

TEACHER INSTRUCTION GUIDE

# My Eucharistic Journey



Based on the  
#1 documentary film

**JESUS  
THIRSTS**

THE MIRACLE OF THE EUCHARIST

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Office of Evangelization and Faith Formation  
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**About This Manual**

This Teacher Instruction Guide is designed to support Catholic school educators in leading middle and high school students through the *My Eucharistic Journey* modules. Drawing on selected clips from the documentary *Jesus Thirsts: The Miracle of the Eucharist*, each session combines theological background, prayer, discussion questions, and practical activities. The lessons are intended to be flexible so teachers may adapt them to the unique needs of their classroom while remaining faithful to Catholic teaching.

For additional resources, training, or support in implementing this curriculum, please contact:

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Office of Evangelization and Faith Formation  
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## FROM THE SUPERINTENDENT

Dear Friends in Christ,

We are pleased to introduce *My Eucharistic Journey*, a new instructional resource developed through a collaborative effort between the Office of Parish Evangelization and Faith Formation and the Department of Catholic Schools.

This project was created to support Catholic school educators in guiding students through a deeper encounter with Jesus Christ present in the Eucharist. Drawing upon selected clips from the acclaimed documentary *Jesus Thirsts: The Miracle of the Eucharist*, this curriculum offers five adaptable modules that integrate prayer, theological reflection, and discussion to inspire renewed faith and devotion to the Blessed Sacrament.

The resource is designed for middle and high school classrooms and aligns with our diocesan commitment to the National Eucharistic Revival. The first three modules introduce the foundational teachings of the Eucharist and invite students to reflect on their own “journey to Emmaus.” The final two modules explore the theology of the Mass, the “Four Rooms” of the liturgy as presented by Fr. Charbel Grbavac, O.Praem., and the Catholic practice of Eucharistic adoration.

We hope that *My Eucharistic Journey* will serve as a meaningful tool in forming missionary disciples among our students and foster a great love for Jesus Christ truly present in the Eucharist.

Should you or your faculty wish to receive additional support, training, or resources for implementation, please contact the Office of Parish Evangelization and Faith Formation or Department of Catholic Schools.

Thank you for your continued dedication to nurturing faith in the lives of our young people. May this initiative help all of us rediscover the profound gift of Christ’s real presence in the Eucharist.

**Luis Chavez, M.A.**

*Director*

Parish Evangelization and  
Faith Formation

**Dr. Erin Barisano**

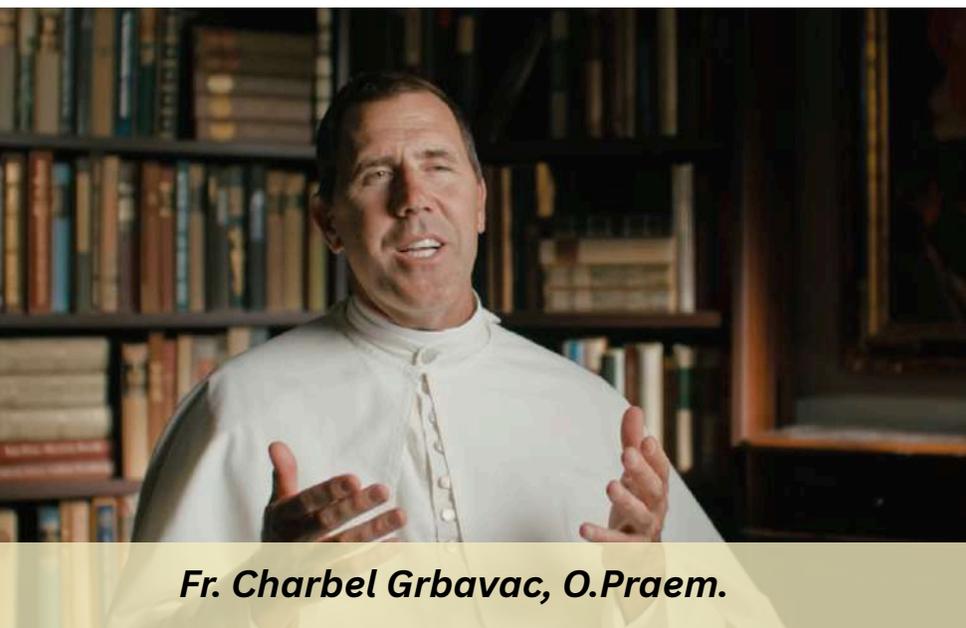
*Superintendent*

Department of Catholic Schools

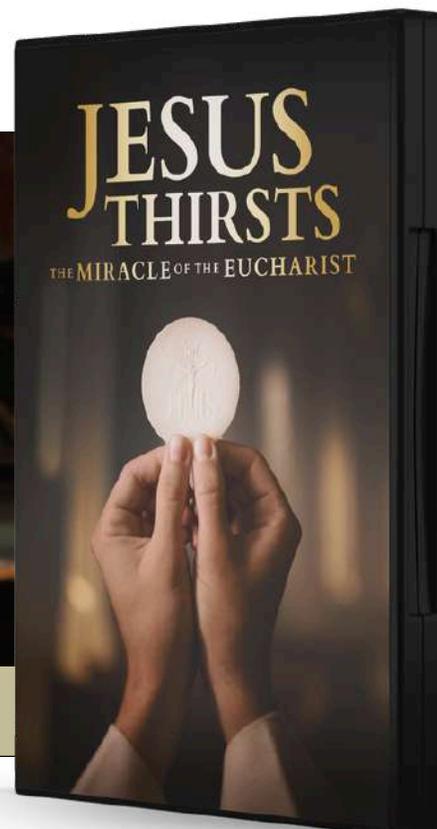
In our efforts for the Diocese of Orange to find opportunities for more parishes and schools to participate in the Nation-wide Eucharistic Revival, the Office of Evangelization and Faith Formation and the Department of Catholic Schools have joined in a collaborative effort to work together in promoting the National Eucharistic Revival.

The following clips from the documentary movie ***Jesus Thirsts: The Miracle of the Eucharist*** and the modules attached have been put together to draw students into deeper knowledge of the true presence of Christ in the Eucharist and as an inspiration for a greater faith and devotion to the Eucharist in Mass and adoration.

The first three modules are designed to be taught together and fit a class period of about 50-60 minutes; this is also the case with the last two modules. Each module has a video clip from the *Jesus Thirsts* film and some discussion questions to go along with them. The questions outlined can be used or the instructor could use questions of their own. These guidelines may be adapted to the teaching schedule and experience of each teacher.



**Fr. Charbel Grbavac, O.Praem.**



**SESSION ONE** (60 minutes)

*Central Theme for Modules 1-3*

## **Introduction to the Eucharistic Revival & the Way to Emmaus**

The first three modules are meant to draw the students into the material. They introduce the material while setting the scene for students to enter their own Eucharistic journey; on their way to Emmaus much like the disciples.

### **Module One: The Basics on the Eucharist**

**(10-12 mins)** is meant to cover basics of Catholic teaching on the Eucharist before moving into the *Jesus Thirsts* movie clips.

### **Module Two: Introduction to Jesus Thirsts**

**(20-25 mins)** has intro content which should spark interest and conversation on the topic and crisis around belief in the Eucharist.

### **Module Three: On our Way to Emmaus**

**(20-25 mins)** sets the tone for the “My Eucharistic Journey” modules; it invites students to think of themselves as disciples on their way to Emmaus, journeying to discover Christ in the Eucharist.

**SESSION TWO** (60 minutes)

*Central Theme for Modules 4-5*

## **The Mass of the Last Supper, the ‘Four Rooms’ of the Mass & Adoration**

The last two modules take an in-depth look at the theology of the Mass by looking at the first Mass, the Last Supper. The goal is for the students to understand that the Catholic Mass at its roots in sacred scripture and in the Eucharistic rite which was given to the Apostles by Christ himself. It is also meant to show how Christ tied the Eucharist to his redemptive sacrifice offered on the cross which is elaborated in Father Charbel’s teaching on the “Four Rooms.” Lastly it is meant to introduce and encourage students to the practice of Eucharistic adoration.

**Module Four: The Mass of the Last Supper and the Four Rooms (25-30 mins)** talks about both the origins of the Eucharist as well as some practical spiritual advice when attending Mass.

**Module Five: Adoration in Catholic Tradition (25-30 mins)** introduces students to the Catholic practice of adoration of the Eucharist.





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# Session 1 | Module 1

SESSION 1 // MODULE 1

## Introduction and Basics of the Eucharist

The purpose of covering the basics of the Eucharist, especially some of the terms the students will hear, is to provide an introductory level catechesis on the Eucharist. We cannot assume that all students understand the Catholic teaching of the Eucharist. Covering some of the basics of Catholic teaching on the Eucharist will ensure that students do not feel confused or disinterested in the discussion that will follow in each of the sessions. Therefore, it is important to clarify and define what all of these terms mean. Even if this subject has already been covered in religion class, a brief refresher could be good to stir renewed interest.

The purpose of this module is to cover the basics of Catholic teaching on the Eucharist. It is important that this module be covered or review to ensure that all students understand the terminology being used throughout the video as well as a clear understanding of Catholic teaching on the Eucharist.



### Learning Outcomes

By the end of this session, students will be able to identify what the Eucharistic revival is and demonstrate understanding of basic Catholic teaching on the Eucharist.



## SLIDE 2

## Introduction to the Eucharistic Revival (Defining Terms)

**[Instructor Script]** Bishop Andrew Cozzens, as chairman of the Committee on Evangelization and Catechesis, announced that June 19, 2022, the Feast of Corpus Christi, would mark the beginning of a dedicated 3-year Eucharistic Revival. In efforts for the Diocese of Orange's hope for more parishes and schools to participate in the Nation-wide Eucharistic Revival, the Office of Evangelization and Faith Formation and the Office of Catholic Schools have joined in a collaborative effort to work together in promoting the National Eucharistic Revival.

The following videos clips are meant to introduce us to this topic and help us come to a greater understanding of the reality and challenges of the Eucharist in our own times. It is our hope that exposure to *Jesus Thirsts: The Miracle of the Eucharist* will motivate students within the Catholic schools in the Orange Diocese to a greater knowledge and love for the Eucharist.



## SLIDE 3

## Catholic Basics on the Eucharist

**[Instructor Script]** Before we begin, I would like to first go over some terms that we will hear in the following videos and discussions. In the Catholic Church we believe that during Mass Jesus Christ becomes present in the unleavened host and wine that the priest consecrates during the Mass. Catholics believe that Jesus becomes truly present **body, blood, soul, and divinity in the sacrament of the Eucharist.**

For this reason, the Mass is considered the most sacred ritual that a Catholic participates in, this is especially true for the moment of holy communion. At holy communion, a Catholic in the **state of sanctifying grace**, meaning a Catholic who has not fallen into a sin of a grave nature (or a **mortal sin**), receives the body, blood, soul, and divinity of Christ. This moment of holy communion is most sacred for Catholics because it is the moment that a Catholic becomes sanctified by Christ in the Eucharist, becoming ever more united to Him. Many graces are received in the Eucharist, especially those which we need to fulfill our calling in life.

Now, outside of mass there is another form of worship of the Eucharist which Catholics call adoration. When you think of adore, you probably imagine loving something in a heartfelt manner. This is very similar to what Catholics do with the Eucharist. The consecrated host is taken from the **tabernacle**, which is a consecrated large housing vessel made from some precious or natural material where our Lord is housed in Chapels and Churches and placed in a **monstrance**. You will see images of the monstrance throughout the video. It is a *golden frame that holds the Blessed Sacrament* (the Eucharist), during adoration. That is yet another term that you will become more familiar with, Blessed Sacrament.

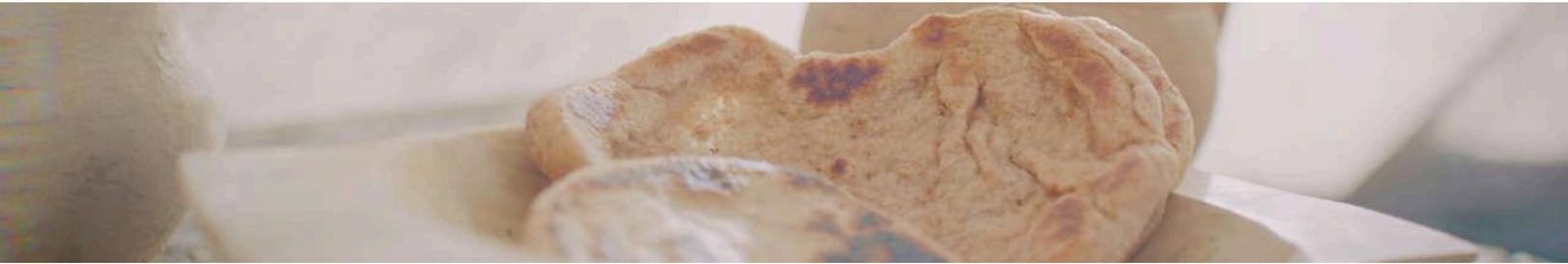
Please feel free to ask questions about any of these terms or concepts before we continue.



**Note for Instructors**

At this point, please check in with your students to ensure there is a clear understanding of everything that was presented. Since this module is the shortest module, it is recommended that the instructor move on to the second module right after this one. When all this has taken place, the instructor can move on to module number two.





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## Session 1 | Module 2

## SESSION 1 // MODULE 2

**Note for Instructors**

The purpose of this session is to have students become engaged with the topic of the Eucharist. The video clip does an excellent job showing the crisis of belief in the Eucharist in the Church today. It also presents the topic from several angles which is useful to draw in people who are coming into the topic from different perspectives.

## Introduction to Jesus Thirsts

**[Instructor Script]** Now that we have covered some of the fundamental aspects of the Eucharist, let us now begin diving into this video which opens with a scene of monks in their vineyard spiritually reflecting on the meaning of Mass and some interesting facts gone over in the video that can help us begin the conversation about this topic of the Eucharist.



**SLIDE 4:** Play Clip: “Introduction to Jesus Thirsts”



**SLIDE 5:** Discussion on Introduction to Jesus Thirsts

**Learning Outcomes**

Students will learn that there is a crisis with belief in the Eucharist as well as identify potential factors that indicate why this is the case.

Let's pause for a moment and talk about what we have watched. Let's begin by first sharing with each other (or as a large group, depending on the size of class and style of instructor), what has stood out to you from this video? What has perplexed you? Do you agree or disagree with anything that has been said?

### Notes on Discussion Questions for Instructor

If this part of the discussion is a little short, here are some potential questions that an instructor may use to stimulate some conversation.

- What was your reaction to hearing that 70% of Catholics believe that the Eucharist is only a symbol?
- The documentary mentions that “materialism” and “secularism” are causes for decrease in faith in the Eucharist. What do you believe are other reasons that people no longer believe that Christ is present in the Eucharist?
- Why is it that only Jesus can be the one to quench our interior longings and thirst and not the world?



**70%**  
**of Catholics  
believe that  
the Eucharist  
is only a  
symbol.**

After some meaningful discussion has taken place, the instructor can move on to the next module. But before that, the following comments/remarks may be said.

#### **[Instructor Script]**

We have looked into some interesting points that have been discussed in this first part of the video. What is interesting is that this is not the first time that people have had mixed opinions about the topic of the Eucharist. We will soon see how Christ's own words about his body and blood were controversial even when he himself spoke them—but this is something that we will touch upon later.



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## Session 1 | Module 3

## SESSION 1 // MODULE 3

**Note for Instructors**

The purpose of the module “On our Way to Emmaus” is to invite students to join the disciples and Christ on the road to Emmaus so that they can enter into their own Eucharistic journey. The disciples were puzzled by all the events that had taken place in Jerusalem. Christ joins them on their journey and patiently pastors them by going through the scriptures and instructing them. In a similar manner, students may feel confounded by the various things they hear not only about the Eucharist but about Christ. By showing that even in Christ’s time this was a reality and challenge, maybe some students will find this scripture relatable to their own experience.

This session is meant to illustrate that everyone is in a different part of their Eucharistic journey, not everyone immediately recognizes our Lord in the Eucharist.

## On Our Way to Emmaus

**[Instructor Script]** The next short segment that we are going to watch will be about one of the most famous story’s that Luke tells us in his Gospel: Jesus’ encounter with the disciples on the way to Emmaus. You will see in the story that the disciples were prevented from recognizing Jesus when he first encountered them. It was only at the end of their day’s journey when Christ sat with them to break bread that they finally recognized who he was. In other words, it wasn’t until Jesus himself offered the Eucharist, the same that we encounter at Mass, that the disciples were able to recognize him.



**SLIDE 6:** Play “The Story of the Disciples on their way to Emmaus”



**SLIDE 7:** Discussion questions for the Story of the Disciples on their way to Emmaus



### Learning Outcomes

We hope that by the end of these first three modules there will be a deeper interest, or better yet, recognition of Jesus Christ in the sacrament of the Eucharist.

Now that we have watched this segment, let us begin by sharing. What were your impressions of this story? What stood out to you? Is there anything that you have questions about?

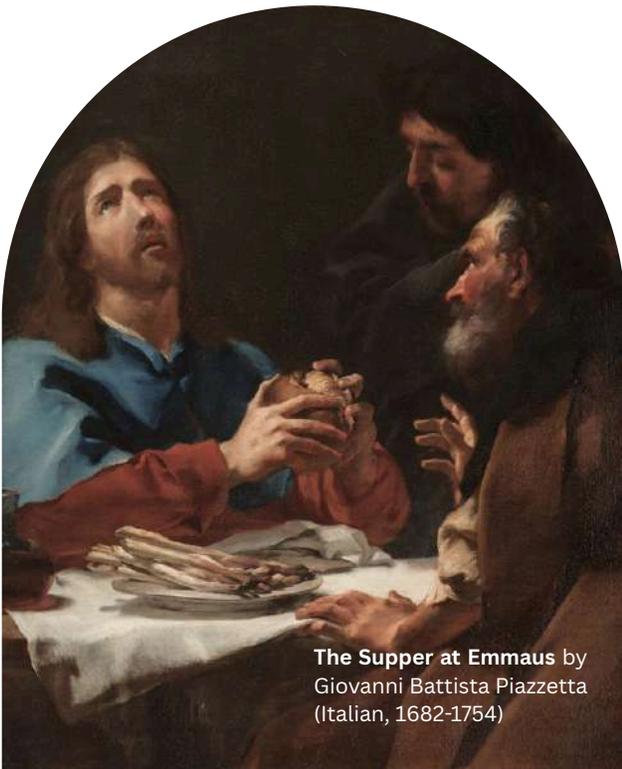
### Notes on Discussion Questions for Instructor

If this part of the session seems a little short, here are some questions and comments that the instructor may use to stir conversation:

- After Christ's resurrection, Cleopas and his companion were on their way to Emmaus, the disciples are unaware that it was Jesus who was the stranger that had joined them. Jesus shows them using the bible how everything in the bible pointed to Him.
  - Identify moments in your life when Christ was walking at your side, and you may not have recognized him. You may also share moments where you have walked with others on their journey towards encountering Christ.
  - Jesus Christ himself used scripture to show his disciples how the scriptures pointed to him: What are some ways that you can enhance your reading of the bible to get closer to God?
- Notice in the story that the disciples did not recognize Jesus until the breaking of the bread; but it wasn't until Christ had walked and opened their eyes through his explanation of the scriptures:

- What are some ways that our faith can increase and are eyes too be opened like those disciples on the way to Emmaus? How can we help others recognize Jesus in the breaking of the bread?
- By the end of their encounter with Christ, the disciple's hearts were burning for Christ so that they went out to gather with the other disciples in Jerusalem. How can our own hearts be enkindled for Christ? What do you think will make others feel moved to love and be transformed by the love of God and live it out in their own lives?

In our time together we have learned about the Eucharistic Revival, the basics about the beliefs of Catholics in the Eucharist, and the story about how the hearts of the disciples burned when they encountered Christ in the Eucharist. How can we be like the disciples and also have our hearts burning after an encounter with Christ in the Eucharist?



**The Supper at Emmaus** by  
Giovanni Battista Piazzetta  
(Italian, 1682-1754)



### **Potential Assignment Ideas for Modules 1-3**

On the way to Emmaus, the Christ showed the disciples through the scriptures how what had occurred with his passion, death, and resurrection had been foreshadowed and prophesized in the Old Testament. Have students identify how the scriptures point to the Pascal mystery and how the Pascual mystery is intimately connected to the Eucharist and the Mass.



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## Session 2 | Module 4

## SESSION 2 // MODULE 4

**Note for Instructors**

The purpose of this session is to show the roots of the Eucharist by going through the Last Supper. In the first three modules students learned the basics of Catholic belief on the Eucharist and were also invited to begin their own Eucharistic journey in a similar way that the disciples on the way to Emmaus did.

By the end of these last two modules, students will learn the spiritual realities taking place at Mass: the gathering of the Christian faithful to pray and hear the word of God, the **metaphysical re-presentation** of Christ's sacrifice on the cross, and our increased union with him in Holy Communion.

By the end of these last two modules, students will learn the spiritual realities taking place at Mass: the gathering of the Christian faithful to pray and hear the word of God, the metaphysical re-presentation of Christ's sacrifice on the cross, and our increased union with him in Holy Communion. Fr. Charbel's summary of the Four Rooms is an excellent tool to help students understand the Mass by going through the main parts of the Mass. Special attention should be given to this lesson by teachers in high schools to encourage students to participate more in the liturgical life of the school like daily mass, adoration, and greater attention at all school-wide Masses.

## The Last Supper and the Four Rooms

**[Instructor Script]** In our previous sessions we learned about the Eucharistic Revival and watched segments of Jesus Thirsts. We began our own Eucharistic Journey like the disciples of Emmaus. In today's video clips we will dive deeper into the mystery of the Eucharist by looking at the Last Supper and the Catholic spiritual practice of Adoration of the Blessed Sacrament.



The first segment we are going to watch goes over the first Mass ever offered and celebrated: the Last Supper. When Christ was gathered with his disciples in the upper room, there was more than just an ordinary meal that was being shared; Christ was establishing the ritual of the Mass in the Eucharist and intimately binding it to the sacrifice he was to endure on the cross at Calvary. In the second part of the video, Fr. Charbel will share his teaching system of the four rooms that will help us further deepen our understanding of what happens during our participation in the Mass. Let us begin.



**SLIDE 10:** Play Clip: The First Mass, the Four Rooms, and Adoration



**SLIDE 11:** The Last Supper and the Four Rooms Discussion Questions

Let's talk about the clip. What stood out to you? What have you learned? Is there anything that you have questions about?

### **Notes on Discussion Questions for Instructor**

Here are some potential questions that the instructor may ask for further discussion:

- The Last Supper of Christ with his Apostles is considered in Catholic tradition the institution of the Holy Eucharist, that is, the Mass; it was there that Christ established the memorial of his passion, death, and resurrection.
  - Do you think that many Catholics realize that Christ himself established the Mass and ordered his Apostles to continue the memorial of his sacrifice and resurrection in the real presence of the Eucharist? Does this change your understanding of the Eucharist?

- Father Charbel from St. Michael's Abbey speaks about the phases of the Mass in his analogy of the four rooms: purification, reading of the word of God, the offertory, and the banquet room of the last supper and union with the sacrifice of Christ.
- What are other personal ways that we can prepare ourselves to participate in the four rooms that Fr. Charbel uses to teach about the mass?

**[Instructor Script]** Let us continue to the next part of our video. We have learned that Jesus Christ is the founder of the Eucharist. We have seen that he gives us himself in the Eucharist at Mass which represents, or makes present again in the most real way, the sacrifice of Christ at Calvary. What is beautiful about this moment is that Catholics can continue to worship Christ in a similar way through adoration. In the following video we will see how adoration is an extension of Mass and how the Catholic practice of visiting and praying before the Blessed Sacrament can bear many spiritual graces.



### Learning Outcomes

Students will learn that the Eucharist began with Jesus Christ and that it was also Jesus that handed it down to his Apostles. Students will learn and appreciate each part of Mass including the distinct phases of the Liturgy of the Word and the Liturgy of the Eucharist.





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## Session 2 | Module 5

## SESSION 2 // MODULE 5

**Note for Instructors**

The purpose of this module is to introduce students to the Catholic spiritual practice of adoration. This may be a Catholic practice that some students are unfamiliar with. Because of this, care should be taken to introduce them to this practice which, especially for those who are unfamiliar, may seem very novel or simply different. The sisters in this video segment do a beautiful job talking about the Eucharist and adoration as well as providing personal testimonies about the Eucharist in their video.

## Adoration

**[Instructor Script]** One of the most beloved practices in the Catholic religion that has especially grown in recent times is adoration. The Eucharist is given to us at Mass; when the Mass is over the Eucharist is kept in the tabernacle. Any Catholic is welcome to adore Christ in the tabernacle, because he is truly and really present there. There are times, however, when the Eucharist is taken from the tabernacle and placed inside of the monstrance and exposed for prayer and adoration. Though we can adore our Lord in the tabernacle, when our Lord is exposed in the monstrance, it allows an opportunity for a possibly even greater intimacy with him. This is what Catholics traditionally mean by adoration. In the following video this is what we will see.





**SLIDE 13:** Play Video: Adoration Video



**SLIDE 14:** Discussion Questions on Adoration clips

### Notes on Discussion Questions for Instructor

Here are some questions that could be asked by the instructor:

- Scott Hahn says that Eucharistic adoration is an extension of the Holy Mass.
  - Have you ever had a chance to spend time before the Eucharist in adoration? What was your experience like?
- After the girl was invited to pray with Sister in front of the Blessed Sacrament, she wept, turned to the sister and said, “Sister, this is the first time I could hear my heart speaking.”
  - Have you spent time before God and spoke to him from your heart?
- Sometimes Catholics bring their bible, rosary or other devotions to help guide their prayer.
  - What are prayer habits that you can create when visiting the Blessed Sacrament?
- How can you bring your current prayer life closer to the Eucharistic Lord?



Conclude the session with any closing remarks and prayer.



### **Learning Outcomes**

One of the most beloved practices in the Catholic religion that has especially grown in recent times is adoration. The Eucharist is given to us at Mass; when the Mass is over the Eucharist is kept in the tabernacle. Any Catholic is welcome to adore Christ in the tabernacle, because he is truly and really present there. There are times, however, when the Eucharist is taken from the tabernacle and placed inside of the monstrance and exposed for prayer and adoration. Though we can adore our Lord in the tabernacle, when our Lord is exposed in the monstrance, it allows an opportunity for a possibly even greater intimacy with him. This is what Catholics traditionally mean by adoration. In the following video this is what we will see.