

# Eucharist in the Life of the Faithful





How does the Eucharist impact my life?

# The Eucharist

- most august sacrament in which **Christ** the Lord himself is contained, offered, and received and by which the Church continually lives and grows
- the summit and source of all worship and Christian life, which signifies and effects the unity of the People of God and brings about the building up of the body of Christ



Can. 897

# Eucharist and Ecclesial Communion

- It is a celebration of the whole Church – Suffering, Militant and Triumphant Church.
- In every Mass, it is the whole Church that celebrates.
- We cannot celebrate the Eucharist properly when our hearts are closed to forgiveness, reconciliation and communion with the whole Body of Christ.

The Eucharist is never a private affair, personal, individual, a source of grace to withstand the clashes of life, but the Eucharist is the journey of the Community together, going together to the Eucharist to implore His help for you to be in communion with him and among you; to beg him to have mercy of your not being able to be with him and among you, and if able, to make you grow in the capacity to be with him and being with him, to grow in the capacity to live among yourselves.



# Duty of the Faithful

- to hold the Most Holy Eucharist in highest honor...
  - take an active part in the celebration of the most august sacrifice,
  - receive this sacrament most devoutly and frequently,
  - worship it with the highest adoration

Can. 898



# Eucharistic Communion

**It is not to receive the Bread where He made himself present, BUT, it is to receive Him in the bread while He makes himself present to All and therefore to each one, and He does communion with us.**



# Eucharistic Adoration

**It is going to Christ present in the mystery of the Tabernacle to thank him for the Communion celebrated in the Mass, and continue to echo the experience lived in the Eucharist of unity.**





**Eucharist is a mystery to be  
revered, celebrated and LIVED.**



**When we receive Jesus in the Eucharist, we become what we receive – Jesus the bread of life. If we truly receive Jesus with faith, we should live and manifest his life – a life lived by the grace of the Spirit in obedience to God our Father, and placed at the service of humankind and the world for salvation and reconciliation.**



# Eucharistic and Mission

## **THE EUCHARIST SENDS US...**

In the Eucharist, we are sent out to meet men and women so as to announce to them the love of God which we have experienced and love them as we are loved.



# Eucharistic and Self-giving

- **As we participate in the Eucharist, we participate in Christ's self-offering.**

In taking part in the Eucharist, we assume a personal attitude of offering. It does not suffice that we hear the Word of God nor that we pray together in community. It is necessary that we make Christ's offering our own by offering with him and in him our sufferings, our difficulties, our trials and still more, our very selves in order to make our gift rise up to the Father together with that which Christ makes of himself.



**How do you live the Eucharist  
as a community with the Eucharist  
at the center of your lives?**

# SHARING AND DISCUSSION