

Embrace God's Presence

God is with Us:

1. What was one thing from the video that you heard for the first time or that was an “aha” moment for you?
2. The Eucharist is called by many names (see page 13). Which one is your favorite? Why?
3. The video asks the questions “How big is God?” and “How small is God?” How would you answer these questions?
4. How is God both “big” and “small” in the Eucharist?

Discover Amazing truths about the Eucharist

Transubstantiation:

- “trans”— to change
- “substance”—the essence of something; what it really is
- The outward appearance remains that of bread and wine, but the substance is changed into Jesus’s Body and Blood.

*“The greatest love story
of all time is contained
in a tiny white host.”*

—Venerable Fulton Sheen

**How Does Jesus Get Himself
into the Host?**

He Loves Himself into It.

Discover Amazing truths about the Eucharist

7 Secrets of the Eucharist:

Secret #1: “The Eucharist is Alive”

Under the consecrated species of bread and wine, Christ himself, living and glorious, is present in a true, real, and substantial manner” (CCC 1415).

In 1916 at Fatima, an angel, a pure spirit, who lives constantly in the intimate presence of God, prostrated himself before the Eucharist in adoration. He had the children repeat this prayer 3 times:

“Most Holy Trinity, Father, Son, and Holy Spirit, I offer You the most precious Body, Blood, Soul, and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges, and indifference with which He Himself is offended. And through the infinite merits of His most Sacred Heart and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners.”

Discover Amazing truths about the Eucharist

7 Secrets of the Eucharist:

Secret #1: “The Eucharist is Alive” [cont’d]

“Oh, how painful it is to me that souls so seldom unite themselves to me in Holy Communion. I wait for souls and they are indifferent toward me. I love them tenderly and sincerely and they distrust me. I want to lavish my graces on them and they do not want to accept them. **They treat me as a dead object, whereas my heart is full of love and mercy**” (Jesus to St. Faustina, 1447)

Receiving Jesus with the awareness that He is fully alive, we become more fully alive, so that we can say with St. Paul, “It is no longer I who live, but Christ who lives in me” (Gal 2:20).

Secret #1:
“The Eucharist
is Alive”



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Discover Amazing truths about the Eucharist

7 Secrets of the Eucharist:

SECRET #2 – “CHRIST IS NOT ALONE”

Christ is never alone. When He becomes present in the Eucharist body, blood, human soul, and divine nature (principle of concomitance) as He is in heaven, without leaving heaven, that means that all of heaven is present with Him. No wonder He told us, “The kingdom of heaven is within you” (Luke 17:21).

“It was beyond them that all the joy of heaven had entered one small, exiled heart, and that it was too weak to bear it without tears. As if the absence of my mother could make me unhappy on the day of the first Communion! As all of heaven entered my soul when I received Jesus, my mother came to me as well” ~ St Therese of Lisieux

Discover Amazing truths about the Eucharist

7 Secrets of the Eucharist:

SECRET #2 – “CHRIST IS NOT ALONE” [cont’d]

“Jesus... You come to me in Holy Communion, You who together with the Father and the Holy Spirit have deigned to dwell in the little heaven of my heart”
(St. Faustina, 486)

“Once after Holy Communion, I heard these words: You are our dwelling place. At that moment, I felt in my soul the presence of the Holy Trinity”
(Jesus to St. Faustina, 451)

“Would it not have been enough to create us after Your own image and likeness, making us re-born through grace by the blood of Your Son? Was it still necessary that You should give even the Holy Trinity as food for our souls?”
St Catherine of Siena

Disputation of the Holy Sacrament (La Disputa)

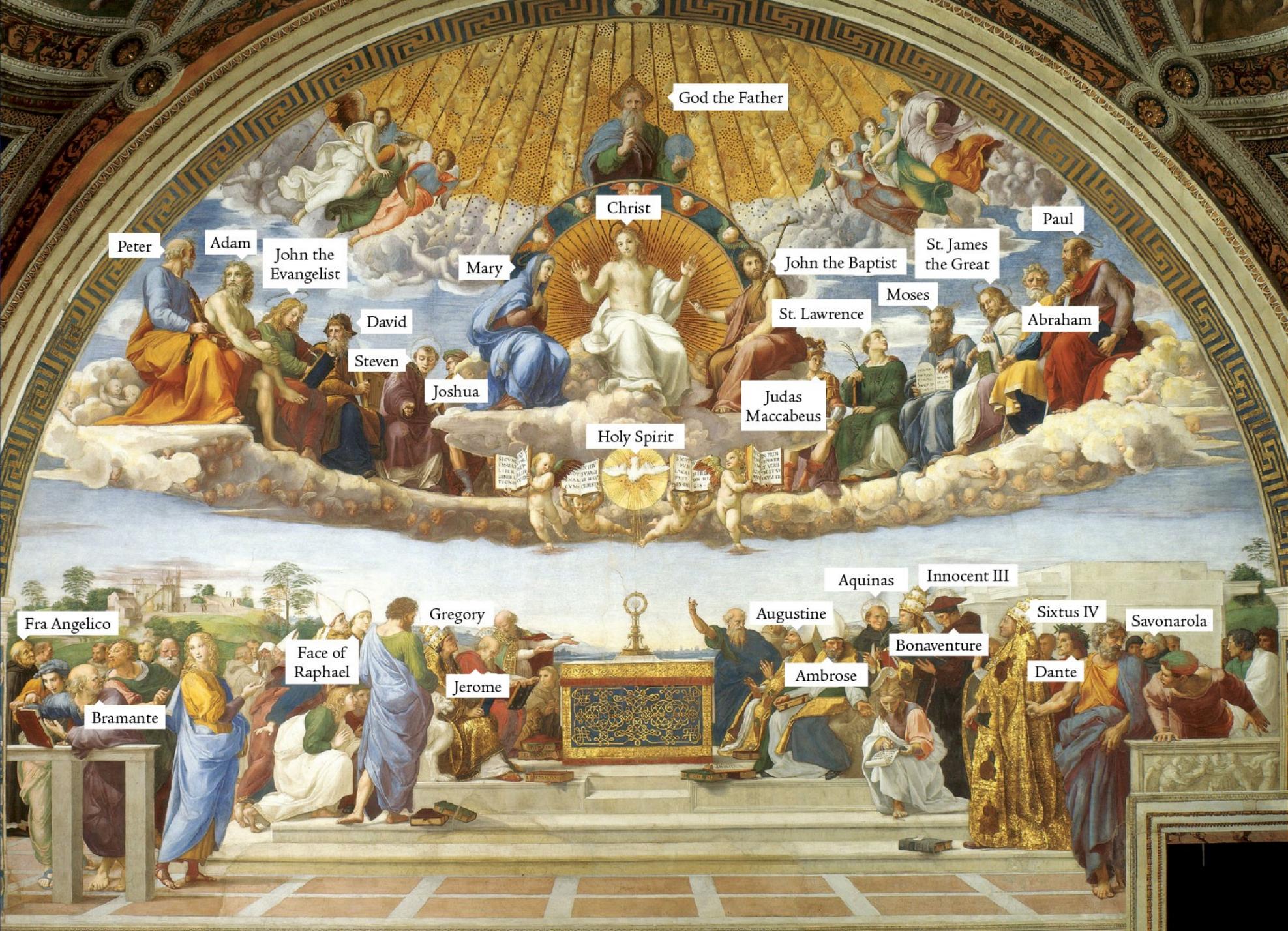
The Disputation of the Sacrament (Italian: La disputa del sacramento), or Disputa, is a painting by the Italian Renaissance artist Raphael. It was painted between 1509 and 1510 in the private papal library of the Apostolic Palace in the Vatican.

In the painting, Raphael created a scene spanning heaven and earth. Above, Christ is surrounded by the Blessed Virgin Mary, John the Baptist and various biblical figures such as Adam, Moses and Jacob. God sits above Jesus, depicted reigning over the golden light of heaven.

Below, on the altar sits the Monstrance.

The altar is flanked by theologians who are depicted debating Transubstantiation. Christ's body is represented in the Eucharist, which is discussed by representatives of the Church.





God the Father

Christ

Paul

Peter

Adam

John the Evangelist

St. James the Great

Mary

John the Baptist

Moses

David

St. Lawrence

Abraham

Steven

Joshua

Judas Maccabeus

Holy Spirit

Fra Angelico

Aquinas

Innocent III

Gregory

Augustine

Sixtus IV

Savonarola

Face of Raphael

Jerome

Ambrose

Bonaventure

Dante

Bramante

COMMIT— ENCOUNTERING GOD'S PRESENCE pg. 15

Take-home activity to strengthen your understanding of this lesson.

- How have you experienced God's presence in your life?
- How can this presence of Christ in the Eucharist be a source of strength and consolation as you journey through your life?
- In what ways can you grow in appreciating and embracing Christ's presence in the Eucharist?

Thoughts or Questions?

Key Points:

- **A sacrament is a sign instituted by Christ to communicate his grace to us.**
- **The Eucharist is the Sacrament of sacraments and the source and summit of the Christian life.**
- **Transubstantiation means that in the Eucharist the bread and wine really change into the Body, Blood, Soul, and Divinity of Jesus, although they retain the appearance of bread and wine.**
- **God wants to be united with us, and he accomplishes this through the Eucharist.**

God is with Us:

Closing Prayer – pg 17

Behold, God is my salvation;
I will trust, and will not be afraid;
for the Lord God is my strength and my song,
and He has become my salvation.

With joy I will draw water from the wells of salvation.
Give thanks to the Lord, call upon His name;
make known His deeds among the nations,
proclaim that His name is exalted.

Sing praises to the Lord, for He has done gloriously;
let this be known in all the earth.

Shout, and sing for joy, O inhabitant of Zion,
for great in our midst is the Holy One of Israel!

Amen.

Embrace God's Presence

Be Thou My Vision
By Jaime Thietten
[Click to Play Song](#)

