

Week 27

Paragraphs 1341–1383



THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

f faith.⁸² By “analogy of faith” we mean the

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

THE EUCHARISTIC SACRIFICE

The heart of religion is worship, and the heart of worship is sacrifice. As Catholics, we believe Jesus’ words that the Eucharist is his true Body and Blood. The Mass allows us to participate fully by actively offering the Sacrifice of the Eucharist and by joining our lives to Christ’s sacrifice. The Eucharist is an extraordinary gift that enables us to be in God’s presence and worship him. St. John Paul II emphasized the “great need for Eucharistic worship” because “Jesus awaits us in this sacrament of love” (*Catechism of the Catholic Church*, 1380).

Keep in Mind

- Discipleship has four essential elements: following apostolic Church teaching, caring for others, praying, and participating in the Eucharist (see Acts 2:42).
- Jesus instituted the Eucharist, making clear how God desires to be worshiped.
- Jesus is present in the Eucharist—Body, Blood, Soul, and Divinity—and as the great High Priest.
- To receive the Eucharist, we must be in union with the Church and have faith in Jesus’ Real Presence. This requirement protects us from the condemnation of receiving the Eucharist unworthily.
- God’s inclusive love invites every person to be fully united to his Catholic Church.
- The ministerial priesthood in apostolic succession is necessary for a valid Eucharist.
- The Eucharistic altar is a place of sacrifice and banquet, representing worship and communion with the Body and Blood of Christ.
- The word Eucharist can be used as a noun (the Body and Blood of Christ) and as a verb (the action of Jesus’ sacrifice offered to the Father).



Dive Deeper

Through the words of Consecration offered by the priest, bread and wine become the Body and Blood of Christ (see CCC 1375).

At Mass, we participate in the sacrifice on Calvary. At Mass, imagine yourself at the foot of the Cross with Our Lady and St. John. Pray to unite yourself with Jesus on the Cross.

- The Eucharist is “a sacrifice because it *re-presents* (makes present) the sacrifice of the cross” (CCC 1366).
- The Eucharistic Sacrifice serves two essential purposes: glorifying the Father and sanctifying and saving the world.
- Through transubstantiation, the “accidents” (sensory characteristics) of bread and wine remain the same, but the substance changes so that Jesus is truly present.
- The Eucharistic Sacrifice joins together the Body of Christ: Mary, the saints, and all Catholics in heaven and on earth.
- Our active participation in the Mass contributes to God’s glorification and the world’s sanctification.
- We bow before the Eucharist to recognize Jesus’ divine presence.
- Eucharistic Adoration holds great power to transform us, even if the transformation is not tangible.

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

Take It to Prayer

God our Father, you have given us your own Son so we can have life and have it to the fullest. We know that his sacrifice has changed our lives because it gave us access to you. Help us to participate in the Mass with our whole heart, as if it’s our first Mass, our last Mass, and our only Mass. 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.