

## *Jesus Promised the Gift of Himself*

**FOCUS:** In this chapter, you will be helping your child to understand that Jesus gives himself to us under the appearances of bread and wine.

The mystery of the Holy Eucharist, Christ's presence among us in the Blessed Sacrament, is a great mystery of our faith. In the Eucharist, Jesus Christ gives his very life for our nourishment. The bread and wine signify its spiritually nutritive value.

When we are receptive to the riches Christ offers us in the Eucharist, we become a community bent on glorifying God and serving others in his name. The eucharistic action is an effective symbol of our unity with one another as well as with our God. When Christ gives himself as food in the Eucharist, his life is shared by all who receive him.

### **Scripture in This Chapter**

John 6:1–15 Miracle of the Loaves and Fishes

John 6:35–38 The Bread of Life

John 17:22–23 We Are One.

### **Catechism of the Catholic Church**

1335, 1336, 1359–1361

### **In this chapter, help your child to**

- ✦ describe bread as an important source of life.
- ✦ repeat the story of the multiplication of loaves.
- ✦ describe how Jesus promised us the Holy Eucharist.
- ✦ explain that Jesus comes in Holy Communion to help us follow him by glorifying God and serving others.

### **Words Your Child Should Know**

- ✦ miracle
- ✦ Holy Communion

### **Key Terms for Your Information**

- ✦ Bread of Life—Jesus' identification of himself in John 6:35
- ✦ Holy Communion—Jesus Christ under the appearances of bread and wine given to us during the Mass
- ✦ living bread—the bread that is Jesus at Mass