and receive the gift of the Holy Spirit.
- understand that Christ is the Bread of Life Who keeps them spiritually alive.
- recognize that every time they receive the Body and Blood of Christ, they renew their baptismal promise to live out their life in Jesus Christ.

## *For the Catechists*

This lesson asks the students to realize and accept their relationship with Jesus Christ that was started on the day of their Baptism. The Mysteries of Initiation (Baptism, Chrismation, and Eucharist) give us symbols of our life-long process of growing in the image and likeness of God. Through immersion in Baptism, Christians die to their own self and are born again. The chrism, a blend of holy oils, anoints the newly-baptized and seals the Christian in the Gift of the Holy Spirit. Clothed with the oil of gladness and the white garment of righteousness, the baptized walk with sponsors and the priest in a procession around the font as a symbol of the journey of life in Christ. Faith in Christ is affirmed by singing "All of you who have been baptized into Christ have been clothed with Christ"—the words vary according to jurisdiction.

Help the students realize that every time they receive the Eucharist, they are renewing their baptismal promise to follow Christ in all that they do. They are receiving strength to follow Christ in a world filled with opportunities to turn away from Him.

Regretfully, many Christians attend Liturgy and receive Holy Eucharist because that is what they are supposed to do. This year the focus on the Liturgy is trying to help the students learn about the meaningful relationship they enter into every time they attend Divine Liturgy and receive Holy Eucharist. The goal of these lessons is to help students realize God gives them the gifts of the Body and Blood of Christ, and the students give God their gift of faith and love. They became one with Christ at their Baptism, but they need to experience that oneness throughout their lives. Help the students learn to want to be members of the Church for the rest of their lives.

*Lessons about the Mysteries of Initiation are included in all the levels of the God With Us series. This lesson includes some details, but more can be found on the DVD: A New Life in the Trinity: An Eastern Christian Introduction to the Mysteries of Initiation that can be found on the Online Store at GodWithUsbooks.com. under the H.S. & Adult Courses.*

## *Materials Needed*

*Opening Prayer:* Prayer Page ("O Heavenly King") for your jurisdiction

*Icon:* Christ the Teacher (*Come Bless the Lord* icon packet #4).

*Closing Prayer:* "We have seen the true light..."—in the student book

Pens, pencils, markers and white paper

## 1. Opening Prayer

- Chant or recite "O Heavenly King."

## 2. Introduction

Ask students to share stories about when they were really hungry and thirsty. Use this as an opportunity to say that is how they should feel about wanting to receive Holy Eucharist.

## 3. Guided Reading

- Before the reading, review last week's objectives. Then summarize this week's objectives of the lesson on a wall pad or easel pad to use for review next week.
- Have students read text aloud. Help them discover the ways the Mysteries of Initiation helped them get started on their journey. Emphasize the importance of receiving the Eucharist.
- For the scriptural passage from John 6:48-58, ask all students to read aloud together. Give time to share what they think the early Christians thought about all this passage. What do they think about the reality of these words?
- Allow a few minutes to complete "My Personal Journal." Ask the students to share answers.

## 4. Scriptural Reflection

- Help students find Galatians 3:26-27 and 2 Corinthians 1:21 -22.
- Before reading aloud, have students make the sign of the cross. Remind them that reading Scripture is praying..
- Look at the baptismal picture and ask the students to see themselves in that
- Give the students 3 minutes to answer the questions and read the passage again.
- Ask the students to work in groups of 2 and share their answers aloud.
- Possible answers:
  - Through faith we became "children of God." God is my Father.
  - I became "clothed" with Christ." I became one with Christ.
  - The seal of God and the Holy Spirit.
- Ask: "How do you think everyone felt at your Baptism? Why?"  
"What do you think it means when you say you are baptized?"

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### ***Background Reading (Proverbs)***

"The Church has made attendance at the Liturgy a matter of law. This was not to put a burden on us, but because it is such a wondrous event that we could not be Christian without it... We are worshiping God by giving Him our whole mind and heart. He unites this gift of ourselves with the gift of the Body and Blood of His Son, and changes and transforms our offering of praise into the greatest and most loving undertaking ever accepted, and our very selves into 'sharers of the divine nature' (2 Peter 1:4)" (*Journey* TM 112).

## 5. From the Teaching of the Church Fathers

- Ask one student to read the information about Church Fathers
- Have the students answer the questions; then discuss their answers.
- Possible answers:

*When I was baptized, I became inseparable with Christ.*

*We become one with Christ. We become holy. We need to make good choices.*

## 6. Liturgical Study

- Read the paragraphs aloud.
- Ask the students to remain silent and reflect on the Mysteries of Initiation.
- Ask: "Would people pay more attention during the Divine Liturgy if they thought God was asking them to do something? What is God asking them to do?"
- The word Liturgy means the "work of the people." Remind the students that when they sing the hymns, they are doing their "job" at church—they are proclaiming their faith.

## 7. Closing Prayers

Pray the "We have seen the true light..." found in the student book.

### Supplemental Activities:

Review—At the end of the lesson, ask the students what they remember by using one of the following suggestions:

1. Do a survey. Ask family members how being baptized has changed their lives. Bring the survey to class next week to share. From those answers write an invitation to all people to become baptized.
2. Draw a picture or symbol that represents what we become when we receive the Eucharist. Have the students share their drawing and display the drawings if possible.
3. Write a manual that explains how families can get the most from their family meals. Make suggestions that will help the family grow closer together with each other and God.

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### ***Background Reading (The Liturgy as Union with God)***

After communion, we are a new person. We are deified. We are now worthy of God.

"We have seen the true light." We are enlightened. "We have received the heavenly Spirit." We are christened. We are now the Body of Christ and, therefore, we are all equal. Communion is the primary democracy, for no one can receive more or less of Christ. This is the teaching of St. John Chrysostom, "All things are equal between us and you, even the very chief of our blessings. I do not partake of the Holy Table with greater abundance and you with less, but both equally partake of the same. And if I take it first, it is no great privilege, since even among children, the elder first extends his hand to the feast, and no advantage is gained in this way. But with us all things are equal. The saving life that sustains our souls is given with equal honor to both. I do not indeed partake of one Lamb and you of another, but we partake of the same. We both have the same baptism. We have been given the same Spirit. We are both hastening to the same kingdom. We are alike brethren of Christ, we have all things in common" (Fourth Homily on 1 Thessalonians).

February, 2003 (2) issue:

<http://www.davidpetras.com/download/THE+LITURGY+AS+UNION+WITH+GOD.doc>

## Unit 1 Review

### Lesson 1:

- 1) Who should you follow as you travel on your journey to God? (*Jesus*)
- 2) Explain how the Church Fathers use a boat to represent the Church. (*When we attend the Divine Liturgy, we are in the nave of the church with the priest leading us on our journey to heaven.*)

### Lesson 2:

- 3) Why do we use the pronoun **we** in our prayers during the Divine Liturgy? (**We** reminds us that all of us come together as one Church family, a community, to worship God.)
- 4) What is the name of the group of people God chose to be His people? (*Israelites*)

### Lesson 3:

- 5) Who reveals God to us? (*Jesus Christ.*)
- 6) Identify signs of Christ's presence in the Divine Liturgy. (*Icons, Gospel Book, Holy Cross.*)

### Lesson 4:

- 7) Define Church? (*The community in which Christians live out their journey to God.*)
- 8) We profess our faith as followers of Christ every time we recite or sing \_\_\_\_\_.(*The Nicene Creed*).

### Lesson 5:

- 9) When did you become a member of the Church and receive the gift of the Holy Spirit? (*At Baptism through the Mysteries of Initiation*)
- 10) Every time you receive Holy Eucharist, you renew your baptismal promise. What is that promise? (*To be clothed in Christ; to grow in my relationship with Christ; to learn to become more like Christ; to live out my life in Christ.*)

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