



24:7 SCHOOL MINISTRY

**EUCHARIST
WORKSHOP
PARENT
REFLECTION**

Dear Parents,

Thank you for attending our Sacrament of Reconciliation Workshop. This was designed in such a way that together with your child, we could achieve the following outcomes;

1. Gain a richer appreciation for the significance of the Eucharist in our faith journey.
2. Embrace the Eucharist's communal spirit as a call to come together each week to celebrate what Christ has done for us.
3. Appreciate the biblical basis on which the elements of the Eucharist are brought to life in each Mass.
4. Understand how engagement with the Sacrament of Eucharist will assist our family, our communities and the world to be transformed by the presence of Christ in our daily lives.

The following is a series of 6 reflections and prayer experiences that can help to consolidate all that was covered within the workshop experience. Work through these reflections at your own pace or perhaps discuss as a family periodically.

FAMILY CELEBRATIONS

Meals are central to family life, creating opportunities for connection and gratitude. In this activity, we reflected on the parallels between these gatherings and the sacred meal of the Eucharist, where we unite as the Body of Christ to share in His grace.

Reflection

Family meals celebrate love and unity, just as the Eucharist embodies our communion with God and each other. At Mass, we partake in Christ's sacrifice, recalling His words: "Take and eat; this is my body." The Eucharist transforms our ordinary experience of sharing food into a profound act of faith and thanksgiving.

Action

Encourage meaningful family meals by offering a prayer of gratitude and sharing moments of joy. Discuss as a family how the Eucharist calls us to deepen our relationships and extend Christ's love to others.

Scripture - Matthew 18:20

"For where two or three gather in my name, there am I with them."



THE PASSOVER

The Passover marks God's deliverance of the Israelites from slavery in Egypt, a pivotal event that prefigures the Eucharist. Researching the origins of the Passover helped us appreciate its connection to Christ's ultimate sacrifice.

Reflection

Passover for the Jewish nation is a celebration of liberation and covenant. As Catholics, we believe that the Eucharist fulfills its meaning, as Jesus becomes the Lamb of God whose sacrifice frees us from sin. Just as the Israelites were nourished by the Passover meal, we are spiritually sustained by the Eucharist.

Action

As a family, research the traditions of the Passover and reflect on the ways the Eucharist represents God's saving love. Create a special family ritual where you remember God's blessings and give thanks.

Scripture - Matthew 26:28

"This is my blood of the covenant, which is poured out for many for the forgiveness of sins."



THE EXODUS

The Exodus story reveals God's saving power, guidance, and provision. By exploring the key episodes of the parting of the Red Sea, the giving of the Ten Commandments, and the manna in the desert, we recognize how God continues to work in our lives through the Eucharist.

Reflection

The Red Sea symbolizes liberation, the Commandments highlight God's covenant, and the manna shows His provision. Similarly, the Eucharist delivers us from sin, renews God's covenant with us, and He nourishes us spiritually, connecting us to His constant care.

Action

Read the Exodus story as a family and reflect on its lessons. Identify moments where God has guided or provided for your family, and deepen your appreciation for the Eucharist as a sign of His love and presence.

Scripture - John 6:35

"Jesus said to them, 'I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.'"



THE WAY, THE TRUTH, THE LIFE

The title The Way, the Truth, and the Life reflects Jesus' role as our guide to God, the ultimate truth, and the source of eternal life. Every time we listen to the Gospel at Mass, Jesus invites us to explore how this title impacts our faith and daily decisions.

Reflection

Jesus shows us the way to the Father, offers the truth of God's love, and grants us eternal life through His death and resurrection. The Eucharist is a reminder of this promise, guiding and transforming us to live in His truth.

Action

As a family, reflect on the Sunday Gospel and how it is that we can follow Jesus' way in our thoughts, words, and actions. Pray together for guidance to live out His truth in our relationships and choices.

Scripture - John 14:6

"I am the way and the truth and the life. No one comes to the Father except through me."



THE LAMB OF GOD

The title Lamb of God which is uttered at least 3 times in the Eucharistic Prayer spoken at Mass, emphasizes Jesus' role as the ultimate sacrifice for humanity's sins. This statement focuses our attention on understanding how Jesus connects us into this mystery at each Eucharist we partake in which then deepens our awareness of Christ's redemptive love.

Reflection

In the Mass, we echo John the Baptist's words: "Behold the Lamb of God." Just as the lamb was central to the Passover sacrifice, Jesus offers Himself for us in the Eucharist, uniting us with His saving grace. This title reminds us of the immense love God has for each one of us.

Action

Take time to reflect on Jesus' sacrifice and its significance in your daily life. As a family, discuss ways to show sacrificial love for one another, mirroring Christ's love for us.

Scripture - John 1:29

"Look, the Lamb of God, who takes away the sin of the world!"



THE BREAD OF LIFE

The title Bread of Life highlights Jesus as the spiritual nourishment we receive in the Eucharist. As we gather to share in this meal with other members of God's family, we are called to reflect on how Jesus sustains us and gives us strength.

Reflection

Jesus says, "Whoever comes to me will never hunger." Just as bread sustains the body, the Eucharist sustains our souls. By partaking in the Eucharist, we are drawn closer to Christ and strengthened in our faith journey.

Action

During family meals, give thanks for God's provision and reflect on how the Eucharist nourishes us spiritually. Make a commitment as a family to partake in the Eucharist with gratitude and reverence each and every week.

Scripture - John 6:35

"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."



ADDITIONAL WORKSHOP RESOURCE

The Table of Fulfilment

Is a simple, powerful guide to understanding the Mass - why we gather on Sundays, what truly happens at the altar, and how the Eucharist strengthens us to live our faith at home and beyond.

Table of Fulfilment can be purchased from [Amazon](#) (\$16.50) or direct from Mario at the Workshop (\$10)

