

How Do We Live What We Believe?

We put our Christian faith in action

**TARGET AUDIENCE**

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Overview

This Object is part of a set of three: *How Can the Ending Be A Beginning?*; and *How Can the Eucharist Make a Difference in My Life?* The 'Supporting Content' of this Object is taken from the pathway 'Believe, Pray, and Act' in the 'Living a Eucharistic Life' section of *Become One Body One Spirit in Christ*.

The multimedia element of this Object contains an edited version of the 'Supporting Content'. Rolling over the hot spot associated with each question, reveals an answer and a representative visual.

Teacher Background

Teachers are encouraged to review the 'Living a Eucharistic Life' section of the DVD Rom *Become One Body One Spirit in Christ* to deepen their understanding of: the call to 'go forth' and live the mission of the Gospel in our daily lives; how we are called to live our Catholic and Christian faith; and the meaning of the Eucharist in our lives.

In particular, the following aspects of *Become One Body One Spirit in Christ* provide entry points and context for this Learning Object:

- Within the pathway 'Believe, Pray, and Act', watch the videos 'Handing on the Good Earth', 'Young People Living and Praying', 'Action for Social Justice', 'Shared Spaces', 'Adoration in the Modern World', and 'Youth Seeking Silence'.

Where appropriate, use this material with the students.

Supporting Content

This text supports the focus of the multimedia element.

How does a paschal lens on life shape the way we live?

'One of the main purposes of the Eucharist is to place a paschal lens on life. When we view all of life through that lens, we are able to evaluate what really matters in life and to put away what detracts from living real life, based on the Gospel, in the faith and life of the Church.' (Msgr Kevin W. Irwin)

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Supporting Content

For Your Reflection:

1. In your own words, outline the meaning of this quote
 2. What 'really matters' in your life?
 3. In your opinion, what 'detracts from living *real* life'?
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How does celebrating the Eucharist affect the relationships in your life?

'Worship pleasing to God can never be a purely private matter, without consequences for our relationships with others: it demands a public witness to our faith.' (Msgr Kevin W. Irwin)

For Your Reflection:

1. Explain why this is a true claim.
 2. Describe the lives of two people in the past and two people living now whose lives witness to their faith.
(Instead of written answers, you could present a PowerPoint or video).
 3. How does celebrating the Eucharist affect the relationships in your life?
 4. How and when do you give 'a public witness to our faith'?
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What is the celebration of the Eucharist about?

'The celebration of the Eucharist is not about getting us out of life for a respite in order that we might be touched and graced by God. Rather it is more about how this most sacred action helps us to experience the living God in this act and then to rediscover that same God in daily life.' (Msgr Kevin W. Irwin)

For Your Reflection:

1. Why is it important not to think of the Eucharist as 'getting us out of life for a respite'?
 2. Describe a time when a liturgy helped you to feel close to God.
 3. What led to this experience e.g. was there something special about the celebration or was it the way you were feeling?
 4. Have there been other times when you discovered 'that same God' in your life? Describe that experience. Did it change your relationship with God and with others? In what ways?
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Supporting Content

When do you 'wash feet and collect gifts for the poor'?

'There can be no more poignant image and reminder of this than the liturgy of the Holy Thursday Evening Mass of the Lord's Supper. We celebrate the Eucharist with two particular features that bespeak the spirituality inherent in every celebration of the Eucharist – we wash feet and collect gifts for the poor. We can do none of this if we live in isolation. We need to do all of this because we live in communion with one another and in God.' (Msgr Kevin W. Irwin)

For Your Reflection:

1. Read the account of Jesus' washing of the feet of his disciples (John 13: 1-20).
2. Why did Jesus do this? What does the symbolism mean?
3. What effect did it have on the disciples?
4. Why is it true to say that: 'We need to do all of this'?
5. When do you 'wash feet and collect gifts for the poor'?

For Reflection and Discussion: Ideas for Use

Select one or more of the following activities for students to complete.

- 1 **Invite students to undertake this task and to share their responses.**

Undertake a self-evaluation using the following prompts:

1. What are 3 things I learnt from these quotations and reflections?
2. What are 2 questions or comments I have?
3. What is 1 thing I'd like to find out more about?

Teacher Professional Development Resources

[The Eucharist: A Way of Life](#)