



SESSION 4

The Holy Eucharist

15A: The meaning of the Mass

- If God is everywhere, what's the point of going to church on Sundays?
- What is your experience of coming to Mass or to other church services?
- Which parts of the Mass, or which symbols within the Mass, do you find most interesting or helpful?

15B: The Real Presence of Jesus in the Eucharist

- When are the times that you feel closest to God?
- When do you experience God's presence in Church?
- What do you think about the Real Presence of Jesus in the Eucharist? Do you find it easy or hard to believe? What difference could it make to your life and faith?

15C: The Holy Sacrifice of the Mass

- Can you describe any beautiful crosses or crucifixes you have seen? What do you think about Jesus offering his life on the Cross to take away our sins and bring us salvation?
- What do you think about the idea that the Mass is a Sacrifice that unites us with the Cross of Jesus? What difference could it make to your own life and faith?
- If you discovered that someone had died to save your life, what difference would it make?

