



7 SESSION STUDY

**STARTS JANUARY 31ST**

# JESUS AND THE EUCCHARIST

MORNING SESSION:  
WEDNESDAYS AT  
9:00-11:00 A.M.  
IN THE VIEW ROOM

Each session is full of rich theological content, powerful testimonies, and unique and timely messages from individual bishops across the country.

EVENING SESSION:  
WEDNESDAYS AT  
6:30-8:30 P.M.  
IN THE MEDIA CENTER

This is a great opportunity to dive more deeply into the richness of our Eucharistic faith.

FOR COURSE OUTLINE PLEASE VISIT THE PARISH WEBSITE



HOLY TRINITY  
EUCCHARISTIC  
REVIVAL

Sign Up at:  
[holytrinityparish.org/eucharistic-revival](http://holytrinityparish.org/eucharistic-revival)



# Jesus and the Eucharist Study

Every parish across the country is invited to host the Jesus and the Eucharist study during the Year of Parish Revival. This seven-session series will immerse participants in the kerygmatic proclamation (Sessions 1–4) and unveil God’s saving work in the Eucharist (Sessions 5–7).

Each session opens with an exhortation from a different bishop, followed by lectio divina prayer with scripture. The main lesson is drawn from content created by the Augustine Institute and will include personal testimonies from Catholics across the country. We will then transition into small group discussions. Each session will be 2 hours or less.

## BELOW IS AN OVERVIEW OF EACH SESSION:

### Session 1: What’s Our Story?

The Bible is the story of God’s love for us. He created us out of love, redeemed us by his love, and transforms us in his love.

### Session 2: Who Is Jesus?

Jesus is both God and man, therefore he reveals who God is in relation to us. Jesus asked Simon Peter, “Who do you say that I am?” (Matthew 16:15) He asks this same question of us: who do you say Jesus is?

### Session 3: Am I Saved?

Salvation is a gift from God through Jesus Christ that requires our “yes.”

### Session 4: Why a Church?

Jesus didn’t simply leave us a written message or instruction manual to follow. He gave us a living, dynamic Church where we encounter him personally and allow ourselves to be transformed into his likeness.

### Session 5: God Is With Us

God’s presence in the Old Testament foreshadows the gift of the Eucharist, one of the seven sacraments of the Church. Jesus established the Eucharist to give us strength and accompany us at every moment of our earthly journey.

### Session 6: The Story of the Eucharist

The story of the Eucharist can be traced throughout Scripture. From Genesis to the present day, this session explores how the Cross is the new Tree of Life, and the Eucharist is its fruit.

### Session 7: Bread for the Journey

The Eucharist sustains us on our spiritual journey. Our participation at Mass through the Liturgy of the Word and the Liturgy of the Eucharist is an offering of thanksgiving to God. We are then sent forth to share what we have received.

Through the generosity of our donors, the content of this study is available free of charge. Additionally, we will be providing you with support to help you and your team be successful in hosting this series at your parish. Visit the Parish Point Person Portal at [eucharisticrevival.org/parishpointperson](https://eucharisticrevival.org/parishpointperson) to access trainings, invitation templates, and other support materials.