

**6th & 7th Grade Homestudy Lesson #18**  
**The Eucharist**

**GOAL**

The goal of this lesson is for you to understand the Scriptural roots of the Eucharist in the Old and New Testaments and to help you develop a deeper love of the Eucharist and appreciation for the Mass.

**MAIN IDEAS**

- The Eucharist is the source and summit of our faith.
- The Institution of the Eucharist is foreshadowed in the Old Testament, especially in the book of Exodus in the story of the first Passover.
- At the Last Supper, Jesus institutes the Eucharist as a memorial of His Death and Resurrection, which we continue to celebrate today.

**Lectio Divina**

**Read Matthew 26:26-28**

How is God speaking to you through this passage?

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What did this verse teach you about the institution of the Eucharist?

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**Read Matthew 26:26-28 again**

**TEACHING**

**FORESHADOWING OF THE EUCHARIST**

**The Eucharist is at the center of everything we do as Catholics for Jesus Christ Himself is contained within it.** It is the source and the summit of our faith. The peak is the highest point, it is the goal, it is the summit. (CCC 1325-1327) Everything on a mountain leads to and comes from the peak just like everything in our faith leads to the Eucharist and stems from the Eucharist. The Eucharist is the goal of our faith and it

gives life to our faith. The Eucharist is the greatest gift to mankind and is wrapped up in one of the greatest stories of all time.

On the night that He was betrayed, Jesus took bread and wine and instituted this great sacrament of His sacrifice. He asked us to partake in the Eucharist until He comes again. (CCC 1323) **Even before the Institution of the Eucharist, there are multiple stories interwoven throughout Scripture that prepare us and foreshadow the Eucharist.** Bread and wine show the goodness of creation and the Creator who gives us the gift of food to eat and wine to drink to sustain us. (CCC 1333) In the Old Covenant, before Jesus came, bread and wine were offered in sacrifices to give thanks to God the provider. (CCC 1334, Genesis 14)

**The Feast of Passover is the greatest event in the Old Testament that foreshadows the Eucharist.** God's people were in slavery under the rule of Pharaoh. God heard the cries of His people and sent Moses to bring them out of slavery and to the land He promised to them. Moses went to Egypt to ask Pharaoh to set the people free but Pharaoh would not. Through the power of God, Moses sent plagues upon the Egyptians to persuade Pharaoh to let the people go. After a series of devastating plagues Pharaoh still would not let the slaves go, so God sent one last plague. God sent the spirit of death over the Egyptians and the first born son of every household died. God protected His own people from this particular plague by instructing them to put the blood of a lamb over their door and in doing so the spirit of death would pass over them. Pharaoh, who lost his first born son, finally conceded to let the people go and the Israelites were set free.

This foreshadows the Eucharist because God saved His people from the slavery under Pharaoh and through Jesus sacrifice on the Cross God saves us from the slavery of sin. **Jesus becomes the new lamb of sacrifice and when we receive His Body and Blood the "spirit of death" passes over us, meaning we are given the promise of eternal life.** (CCC 1334, Exodus 12)

After the Israelites left Egypt, they wandered in the desert for forty years on their way to the Promised Land. Not too long in their journey, they became hungry and were without food. During that time, God gave them bread called manna to sustain them. The manna would appear each morning for the Israelites to collect and feed their families. There was always enough for everyone to eat and no one went hungry (CCC 1334).

During his time on earth, Jesus also performed a lot of miracles involving bread and wine to foreshadow the Eucharist. He turned water into wine at the Wedding at Cana and multiplied loaves of bread to feed the crowds of people who came to hear Him preach. (CCC 1335)

## THE INSTITUTION OF THE EUCHARIST

The night before Jesus died He gathered together with His the twelve disciples to celebrate the Passover meal. But Jesus does something a little bit different this night. He changes the Passover meal to not just be a remembrance of what happened in Egypt, but He makes it something new. **He transformed the bread and the wine into His Body and Blood which would be sacrificed for them on the cross.** His Body and Blood become our everlasting food. He becomes the new sacrificial lamb and saves us from slavery and death. (CCC 1357, 1374-1375) This is the first celebration of the Eucharist. He commands His followers to “do this in memory of me” until He comes again at the end of time. (CCC 1339 - 1342) By doing this He left the disciples “a pledge of love, in order to never depart from his own and to make them sharers in His Passover, He instituted the Eucharist as the memorial of His death and Resurrection and commanded His apostles to celebrate it until His return” (CCC 1337).

## THANKSGIVING

**The word Eucharist literally means “thanksgiving”** but there are also many other names for it such as The Lord’s Supper, the Holy Sacrifice, Holy Communion, and the Holy Mass. (CCC 1329-1332) Regardless of what it is called, the Eucharist is the greatest gift and we should be thankful for the opportunity to receive the very Body, Blood, Soul, and Divinity of Jesus Christ and the promise of eternal life and freedom from the slavery of sin.

When the Israelites ate of the manna in the desert or when the crowd ate of the bread that Jesus gave them after He preached, they would eventually be hungry again in a few hours. No matter how much they ate, their hunger could never be totally satisfied. In this passage, Jesus isn’t talking about a physical hunger in their stomachs, but the hunger of their souls. Our souls are hungry for fulfillment, love, peace, joy, and purpose.

We can snack on the things of this world: social media, Netflix, friends, school, sports, and more, but the hunger of our souls will only be satisfied by Jesus. Jesus knew we would be hungry so He made Himself to be eternal food. The Eucharist isn’t just any ordinary bread, this is the bread that gives life to our souls.

The Church has such a great love for the Eucharist. It’s why we genuflect towards the tabernacle when entering the Church, why we kneel during the consecration, why we reverence the Eucharist before we receive it, and why Catholics have an obligation to Mass each Sunday. **But the Eucharist is so much more than an obligation, it’s Jesus’ pledge of love. It is a promise that He will never leave us. When we remember His Passion, Death, and Resurrection, we are reminded of His unending love for us.** Jesus gives us the Eucharist because He desires to dwell within



4. Why is the Eucharist more than an obligation?

5. How are the Passover and the Eucharist connected?

SEND

Close the lesson by praying the following prayer:

***Anima Christi***

*Soul of Christ, sanctify me.*

*Body of Christ, save me.*

*Blood of Christ, inebriate me.*

*Water from the side of Christ, wash me.*

*Passion of Christ, strengthen me.*

*O good Jesus, hear me.*

*Within your wounds conceal me.*

*Do not permit me to be parted from you.*

*From the evil foe protect me.*

*At the hour of my death call me.*

*And bid me come to you,  
to praise you with all your saints*

*for ever and ever.*

*Amen.*