

# FAITH AT HOME

## A Parent Companion



## BODY, BLOOD, SOUL, AND DIVINITY

LESSON  
**7**

### Lesson Overview:

This week we focus more on what happens during the consecration of the bread and wine during the Mass. At the Last Supper Jesus said of the bread, “this is my body,” and of the wine, “this is the cup of my blood.” Jesus is the Word of God through Whom all things were made and His words have the power to enact change. When Jesus spoke these words the bread truly became His Body and the wine His Blood. This reality is confirmed by Jesus in John’s Gospel: “For my flesh is true food, and my blood is true drink” (John 6:55). In order to explain how Jesus gives us His Body and Blood as food, we discussed the theological term transubstantiation. Substance is what a thing is. Transubstantiation refers to the reality of what something is changing to something else. In the Eucharist, there is a change of substance as the bread and wine become the Body and Blood of Christ. Even though the substance changes, the accidents (outward appearance and qualities) of bread and wine remain so that we can consume the Body and Blood of Jesus as food and drink.



Christ and the Eucharist  
by Juan de Juanes  
Source: Wikimedia Commons

### Review with your child:

1. What is it called when the bread and wine changes its substance to the Body and Blood of Jesus? **Transubstantiation.**
2. Who is the Bread of Life? **Jesus.**
3. Does the bread and wine become only a symbol of Jesus? **The bread and wine become the true Body, Blood, Soul, and Divinity of Jesus Christ.**

## SAINTS AMONG US

Eucharist



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## FAITH IN ACTION

Jesus' real presence in the Eucharist is a miracle, which requires faith. When Jesus rose from the dead, Thomas doubted as He did not see the risen Jesus. When Jesus appeared to him, Thomas said "my Lord and my God." It is a tradition to say these words during the consecration. When the priest elevates the host and the chalice, we can make an act of faith like Thomas, saying "my Lord and my God."

## AT HOME

1. Pray the Our Father and the Act of Faith in the Divine Eucharist as a family.
2. Talk about what transubstantiation means with your child.

## PRAYERS

### Act of Faith in the Divine Eucharist

I believe in my heart and openly profess that the bread and wine which are placed upon the altar are by the mystery of the sacred prayer and the words of the Redeemer substantially changed into the true and life-giving Flesh and Blood of Jesus Christ Our Lord and after the Consecration there is present the true Body of Christ which was born of the Virgin Mary and offered up for the salvation of the world, hung upon the Cross, and now sits at the right hand of the Father and there is present the true Blood of Christ which flowed from his side. They are present not only by means of a sign and of the efficacy of the Sacrament, but also in the very reality and truth of their nature and substance. Amen. (St. Gregory VII)



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