

# Week 26

Paragraphs 1290–1340



# THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

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

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

### UNITED TO CHRIST

If we have been baptized and confirmed, we no longer belong to ourselves but to Christ. The sacrament of Confirmation unites us to Christ and his Church and empowers us to evangelize throughout the world. The Eucharist is also a sign of unity. The Eucharist is the living presence of Christ, continuously offered to the Father through the Holy Spirit. The Eucharist allows us to experience God’s immense love in a profound and tangible way. The Eucharist fulfills the Jewish Passover, establishing the New Covenant in Jesus’ Blood. Every celebration of the Eucharist looks forward to heaven, allowing us to taste the love God has for us.

#### Keep in Mind

- In Confirmation, the bishop anoints us with sacred chrism (oil).
- Confirmation deepens our relationship with God the Father, unites us more closely with Jesus, increases the gifts of the Holy Spirit, unites us more fully to the Church, and strengthens us to be true witnesses of Christ and the Faith.
- “Every baptized person not yet confirmed can and should receive the sacrament of Confirmation” (CCC 1306).
- We must prepare with prayer and be free of mortal sin to receive the full effects of the Confirmation.
- We choose a Confirmation sponsor to help us grow in faith.
- “The holy Eucharist completes Christian initiation” (CCC 1322).
- We can be admitted to the Eucharist only if we are in communion with the Church.
- The Eucharist is “the source and summit of the Christian life” because it is Christ himself (CCC 1324).
- The name “Holy Mass” signifies that we receive Jesus’ Body, Blood, Soul, and Divinity and the Holy Spirit, and are sent to carry that grace into the world.



*The Last Supper*  
by Juan de Juanes (1555–1562)

#### Dive Deeper

Our Lord instituted the Eucharist for us on Holy Thursday, the night before his death. He gave us this sacrament “to perpetuate the sacrifice of the cross throughout the ages until he should come again” (CCC 1323).

The Eucharist anticipates heaven. How has God restored you through Holy Communion?

- The Eucharist is not a symbol but the true sacrifice of Christ offering himself for our salvation.
- The bread and wine signify the Creator’s generosity and providence.
- The bread and wine also have connections to the Jewish Passover and the miraculous gift of manna. Jesus fulfills all of these.
- In John 6, Jesus’ teaching on the Eucharist caused disciples to abandon him, highlighting the difficult mystery of the Real Presence.
- “To receive in faith the gift of his Eucharist is to receive the Lord himself,” and rejecting the Eucharist is rejecting the Lord (CCC 1336).

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

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## Take It to Prayer

God Our Father, thank you so much for the gift of your Son, Jesus Christ, in the Eucharist. Continue to send Jesus into our lives. Help us to always approach the Eucharist with hearts transformed by your grace and your Holy Spirit. We pray 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 Companion* by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.