



Seeing the Body and Blood of Jesus with Faith Teacher Introduction

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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).”¹

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

The following lesson can be done simpler or more detailed depending on your target audience's age.

¹ 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>

Instructions for Lesson

1. Print in color ahead of your lesson:

- The Faith **visual aid** on red vellum paper (Available for purchase by the sheet in the scrapbook section at many craft stores.)
- The **visual aid** of the single red wheat stalk
- The **visual aid** of the host
- The **visual aid** of the single red bunch of grapes
- The **visual aid** of the wine



2. Say to your children:

- We are going to talk today about the Eucharist.

3. Ask your children:

- When does the altar bread/host and wine become Jesus - His real Body, Blood, Soul, and Divinity? (at Mass)
- “Do you know what the bread is made from?” (wheat)

Show your children:

- The **visual aid** of the single red wheat stalk

4. Show your children:

- The **visual aid** of the host.

Say to your children:

- “Here is the altar bread – the host. It is made from wheat.”

Point out to your children:

- There are many little wheat stalks that make up the host.

Say to your children:

- At the offertory during Mass, plain, regular hosts are what people bring to the priest standing at the altar.
 - The priest places the bread on the altar and lays his hands over it.
 - At the moment the priest says aloud the Words of Consecration, “Take this, all of you, and eat of it, for this is my body, which will be given up for you.” AND by the power of the Holy Spirit, the bread changes in a way we cannot see to become the real body of Jesus.
 - The words alone cannot do this; the Holy Spirit is needed, too.
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5. Show your children:

- The red vellum **visual aid** labeled “Faith.” (Do not overlay it on the host yet.)

Say your children:

- This red sheet represents our faith, our trust, in Jesus and all He told the disciples and us too.
- We trust and believe that what Jesus said is true.
- 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.
- The Holy Spirit helps our faith be strong.

Read the words on the “Faith” **visual aid** to your children:

- “Look with your faith made strong by the Holy Spirit.”
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6. Say to your children:

- We 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*.

Do in front of your children:

- Place the red vellum **visual aid** labeled “Faith” on top of the Host visual aid. (The children will see the image of Jesus appear in the Host.”)

Say to your children:

- Our Faith helps us to see and know that Jesus is truly present in the Host, the Eucharist.
 - St. Thomas Aquinas said, “The presence of Christ's true body and blood in this sacrament **cannot be detected by sense, nor understanding, but by faith alone.**” ² St. Ambrose says, "See how Christ's word changes nature's laws, as He wills.” “**Faith is not contrary to the senses, but concerns things to which sense does not reach.**” ³
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² Summa, St. Thomas Aquinas (emphasis added)

³ Summa Theologiae Question 75 Article 5 Thomas Aquinas (De Sacram. iv) (emphasis added)

7. Ask your children:

- “Do you know what the wine is made from?” (grapes)

Show your children:

- The **visual aid** of the single red bunch of grapes
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8. Show your children:

- The **visual aid** of the wine

Say to your children:

- “Here is the wine. It is made from grapes.”

Point out to your children:

- There are many little grapes that make up the wine.

Say to your children:

- Along with the hosts, the wine is brought up to the priest standing at the altar during the offertory at Mass.
 - With the wine on the altar, the priest says aloud the Words of Consecration for the wine, “Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me.” AND again by the power of the Holy Spirit, the wine changes in a way we cannot see to become truly Jesus’ blood.
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9. Say to your children:

- This time, we are going to *look* at what appears to be wine, the Blood of Jesus, which is consecrated by a priest at Mass, *with faith made strong by the Holy Spirit*.

Do in front of your children:

- Place the red vellum **visual aid** labeled “Faith” on top of the Wine visual aid. (The children will see the image of Jesus appear in the Wine.”

Say to your children:

- Again! Our Faith helps us to see and know that Jesus is truly present in the Blood.
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10. Encourage your children:

- To wait with joy to watch the moment at Mass when the host becomes Jesus’ Body and the wine becomes Jesus’ Blood.
- To tell Jesus they love Him when the Eucharist is lifted up by the priest at Mass.

- To ask Jesus to make them more like Him when they eat His Body and drink His Blood at Communion time.