



Catholic Central Activity Guide

Episode 17: Eucharist 101

Diving Deeper

- Kai and Libby talked about the Last Supper and how important it and its meaning are to us as Catholics. What was the most interesting or important meal you have ever been to? Why was it so interesting/important?
- This episode talks about a sacrifice and memorial meal that leads us from slavery to freedom. Do you think our current world is enslaved to anything? If yes, what type of things? If no, give reasons why. What tangible things can we do to break away from these things and enter more into freedom?
- Do you struggle with truly believing in Jesus's Real Presence in the Eucharist? Why or why not?

Go Forth

- Read John 6:22-71 three times. Discuss with the group what words or phrases stand out. Put yourself in the place of the scripture. Imagine what the apostles were thinking, or how Jesus might have felt to see some of his followers leave because of his teaching.
- To remember the passover celebration, celebrate a Seder Meal together as a group. [Here are instructions on how to prepare the meal.](#)



Resources

- [Bishop Barron's insight into the Real Presence](#)
- [How we really get fed at Mass](#)
- [The Catechism on the Eucharist](#)

