

LESSON 23: THE BREAD OF LIFE

Jesus is the precious gift we offer the Father at Mass. Then we receive Jesus back as a gift into our own souls. In this way, the Sacrifice of Mass truly forms a bond between Heaven and earth.

In the Old Testament, people offered gifts of value to God. A shepherd would offer a lamb, or a farmer would offer the first grains of wheat. Then they would eat the offering as a sacred meal. Under the New Covenant we lift up the Lamb of God. Then we share in this sacrificial gift by receiving God's own Son in Holy Communion.

The Eucharist, the Bread of Life, nourishes our souls and helps us to grow as good and loving children of God. Jesus said, "Whoever eats of this Bread will never hunger". Sharing this sacred banquet unites us in friendship with the Father. All over the world, members of God's family gather to worship the way Jesus taught us at the Last Supper.

"Because there is one bread, we who are many are one body, for we all partake of the one bread" (1 Corinthians 10:17)

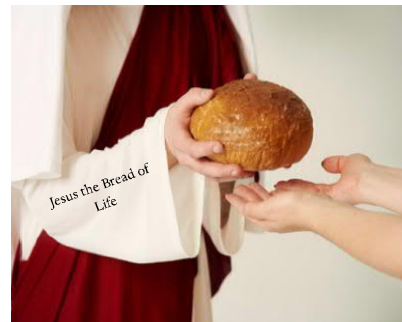
"For as often as you eat this Bread and drink the Cup, you proclaim the Lord's death until He comes." (1 Corinthians 11:26)

"This is my body which will be given up for you. This is my blood it will be shed for you and for all so that sins may be forgiven". (Luke 22:19-20)

Words to know:

Communion: Holy Eucharist.

Worthy: Having value, being deserving.



Questions and Answers

1	<i>Does the Eucharist really nourish us?</i> The Eucharist really nourishes us. Just as we need food for our bodies to keep us alive, to grow and be strong, in the same way, we need food for our souls. The Eucharist, the Bread of Life does this. It keeps the life of grace alive in our hearts. It helps us to grow and become good and loving children of God.
2	<i>What did Jesus mean about "Bread of Life"?</i> Jesus said, "Whoever eats of this Bread will never hunger". He also told us that by eating this Bread we will never die we shall live forever.