



Catholic Central Activity Guide

Episode 21: Real Presence

Diving Deeper

- ▶ At Mass we say “Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.” Are there areas in your life where you need healing so that you can better receive God? What actions can you take so that God can do more in your life?
- ▶ Have you ever struggled with the mystery of the Eucharist? You are not alone! The Eucharist, like the Trinity, is a mystery of the Church that many Catholics have wrestled with for years. What are the biggest reasons behind those struggles? What is different about this belief in comparison to others?
- ▶ Why do you think that God chooses to give himself to us through bread? How has bread been life-giving in human history? What are the benefits to making the Eucharist happen in this way?

Go Forth

- ▶ Eucharist means Thanksgiving in Greek, so that means that the central mystery of the Catholic faith is about gratitude. What are you thankful for? Where is God in those things?
- ▶ Spend some quiet time in a church to dwell with God. Feeling lost? Try meditating on John, Chapter 6.



Resources

- ▶ [5 Eucharistic Miracles \(includes pictures!\)](#)
- ▶ [FAQs on the Real Presence](#)
- ▶ [Prayers for before and after communion](#)

