

Study Guide: Sacrament of the Eucharist

To study the topic of the Sacrament of the Eucharist, consult the paragraphs indicated in the *Catechism of the Catholic Church* (CCC). **Note that the "In Brief" sections may help answer the questions below.**

1. The Catechism gives three reasons why the Eucharist is the “source and summit of the Christian life”. What are they? (CCC 1324-1326)
2. What are some of the names given the sacrament of the Eucharist, and why? (CCC 1328-1332)
3. What are some of the uses of bread and wine in the Old Testament that prefigure their use in the New? (CCC 1333-1334)
4. Why did Jesus select the Passover meal to institute the Eucharist? (CCC 1337-1340)
5. Catholics understand Jesus’ words “Do this in memory of me” as a *command* (not merely an “ordinance”). What does the Catechism say about the Eucharist as a *memorial*? (CCC 1337, 1341-1344, 1357, 1362-1364)
6. Define the following terms connected with the celebration of the Eucharist (the Mass): the *anaphora*, the *preface*, the *epiclesis*, the *institution narrative*, the *anamnesis*. (CCC 1352-1355)

7. Eucharist is Greek for “the good gift” or “thanks”. Why is this sacrament called those things? (CCC 1359-1361)

8. How is it appropriate to call the Eucharist a *sacrifice*? If the sacrifice is offered every day, why do we call it one single sacrifice instead of many? Who participate in offering this sacrifice? (CCC 1366-1368)

9. How does the Catechism explain the presence of Christ in the Eucharistic species? (CCC 1374-1375)

10. When did the Church introduce the term *transubstantiation*? What does it mean? (CCC 1376)

11. When does the presence of Jesus in the Eucharistic species *begin*? How is Jesus present in the bread and in the wine? For how *long*? (CCC 1377)

12. Why is worship of the consecrated host appropriate? (CCC 1378-1381)

13. How should you prepare for communion? How often should you receive it? (CCC 1384-1390)

14. What effect does receiving Holy Communion have on forgiveness from sin? What are some of the other fruits of this sacrament? (CCC 1391-1397)

15. Can you receive Communion in an Orthodox Church? A Protestant church? Why or why not? Under what circumstances can we give Communion to non-Catholics who ask for it? (CCC 1398-1401)