

# SACRAMENTS OF INITIATION PART 2

## Aim

To develop in the young person an understanding of the Sacrament of Eucharist.

## Resources

### Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links

### Young People

- Catholic Youth Bible
- Journal
- Fuel – The Daily Catholic App

### Materials for this session

- Symbols of Eucharist
- Download **Activity Sheet: Sacraments of Initiation Puzzle** from [www.crossroadsrcia.org](http://www.crossroadsrcia.org) (copy on page 46)

## Preparation

### for Catechist

Spend some time in prayer for the young person.

Think of your own stories and be ready to share these.

## Background

### information for Catechist

The sacrament that completes initiation into the Catholic Church is the Sacrament of Eucharist. We gather around the table of the Lord, the altar, to celebrate Mass.

As Catholics we believe that Jesus is truly present in the Eucharist so when we receive Communion, we are receiving Jesus. It is a spiritual food that through the Holy Spirit becomes the Body and Blood of Christ. We are nourished so that we may become like Jesus and live a Christian life.



## Reflection

As we gather, we light a candle to remember that Jesus is the light of the world.

Sit quietly and listen to the guided meditation. Think back over your day and the week since we last met.



## Video

"Quietly" - A new Instrumental Piano Album from Scripture Lullabies:

[https://www.youtube.com/watch?v=e06\\_n9m9jbA](https://www.youtube.com/watch?v=e06_n9m9jbA)

Video **Link 5.1**



Thinking back over your day, is there something you would like to pray about? You can pray out loud or in your own mind.



## Follow up from last session

Last session we looked at the Sacraments of Baptism and Confirmation.

Do you have any questions from the session or from the Journal activity?



## Exploring

The sacrament that completes Christian Initiation is the Sacrament of Eucharist. We gather around the table of the Lord, the altar, to celebrate Mass.

What is the Eucharist?

Do you know what happens at the altar?

Catholics believe that Jesus is truly present in the Eucharist so when we receive Communion, we are receiving Jesus. It is a spiritual food, that through the Holy Spirit, becomes the Body and Blood of Christ. We are nourished so that we may become like Jesus and live a Christian life.



## Video

The Mass Series: Eucharistic Prayer Pt 1 -  
Brisbane Archdiocese:  
<https://www.youtube.com/watch?v=anLI2jy7gNw>

Video Link 5.2



What are your responses to watching this clip?

Are there any insights, new ideas, questions or challenges you have after watching this clip?

In the Gospels, we read about Jesus sharing a meal with his friends on the night before Jesus died, for the Jewish ritual of Passover. The Passover was a festival that remembered the last meal of the Jewish people before their flight out of Egypt. In Exodus 12, we hear that Moses led the Jewish people out of slavery to the Promised Land. A lamb was used as a sacrifice for the festival and the Passover has been celebrated for over 4000 years.

**Listen carefully to these words from the Eucharistic Prayer in the Mass:**

Eucharist Prayer (III)

For on the night he was betrayed  
he himself took bread,  
and, giving you thanks, he said the blessing,  
broke the bread and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT;  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended,  
He took the chalice,  
and, giving you thanks, he said the blessing,  
and gave the chalice to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT:  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT.  
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.**

**DO THIS IN MEMORY OF ME. †**

What might you have seen, heard and felt if you had been at the Last Supper?

Do you think the disciples understood what Jesus was saying as they shared this meal with him?

Catholics throughout the ages – even until today – have continued to follow Jesus' commands to share bread and wine through the Eucharist, knowing that Jesus, through his Holy Spirit will change the bread and wine into the Body and Blood of Jesus.

After his resurrection, the disciples recognised Jesus in the blessing, breaking, and sharing of bread.

 **Matthew 14: 30-31**

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognised him.

† Excerpts from the English translation of Eucharistic Prayers for Masses with Children © 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of The Roman Missal © 2010, ICEL. All rights reserved.

## Activity

### Sacraments of Initiation Puzzle

Have the young person put together the pieces of the puzzle, matching the 'Sacrament', 'Symbols' and 'How I Live' sections.

Instructions:

1. Download and print the puzzle pieces pdf at [www.crossroadsrcia.org](http://www.crossroadsrcia.org)
2. Cut out the pieces.
3. Find and match the sacrament, the scripture quote, the symbol and how I live pieces of the puzzle and glue the pieces into your journal.

Sacrament	Scripture	Symbols	How I Live
Baptism	<i>.. the Spirit descending like a dove on him. And a voice came from heaven, “<b>You are my Son, the Beloved; with you I am well pleased</b>”</i> Mark 1:10-11	Water White Garment Light	We are clothed in a new life of Christ, called to be a light in the world.
Confirmation	<i>All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.</i> Acts 2:4	Laying on of Hands Oil of Chrism	We are called to use the gifts of the Holy Spirit in our lives.
Eucharist	<i>“This is my body that is for you. <b>Do this in remembrance of me.</b>”</i> 1 Corinthians 11:24	Bread Wine	We are nourished by the Body and Blood of Christ and sent to live the Eucharist by helping others as Jesus did.



## Scripture and Prayer

Listen closely to the following music and scripture passage.

We begin with the sign of the Cross:



*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

## Music

Remembrance (Communion Song) - Matt Redman:  
<https://www.youtube.com/watch?v=bdx9AeiPTGk>

Video **Link 5.3**



## Scripture

Use the Gospel from the following Sunday.

A reading from the holy Gospel according to...



***Glory to you, O Lord***

*(At the end of the Gospel)*

The Gospel of the Lord



***Praise to you Lord Jesus Christ***

Following a couple of minutes of silence to reflect on the scripture, invite the young person to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

How can you respond to this scripture passage in the coming week?

## Prayer

Evening Prayer, Monday week 4.



*Stay with us, Lord Jesus,  
be our companion on our way.  
In your mercy inflame our hearts and raise our hope,  
so that, in union with our brothers and sisters,  
we may recognise you in the scriptures and in the breaking of bread,  
who live and reign with the Father and the Holy Spirit, one God, for ever and  
ever.  
Amen.*

*Let us offer each other a sign of peace.*



## Living it out in the everyday

### Journal activity

What do the Sacraments mean in relation to how you live your life?  
Catholics believe that Jesus is truly present in the Eucharist we receive at Mass.

### Challenge activity

While completing the Journal, listen to the following:

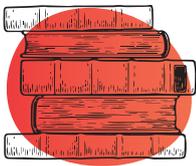
Remembrance (Communion Song) - Matt Redman:  
<https://www.youtube.com/watch?v=bdx9AeiPTGk>

Video **Link 5.4**



## Preparing for the next session

• In our next session we will look at the Mass. Go to Mass this weekend. Write down any questions you have and note any points that you might like to talk about in the next session.



## For those who want more

• In the Gospels of Matthew, Mark and Luke and in Paul's first letter to the people of Corinth we hear the story of the Last Supper when Jesus took bread, blessed it, broke it, and shared it with his disciples. Jesus also took the cup of wine, blessed it and shared it with his disciples.



Mark 14:22-25

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God."



1 Corinthians 11:23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

## Adoration

 Matthew 28:20

And remember, I am with you always, to the end of the age.

Before ascending to heaven, Jesus promised his disciples, and therefore us, that he would be with us always. God fulfils this promise through the Eucharist – which is the real presence of Jesus. The Eucharist takes the appearance of bread and wine however Jesus, through his Holy Spirit will change the bread and wine into the Body and Blood of Jesus. The Eucharist is not a symbol or a re-enactment of the Last Supper.

 Luke 22:19-20

Jesus took bread and when he had given thanks he broke it and gave it to them, saying, “This is my body which is given for you. Do this in remembrance of me”. And likewise he took the cup after supper, saying, “This cup which is poured out for you is the new covenant in my blood”.

Adoration takes place after a consecrated host is placed in a sacred vessel, called a monstrance. While the host is in the monstrance we are able to see the host, which is the real presence of Jesus. For many people this is a wonderful opportunity for prayer and meditation in the presence of the Blessed Eucharist.



## Video

WYD 2013 Adoration – Matt Maher:  
<https://www.youtube.com/watch?v=LZa6spYqHsA>

Video **Link 5.5** 

What do you do during Adoration?

This is the time to bring all our life, thoughts, fears, joys and hopes to the Lord. It is a time for prayer, reading of scripture, praying the Rosary or sitting with praise and worship music – or silence.

“ Saint Mother Teresa

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth.

**Activity Sheet:  
Sacraments of Initiation Puzzle**

**Sacraments  
of Initiation**

**PART 2**

↓ Cut out the below puzzle pieces and paste them into the correct location in the Activity Book or Journal.

