

# The Sacrament of Eucharist - Cheatsheet

## The Eucharist in Scripture

The sacrament of Eucharist (or Mass for Roman Catholics) is the reenactment of the Last Supper, remembering how Jesus told his disciples to 'do this in memory of me' (Luke 22:19 NIV).

## Transubstantiation

1. In Catholic tradition, the bread and wine which are blessed at Mass become the body and blood of Christ. This miracle is known as 'transubstantiation'.
2. 'Take and eat; this is my body' (Matthew 26:26).
3. In other traditions, such as the Protestant Church, this is more symbolic, known as 'consubstantiation'.
4. Catholics also believe that through the Eucharist, Jesus' sacrifice during crucifixion is reenacted. This is why the Eucharist is central to Catholic liturgical life because they literally receive the body of Christ.
5. Mass for Catholics is a precursor to the union with God that people will experience in heaven.
6. The Eucharist gives them the grace to go and live a good Christian life.
7. Christ is truly there as a 'real presence' at the Eucharist.
8. Many do not believe in this and see this as symbolic. They also believe Jesus' sacrifice is not something which can ever be reenacted.

## The Mass

1. The penitential rite is the point at which those present confess their sins and ask for God's forgiveness.
2. The Mass includes readings from the Bible.
3. A prayer of blessing and thanksgiving is said over the bread and wine.
4. The now body and blood of Christ is distributed to those present.
5. At the end of the sacrament, they are called to go forth and witness the presence of Christ in their lives.

## Key Questions

What is the eucharist a reenactment of?	The Last Supper.
Do Catholics believe in the real presence of Christ at the Eucharist?	Yes.
Give an example of a type of Church that sees the blessing of the bread and the wine as only symbolic.	Protestant.



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