

# FAITH AT HOME

## A Parent Companion



## SOURCE AND SUMMIT



### Lesson Overview:

This final lesson shows how the Eucharist is the center of our faith. It is how we meet God and how He lives in our souls. When we have communion with God, He changes who we are and transforms all that we do. The Eucharist is unique among the sacraments, because the sacraments all give us a share in God's grace and life, but the Eucharist contains God Himself. Therefore, the other sacraments and works of the Church are ordered toward the union with God we have in the Eucharist. The Eucharist is the source of the Christian life, because our communion with God in it gives life to all else that we do. The Eucharist gives us God's life and love to radiate throughout all of our lives. It is the summit, because God made us for communion with Him. The Eucharist is a taste of Heaven where we will have perfect communion with God and others. The Eucharist calls us to a life of prayer with God, living with and through Him. It is in prayer with God that we discern how God wants us to live, following Him in marriage, the priesthood, or religious life.



Disputation of the Holy Sacrament by Raphael  
Source: Wikimedia Commons

### Review with your child:

1. What is the source and summit of our faith life? **Eucharist.**
2. How does the Eucharist prepare us for Heaven? **We are united in love for Jesus and share in the heavenly liturgy on earth. We are united with one another as we will be in heaven.**
3. How does the Eucharist give us life? **We have the Body and Blood of Jesus, which sustains and nourishes us. Through the Eucharist, we have redemption and preparation for Heaven.**

## SAINTS AMONG US

Eucharist



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## FAITH IN ACTION

The Eucharist be not only the source and summit of our faith, but also of our entire life. God asks us to shape our lives around His presence with us. We do this by seeing Sunday Mass at the high point of our week, spending time in prayer during the week in front of the Blessed Sacrament, celebrating the liturgical seasons, and practicing regular Confession. Jesus asks us: “Abide in me as I abide in you” (John 15:4).

## AT HOME

1. Pray the prayer before and after receiving Communion as a family.
2. Talk with your child about what a vocation means and how you think God may be leading you in your life.

## PRAYERS

### Prayer Before Communion

Lord Jesus, come to me.

Lord, Jesus, give me your love.

Lord Jesus, come to me and give me yourself.

Lord Jesus, friend of children, come to me.

Lord Jesus, you are my Lord and my God.

Praise to you, Lord Jesus Christ.

Amen.

### Prayer After Holy Communion

My Jesus, I give You myself.

I give You my body and soul.

I give You all my thoughts, all my desires, and all my actions.

I give You my senses, my eyes, my ears, my lips, my hands.

Take me and make me all Yours.

Bless me and keep me from all sin.



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