



## The True Presence of Jesus in the Eucharist Instructions

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The True Presence of Jesus in the Eucharist can be a difficult concept for kids to understand. How can something that looks like bread/wine and taste like bread/wine really be Jesus?

We teach them with the words of Jesus and the truth of our faith. An excerpt from *An Introduction for Children*: "As you know, the Eucharist, which we are able to receive during Mass, was given to the Apostles by Jesus during the Last Supper. After Jesus changed the bread and wine into His body and blood, He gave it to His Apostles to eat and drink. The bread and wine was changed, **actually transformed**, into the **real** Body, Blood, Soul and Divinity of Jesus, the Son of God.

"Although the consecrated host does not look like the body and blood of Jesus we see on a crucifix, His Real Presence is hidden within the appearance of a small white consecrated host (altar bread). This is a great miracle, a mystery, something we cannot fully understand. Yet we have the words of **Jesus** Himself who said in the Gospel of John: "**My flesh is real food and my blood is real drink**" (John 6: 55)." <sup>1</sup>

He did not say this will be a symbol, He didn't say this represents me, He says the Eucharist IS Him!"

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<sup>1</sup> [www.therealpresence.org](http://www.therealpresence.org), The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist by Lee Ann Schoofs, Eternal Life. <http://therealpresence.org/eucharst/pea/element.htm>

1. Show the children the printable of the wheat and grapes. Talk with the children about the Host is made by human hands from wheat and the wine is made from grapes.
2. Next, show the printable of the Host. Show them that the Host is made up of wheat which is represented by all the small red wheat stalks.
3. Hold up the red "Faith" printable and tell them that this red sheet represents our faith, our trust, in Jesus and all He told the disciples and us. We believe because Jesus said it is true. The Holy Spirit helps our faith be strong. The Holy Spirit is often represented as fire, thus the red coloring of our "Faith." The Holy Spirit is also represented as a dove, thus the dove in a flame drawing on the bottom of the "Faith" sheet.
4. Read the words on the "Faith" sheet: "Look with your faith made strong by the Holy Spirit."
5. Tell the kids that you are now going to **look** at what appears to be bread, the Host, which is consecrated by a priest at Mass, **with faith made strong by the Holy Spirit**. Overlay the "Faith" sheet on the Host. The children will see the image of Jesus appear. Our Faith helps us to see and know that Jesus is truly present in the Host, the Consecrated Host, hidden within.
6. Repeat the steps with the Cup of Blood sheet.