



# Confirmation

## Journal Questions

### The Eucharist



1. Jesus commanded, “Do this in memory of Me.” **How does receiving the Eucharist regularly help guide your life back toward God when you feel spiritually lost?**

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2. The Church teaches that the Eucharist is the “source and summit” of our faith. **What does this mean for the way you order your priorities each week?**

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3. When the priest speaks the words “this is my Body... this is my Blood,” the bread and wine are transformed. **Why do you think Jesus chose this sacrament as a way to remain physically present and draw us back to Him?**

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4. In the Mass, we ask God to make us “one body, one spirit in Christ.” **How does Communion help heal division and bring the Church closer to God’s heart?**

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5. In the talk, says the Eucharist nourishes us with Body, Blood, Soul, and Divinity. **What parts of your life need this spiritual nourishment the most right now?**

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6. Saints like Teresa of Calcutta and Carlo Acutis found strength, energy, and direction in the Eucharist. **How might receiving Communion help fuel your mission or purpose?**

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7. The Eucharist is intended to be broken and shared for the good of the world. **After receiving Jesus, how can you carry His presence into your school, family, or friend group?**

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