

KEY TERMS

1.

Eucharist (Blessed Sacrament)

The Eucharist is the Body and Blood of Jesus Christ, truly present under the appearances of bread and wine. You might explain it as: “Jesus comes to us in a very special way at Mass so we can be close to Him.”



2.

Holy Communion

Holy Communion is when we receive Jesus in the Eucharist. For a child: “It’s the moment when you receive Jesus into your heart.”



3.

Real Presence

This means that Jesus is truly and fully present in the Eucharist—not just a symbol. Simply: “It may look and taste like bread and wine, but it is really Jesus.”

4.

Mass

The Mass is the central act of worship where we remember Jesus’ sacrifice and receive Him in the Eucharist. You can say: “Mass is when we gather as a family of God to pray and be with Jesus.”



5.

Consecration

This is the moment during Mass when the priest’s words, through the power of the Holy Spirit, cause the bread and wine to change into Jesus’ Body and Blood. For children: “When the priest says special prayers at the altar, the bread and wine become Jesus.”



6.

State of Grace

This means being free from serious (mortal) sin and ready to receive Jesus. We return to this state especially through Confession when we have sinned. You might say: “It means your heart is clean and ready for Jesus, and if we do something seriously wrong, we go to Confession so Jesus can forgive us and heal our hearts.”