

The
POWER



of One Hour

Study Guide

Produced and presented by the



ROMAN CATHOLIC
DIOCESE of ALBANY



Catholic
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CONNECT WITH CHRIST

*Reflection questions for youth and adults
accompanying the five-part video series
to facilitate discussion and enrich understanding
of the Celebration of the Eucharist*



Reflection Questions ~ Liturgy of the Eucharist

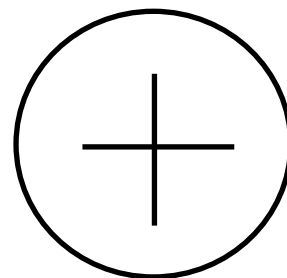
1. When we hear God's word during the Liturgy of the Word and pray, we then move into which part of the Mass?
2. What is the significance of bringing up the bread and the wine (Presentation of the Gifts) for us, as the faithful?
3. The Eucharistic Prayer gives God both _____ and _____.
4. Why does the priest mix water with the wine?
5. What is the purpose of the "Preface," or the introductory prayer during the Liturgy of the Eucharist?
6. Where does the "Holy, Holy, Holy" come from in the Bible, and what is its meaning and importance at Mass?
7. The first Epiclesis asks for the Holy Spirit to: _____.
The second Epiclesis asks for: _____.
8. Jesus is both fully _____ and fully _____.
9. At The Last Supper, Jesus Himself gave us the sacrament of the _____.
10. What is *transubstantiation*?
11. What specific type of bread is used at Mass? Why?
12. What is the *Real Presence* of Jesus in the Eucharist?

Mass is divided into two parts:

the Liturgy of the _____
and the Liturgy of the _____.



The first Epiclesis asks for the Holy Spirit to come down onto the bread and the wine. The second Epiclesis asks for the Holy Spirit to come down upon the people. Use the space on the left to draw a picture of what the Holy Spirit means to you!



What type of bread is used at Mass?

- a) white bread
- b) unleavened bread
- c) wheat bread

True or false: Jesus is both fully human and fully divine.

☐ true ☐ false



When the bread and the wine are brought up during Mass, we also offer ourselves to God. Color and decorate the gift box on the left. What gift(s) can you offer to Jesus?

Complete these spelling words related to Mass:

s a _ r i _ i c _
E u _ h a _ i s _
J _ s u _
h _ l y
_ r i _ s t
b _ e a _ and w _ n e
p r _ y _ r
L _ m b of _ o d

Transubstantiation refers to the priest changing the bread and wine into what?