

The Eucharist: The Source and Summit of a Father's Faith

Headline: In a world filled with distractions, demands, and competing priorities, Catholic men are called to return to the one place where Christ gives Himself completely to us. The Eucharist is not merely a symbol or a Sunday obligation—it is Jesus Christ truly present, nourishing us with His Body and Blood so that we can become the husbands, fathers, and leaders God created us to be. It is the ultimate call to holiness.

Objective: The Eucharist stands at the center of Catholic life because it is Christ Himself. At every Mass, Jesus fulfills His promise to remain with us, feeding us with His Body and Blood and strengthening us for the mission of discipleship. The Church teaches that the Eucharist is "the source and summit of the Christian life" because all grace flows from it and all our efforts ultimately lead back to communion with God.

As Catholic men, we often seek strength for our responsibilities—raising children, loving our wives, leading at work, serving our communities, and persevering through life's challenges. Yet the deepest strength is not self-generated; it is received. In the Eucharist, Christ gives us His very life. The same Lord who calmed storms, healed the sick, forgave sinners, and conquered death comes to us at every Mass.

This session invites us to reflect on how deeply we believe in the Real Presence of Christ in the Eucharist and whether our lives reflect that belief.

The Eucharist is also a profound expression of Catholic Social Teaching. It calls us into communion not only with Christ but with one another. Receiving the same Lord unites us as brothers and sisters, challenging us to uphold the dignity of every human person and work for the common good through acts of charity, justice, and solidarity.

Song Suggestion: I Am the Bread of Life

Bible and Catechism Readings:

John 6:51-58

"I am the living bread that came down from heaven. Whoever eats this bread will live forever; and the bread that I will give for the life of the world is my flesh."

Luke 22:19-20

"Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' Likewise he took the cup after supper, saying, 'This cup that is poured out for you is the new covenant in my blood.'"

Catechism 1324

"The Eucharist is 'the source and summit of the Christian life.' The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it."

Catechism 1374

"The mode of Christ's presence under the Eucharistic species is unique. It raises the Eucharist above all the sacraments as "the perfection of the spiritual life and the end to which all the sacraments tend." In the most blessed sacrament of the Eucharist *the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained*. This presence is called 'real' — by which is not intended to exclude the other types of presence as if they could not be 'real' too, but because it is presence in the fullest sense: that is to say, it is a *substantial* presence by which Christ, God and man, makes himself wholly and entirely present.

Saint:

Justin Martyr was an early Christian apologist and philosopher who articulated Jesus Christ as the Logos and defended Christianity through reasoned writings, ultimately dying as a martyr around 165 AD.

"For not as common bread nor common drink do we receive these; but since Jesus Christ our Savior was made incarnate by the word of God and had both flesh and blood for our salvation, so too, as we have been taught, **the food which has been made into the Eucharist by the Eucharistic prayer set down by him, and by the change of which our blood and flesh is nurtured, is both the flesh and the blood of that incarnated Jesus**" (*First Apology* 66 [A.D. 151]).

Vignette: One Saturday morning, Steve accompanied his son to a First Communion retreat. As the priest explained that the Eucharist is not merely a symbol but truly Jesus Christ—Body, Blood, Soul, and Divinity—he noticed the awe on his son's face. His son asked, "Dad, if that's really Jesus, why don't people act more excited when they receive Him?"

The question struck Steve deeply.

Over the next several weeks, he began arriving early to Mass to pray. He spent a few moments after Communion thanking Jesus for entering his life. He even began stopping at the church during lunch once a week for Eucharistic Adoration.

Gradually, something changed. His prayer became more sincere. He found himself more patient with his wife. He listened more attentively to his children. The frustrations at work that once consumed him seemed smaller. The Eucharist had not removed the challenges of his life, but it was transforming the man who faced them. One evening after dinner, his daughter remarked, "Dad, you've been happier lately." Steve smiled. He knew the difference wasn't his own effort. The more he encountered Christ in the Eucharist, the more Christ was shaping him into the husband, father, and disciple he was called to be.

Questions for Large and Small Group Discussion:

1. Do we approach the altar with expectation?
2. Do we prioritize Sunday Mass?
3. Do our children see us reverently receiving the Lord?
4. How might a renewed devotion to the Eucharist transform our families, our friendships, and our witness to the world?

Resources:

33 Days to Eucharistic Glory - Matthew Kelly

This Is My Body: A Call to Eucharistic Revival - Bishop Robert Barron

The Lamb's Supper - Dr. Scott Hahn

Fathers of the Church - Mike Aquilina

Action Plan:

1. Discuss with your family the gift of the Blessed Sacrament of the Eucharist and watch *The Veil Removed* with them (7 minutes) [The Veil Removed - Film - YouTube](#)
2. Focus on the Eucharistic prayer with special attention this week and feel the power of this part of the mass.
3. Each time you are about to receive Holy Communion remind yourself you are about to receive the Real Body and Blood of Jesus and give thanks.
4. Consider filling a slot on the IHM Eucharistic Adoration calendar. Could you do it as a team of Fathers?

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