

SHOCKING CLAIMS OF JESUS – *Episode 7: Eat the Flesh?*



Team Member Name: _____ Date: _____

Game Strategy – When some of His disciples heard Jesus say they must eat His flesh, they stopped following Him and returned to their old lives. It was a hard saying.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What do you hear Jesus saying to you in these passages? (John 6:53-54)
2. I don't think that Jesus would make such a statement if He didn't mean every word; in fact, His own disciples couldn't take it and walked away. Please spend some time reflecting on every word that Jesus said. If you had been there when Jesus made that statement, how do you think you would have reacted?
3. What is your reaction when you hear the priest pray similar words at the Consecration at Mass?
4. There are many Catholics who don't believe in the Real Presence. Do you think that Jesus came down to earth and became man, suffered, died, was buried, rose from the dead and ascended into heaven to give us a fake or a symbol of His Body and Blood? Why do you think Jesus did all of this for you?
5. You and I can eat all the heart healthy food in the world and have the greatest physical workout program ever designed, but we still waste away and die. In this passage, what did Jesus guarantee us if we eat the Bread of Life? Therefore, why wouldn't you want to receive the Holy Eucharist as often as possible? How can you adjust your schedule so that you can receive Holy Communion more often than just on Sundays?
6. Each and every time you receive Jesus Christ in the Eucharist, what do you think are the spiritual benefits that you receive?
7. Name some ways in which you must properly prepare yourself to receive Holy Eucharist.

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. To finish the race, stay deeply connected to Jesus!
2. Spend time with Jesus in the Blessed Sacrament (Adoration).
3. Talk to Jesus about your doubts and questions.

Complete your **Personal Action Item**. 

Scripture References

John 6:48-58
John 6:60-63

John 6:66-68
1 Corinthians 11:17-30

Coaching Tips

We are dead without Jesus. He alone can give us eternal life. He transfers that life to us through the Eucharist. That is how he chose to do it.

Catechism Connection

1384 The Lord addresses an invitation to us, urging us to receive him in the sacrament of the Eucharist: “Truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you.”

1385 To respond to this invitation we must *prepare ourselves* for so great and so holy a moment. St. Paul urges us to examine our conscience: “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself.” Anyone conscious of a grave sin must receive the sacrament of Reconciliation before coming to communion.

1391 *Holy Communion augments our union with Christ.* The principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus. Indeed, the Lord said: “He who eats my flesh and drinks my blood abides in me, and I in him.” Life in Christ has its foundation in the Eucharist banquet: “As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.” On the feasts of the Lord, when the faithful receive the Body of the Son, they proclaim to one another the Good News that the first fruits of life have been given, as when the angel said to Mary Magdalene, “Christ is risen!” Now too are life and resurrection conferred on whoever receives Christ.

1392 What material food produces in our bodily life, Holy Communion wonderfully achieves in our spiritual life. Communion with the flesh of the risen Christ, a flesh “given life and giving life through the Holy Spirit,” preserves, increases, and renews the life of grace received at Baptism. This growth in Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.

See Also: **1393, 458**

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...