

## Week 28

Paragraphs 1384–1433



# THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

ff faith.<sup>82</sup> By “analogy of faith” we mean the

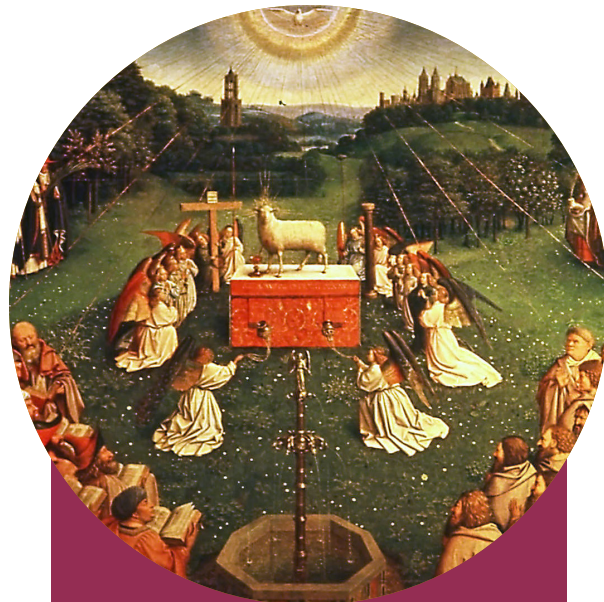
## How We Worship PART TWO: THE CELEBRATION OF THE CHRISTIAN MYSTERY

### HOW TO APPROACH THE EUCHARIST

The Eucharist is not a symbol. It is the real Body and Blood of Jesus. Many documented Eucharistic miracles reveal the truth of Jesus’ Real Presence. When we receive Holy Communion, we receive the very heart of God. The Eucharist transforms us, preparing us for God’s heavenly presence and kingdom. We should approach the Eucharist by recognizing our sinfulness, seeking healing in confession, and receiving the Lord with confidence, humility, and boldness.

#### Keep in Mind

- The Eucharist is the source and summit of Christian life; all graces flow from it.
- In Scripture, Jesus states his own real presence in the Eucharist.
- Just as Jesus’ divinity was hidden during his earthly life, Jesus’ presence in the Eucharist is hidden under the appearance of bread and wine.
- The Passover sacrifice and consumption of an unblemished lamb’s flesh and blood prefigure the Sacrifice and consumption of the Body and Blood of Jesus, the Lamb of God.
- In the consecration of the Eucharist at Mass, time and eternity unite, giving us a foretaste of heaven.
- Receiving Holy Communion has transformative effects: It intensifies our relationship with Christ, removes venial sins, and strengthens us against future mortal sins. It also fortifies our capacity to love God and others amid the challenges of everyday living.
- Catholics ages eighteen to fifty-nine are obligated to fast for one hour before receiving Holy Communion and to receive the Eucharist at least once yearly, but preferably more often.



#### Dive Deeper

Mass is a foretaste of heaven, as elegantly illustrated in the well-known painting *The Adoration of the Mystic Lamb Ghent Altarpiece* (“The Ghent Altarpiece”), completed in 1432 by Hubert and Jan Van Eyck.

Conversion is an ongoing process. How is God continually calling you to conversion? Do you reject sin and love virtue?

- The conditions for receiving Holy Communion are baptism, a genuine belief in the real presence of Jesus, and unity with one's bishop and the Church.
- Catholics who are not in full unity with the Church due to mortal sin or other irregularities should not receive Holy Communion.
- If we have serious sins, we must abstain from receiving the Eucharist until we have gone to Confession.
- Jesus offers us healing through the Church's Sacraments of Reconciliation (confession) and Anointing of the Sick.
- Confession absolves us of our sins and restores our relationship with God and the Church.
- Conversion involves a deep change of the heart to reject sin.
- External actions are important, but they remain empty without interior conversion.
- Conversion is a lifelong process; patience is necessary, but action should not be delayed.

Use the space below to reflect on this week's content.

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## Take It to Prayer

God our Father, thank you for the gift of the Eucharist and the Sacraments of Healing. Help us not to be blind or numb to your gifts. Help us to worship you as you deserve. Help us to be who you've created and redeemed us to be. Help us to receive the Eucharist as a foretaste of the heavenly joy that awaits us. We pray this through Jesus Christ, Our Lord. Amen.

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*The Catechism in a Year* is a daily podcast produced by Ascension and hosted by Fr. Mike Schmitz. It helps us understand what it means to be Catholic by reading the entire *Catechism of the Catholic Church* and allowing those truths to shape our lives. This bulletin was adapted from the books that complement the podcast: *The Catechism in a Year Companions* by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.