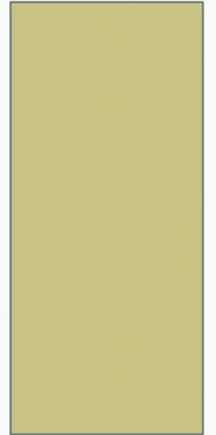


# FAMILY FAITH FORMATION – 2025/2026

SAINT PATRICK'S & SAINT LUKE'S



# THE PURPOSE OF FAMILY FAITH FORMATION

- To help you learn more about God so that you can deepen your own personal relationship with Him.
- To give you the confidence to speak about your Catholic faith with others.
- To help you as you guide your children in their own personal relationship with God.
- To provide you with an opportunity to spend more time with your immediate family and also with our parish family.
- To provide you with a short time for prayer and an opportunity to use the Sacrament of Reconciliation.

# THE PURPOSE OF FAMILY FAITH FORMATION

- The Catechism of the Catholic Church is divided into 4 sections. They are:
  - The Creed – What we believe
  - The Sacraments – How we are sanctified
  - The Commandments – How we are to live
  - Prayer – How we relate and interact with God
- This year we will be studying Prayer

# CIRCLE OF GRACE

- This program, mandated by our Diocese, is designed to help your children be safe in a world where not everyone has good intentions ...

# HOLY COMMUNION



# HOLY COMMUNION

- This subject is so rich and so vast that it is hard to know where to begin.
- As Catholics, we believe that when we receive Holy Communion, we are receiving into ourselves, our Lord Jesus Christ, body, blood, soul and divinity.

# HOLY COMMUNION

- We believe that we are Sacramentally united to our Lord.
- Jesus said, “Whoever eats my flesh and drinks my blood abides in me, and I in him (Jn 6:56).”

# HOLY COMMUNION

WHAT

DOES

THAT

MEAN?

# HOLY COMMUNION

- To understand this most central teaching of our Catholic faith, we are going to look at three things:
  - First: What Jesus meant in Chapter 6 of Saint John's Gospel.
  - Second: How Jesus Christ becomes present in Holy Communion.
  - Third: What happens when we receive Holy Communion.

# HOLY COMMUNION

- What Jesus meant in Chapter 6 of Saint John's Gospel ...
  - “Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you (6:27).”
  - “This is the work of God, that you believe (**He says this four times**) in Him whom He has sent (6:29).”

# HOLY COMMUNION

- “The bread of God is that which comes down from heaven, and gives life to the world (6:33).”
- “I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst (6:36).”

# HOLY COMMUNION

- “This is the bread which comes down from heaven, that a man may eat of it and not die (6:51).”
- “Amen, amen, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you (6:53).”

# HOLY COMMUNION

- In response to these words, we are told,
  - “Many of His disciples, when they heard it, said ‘This is a hard saying; who can listen to it(6:60)?’”
  - “After this many of His disciples drew back and no longer went about with Him (6:66).

# HOLY COMMUNION

- Jesus then turned to the twelve and said,
  - “Do you also wish to go away?”
- Saint Peter replied,
  - “Lord, to whom shall we go? You have the words of eternal life; and we have believed, and have come to know that you are the Holy One of God.”

# HOLY COMMUNION

- These words can only be interpreted literally. We know this because ...
  - Those present understood them that way
  - The Greek words used here mean to chew and to drink as one does at a meal.
  - Jesus did nothing to stop His disciples who did not believe Him from leaving.

# HOLY COMMUNION

- The Catholic Church has always understood the words of Jesus in a literal way.
- We believe that Jesus is God and that not only does He has the power to change bread and wine into His very flesh and blood, that is what He does.

# HOLY COMMUNION

- We believe that Jesus gave this power to the twelve Apostles at the Last Supper.
- There Jesus said,
  - “Do this in remembrance of me (Lk 22:19).”

# HOLY COMMUNION



# HOLY COMMUNION

- During the Protestant Reformation, most of the leaders rejected a literal understanding of Holy Communion in favor of some symbolic understanding.
- How many believe in the real presence?
  - In 2019, a PEW survey less than 1/3rd.
  - In 2023, a CARA survey more than 2/3rds.

# HOLY COMMUNION

- Let's be very clear about this.
- You cannot be a Catholic and at the same time disbelieve in the real presence of Christ in Holy Communion. It's simply not possible.

# HOLY COMMUNION

- So how does Jesus Christ become present in Holy Communion?
- This was a question the Church wrestled with for centuries.
- Much thought and prayer went into the explanation.

# HOLY COMMUNION

- The biggest problem was that no eternal changes could be observed and in fact, none take place.
- Yet, Jesus says that a change does take place and that we must believe in Him and what He is saying.

# HOLY COMMUNION

- So what is changing?
- Also, why does knowledge of this change require faith?

# HOLY COMMUNION

- What changes cannot be observed with our senses.
- Yet this change does happen, and we have examples of similar changes:
  - Something beyond our ability to observe.
  - Something we are thinking about.

# HOLY COMMUNION



# HOLY COMMUNION

- Here the Church turned to philosophy to help explain the change.
- It says what changes is the stuff or substance of what makes up the bread and wine. The stuff changes but not the appearances which reside in the stuff.

# HOLY COMMUNION

- Things have color, size, scents, flavor, texture and so on.
- However, these features are not the thing. The color of a leaf is not the leaf. The size of a cat is not the cat. The shape of a wooden statute is not the wood.

# HOLY COMMUNION

- This is also true with bread and wine.
- Catholics believe that when the words of consecration are said at Mass, the “stuff” of these elements ceases to exist and the “stuff” of Jesus takes its place. What remains are only the appearances of bread and wine.

# HOLY COMMUNION

- We call this change ...

**TRANSUBSTANTIATION**

# HOLY COMMUNION

- What happens when we receive Holy Communion.
- We live in Christ and He lives in us.
- We are one with the Lord.

# HOLY COMMUNION

- This Eucharistic food feeds our souls.
- Without it, we would die spiritually.
- Holy Communion gives us strength for the journey, to stay on the path that leads to eternal life.

# HOLY COMMUNION

- The word “communion” means a union or uniting with someone.
- Holy Communion unites us with God and one another.
- Holy Communion also symbolizes our unity of faith with each other.

# HOLY COMMUNION

- To receive Holy communion worthily there are several requirements:
  - One must be baptized.
  - One must believe what Catholics believe.
  - One must be in a state of grace.
  - One must fast from food and drink for one hour before receiving Holy Communion.

# HOLY COMMUNION

- Some other things ...
  - Only priests and bishops can say Mass.
  - The bread must be made from wheat.
  - The wine must be made from grapes.
  - You can receive outside of Mass.
  - You can receive twice in one day if the second time is at Mass.

# HOMEWORK

- Parents at Home:
  - Discuss with your children why Jesus gave us Holy Communion.
  - Discuss how Jesus can be present when we can't see any changes in the bread or wine.
  - Discuss who can receive Holy Communion and when.

# HOMework

- Parents at Home:
  - See that your children complete their homework assignments.
  - Watch the two videos.
  - Read from the Catechism 1406 – 1419.
  - Take your children to Adoration.

# HOLY COMMUNION



# FAMILY PRAYER

