



the Parish of St. Dunstan

A CHILDREN'S CATECHISM TO ECHO GOD'S LOVE IN THE WORLD

PART II: Our Church

Lesson 23: Holy Eucharist

This is the prayer we use to begin our church service:

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

I wonder what **Eucharist** is.

1 Eucharist is saying thanks



Eucharist:

(Say it like this:)

YOU-CARE-IST!

It is a Greek word that means

THANK YOU!

Activity: write down some things you thank God for.

When we celebrate Eucharist at church we are saying, "Thank you, God!"

We thank you God for **making us**.

We thank you God for **being with us**.

We thank you God for **healing us**.

We especially thank God for **Jesus**, for waking us up and giving us a new way to live our lives.

I thank God for:

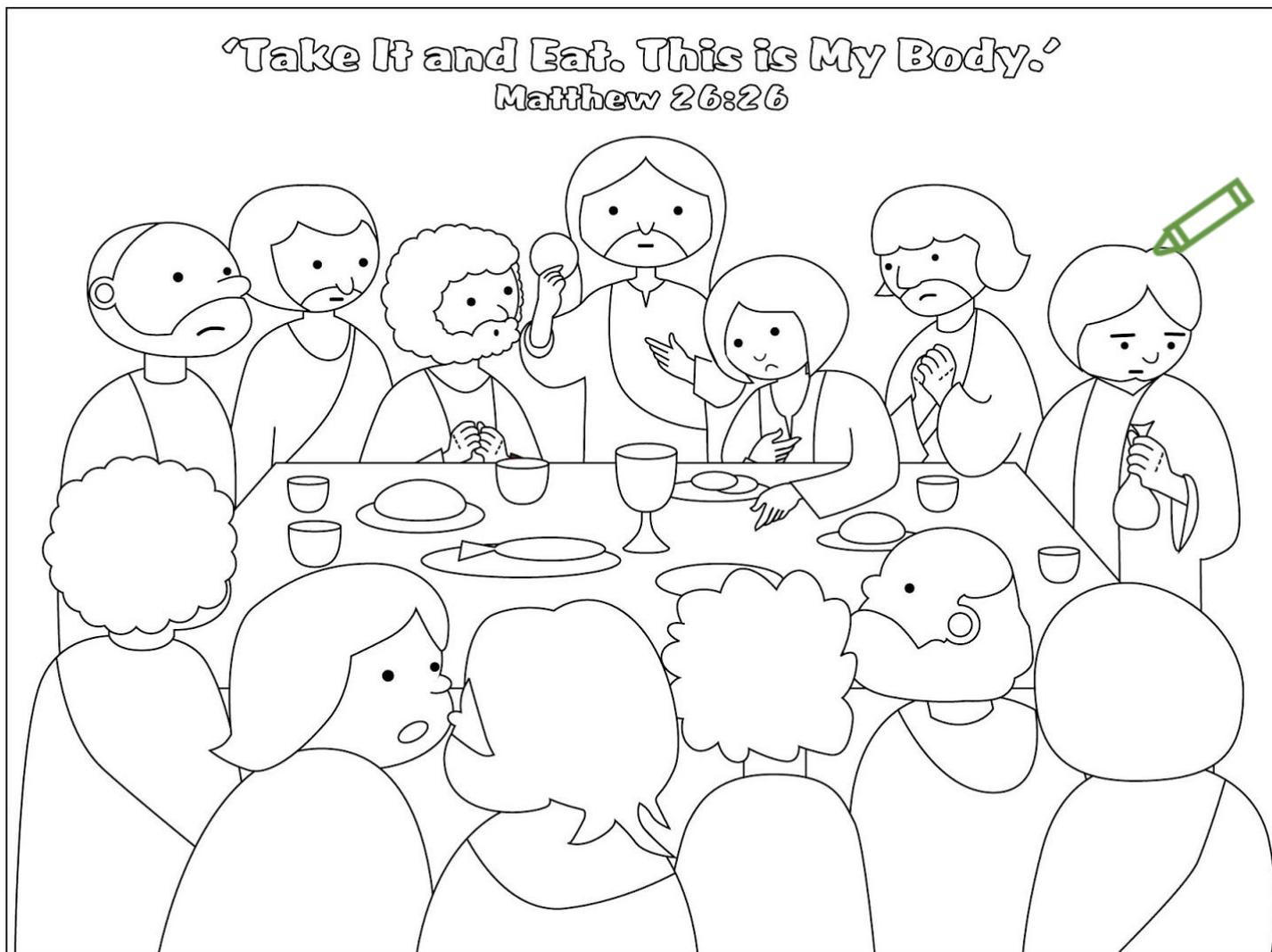
2 Eucharist is Jesus

Jesus feeds our hearts with his life. When we eat the bread and drink from the cup, we become more and more like Jesus.

At church, the priest says,

On the night before he gave up his life for us, Jesus, at supper with his friends, took bread, gave thanks to God, broke it, and gave it to them, saying, "Take this, all of you, and eat it: this is my body which is given for you." After supper, Jesus took the cup of wine, said the blessing, gave it to his friends, and said, "Drink this, all of you: this is the cup of my blood, the blood of the new and eternal covenant, which is shed for you and for many, so that sins may be forgiven."

Every time we eat bread and drink wine or juice at the Eucharist, our hearts change a little more and we become a little more like God. This means that our lives change, and we become more and more like Jesus, doing the amazing and wonderful things Jesus did. We never eat the bread or drink from the cup unless we are willing to be changed.



Activity: Colour this picture. I wonder what each of the followers of Jesus are thinking.