

NEW DESTINATION

Does the Eucharist Change Me?

GETTING STARTED

This Teaching Guide is a starting point for crafting a talk relevant to middle school youth. It provides bullet points of information and writing areas for presenter notes.

Going Deeper call-out boxes offer further insights to consider.

The presenter's preparation, prayer, and personalization of this outline will add the elements essential to delivering an impactful Proclaim.

TEACHING GUIDE

Making Mistakes

Prepare to move throughout this Proclaim to new locations around the space to help draw the attention of the youth.

- A few weeks ago, we talked about the ways God gives us grace. We said that grace is God's life in our souls.
- We also mentioned that, with each sacrament, we receive sacramental grace. Every time we receive a sacrament, we renew God's life within us, strengthening us to live our faith.
- We know that grace, including the sacramental grace we receive in Holy Communion, reroutes us. But what destination are they rerouting us away from, and what new location are they directing us toward?

Move to a new location in the space.

- No one on Earth can honestly say they are a perfect person. Anyone who does is joking or is not being fully truthful with themselves.
- None of us are perfect. All human beings mess up and make mistakes.
- Sometimes, though, our imperfections are more than just mistakes. Sometimes they are sins.
- For example, we might make a mistake and get an answer wrong on a test. Cheating on a test, however, is a sin, more than simply messing up.
- When we sin, we make deliberate choices to go against what God wants. Sins can also often hurt other people, but they always hurt God.

Going Deeper

Using CCC 1857, describe the three elements that make something a mortal sin. A mortal sin is a grave offense against God which is committed with full knowledge of the seriousness of the sin and with full consent. In other words, you know what you are doing and how much it offends God, but you choose to commit this sin anyway.

- Sins damage our relationship with God. Smaller venial sins create cracks in our relationship with God, but more serious sins completely shatter it.
- Our sins hurt us as well. Any time we sin, we choose to act selfishly and pridefully.
- Every sin — regardless of what kind of sin it is — communicates to God that we prefer to rely on ourselves rather than trust in God. In sin, we choose to prioritize our desires over God's rules and, more importantly, His love for us.
- Since God is perfect and we are sinful, how can we be expected to make things right? How can imperfect human beings repair our relationship with our perfect God?
- The metal filings are attracted to the magnet, following its movements. In the same way, when we are filled with grace, we are attracted to God.

Move to a new location in the space.

- Jesus is the answer. When Jesus died on the cross, He made things right.
- This does not mean that He stopped sin from ever happening again. Rather, Jesus took our sins and their punishment through dying on the cross.
- We are still responsible for our sins, but at least we have a way to restore our relationship with God by asking for forgiveness, receiving Reconciliation, and making up for our sins. grace to reroute our hearts toward His love.

Doing the Work

Move to a new location in the space.

- As Catholics, we know that getting to heaven requires some effort and work on our part. We do not believe that Jesus' sacrifice means we can live however we want without consequences and still go to heaven.
- God is constantly offering us grace, but it is up to us to accept that grace. When we accept God's grace, we must rely on it to help us make good choices, avoiding sin and temptation when we encounter them.

Going Deeper

Give a brief definition of temptation, explaining that being tempted is different from sinning but can lead us toward sin.

Going Deeper

We cannot receive the Eucharist in a state of mortal sin. We need to examine our souls and receive the Sacrament of Confession before receiving the Eucharist if we realize we have seriously sinned. (1 Corinthians 11:27-29)

- The Eucharist is an important channel of God's grace. We should regularly go to the Eucharist as a source of God's strength and love. (CCC 1391-1398)

Move to a new location in the space.

- In all areas of our faith, God approaches us with grace and love. We have free will, so God never forces us to accept Him. Instead, He patiently waits, hoping we will choose Him. (CCC 1384)
- Even the smallest openness within our hearts gives God something to work with. We certainly do not need to fully understand the mystery of the Eucharist for its grace to be effective, as even the slightest openness to this sacrament can allow God to change us. (John 6:53)

Going Somewhere?

- God's grace reroutes us away from brokenness and sinfulness. It leads us toward the new destination of God's love, a love we can find within our own hearts if we are simply open to grace.

Move to a new location in the space.

- This openness to grace can take us on an adventure. With God's life dwelling within us, we can begin to see life differently.
- Seeing through God's perspective can change everything. Grace makes us want to follow God's rules and His call for our lives.
- Grace helps us better understand parts of our faith that seem challenging or confusing. We can see the good God has placed throughout the world and our lives, and we strive to seek out more of His goodness.
- Most importantly, seeing through God's perspective changes how we see ourselves and others. We can recognize that while we may sin and have our weaknesses, God's love for us conquers those things, and His grace renews us.
- We start to recognize that all people are children of God, deserving of love and respect. God's grace changes how we interact with others, giving us the strength to show kindness and do right by others even when it is difficult.
- Some of us may never have felt this way. Perhaps you have gone to Mass and received the Eucharist many times but never felt you have truly encountered God.
- It is good to recognize this. The Holy Spirit may be getting your attention so you can truly appreciate Mass and the Eucharist.

- When we next receive the Eucharist, let us take time to pray and ask God to open our hearts. Let us remember that, with even the slightest openness to God's grace, we can be transformed by the Blessed Sacrament.
- Eucharist means thanksgiving. Let's be thankful to our good God.

NOTES