



THE LAST SUPPER is a late 15th-century mural painting by Italian artist Leonardo da Vinci housed in the Convent of Santa Maria delle Grazie in Milan, Italy.

The Lord's Supper

Test your sacramental knowledge

DAVID O'BRIEN

This quiz can help you, your students, and your students' families review our Catholic faith. Check your answers using the answer key on page 3.

1 After the Mass, the consecrated hosts that are not distributed and consumed during Communion are placed inside the _____.

- a) cathedral b) church storage room
- c) Vatican d) tabernacle

2 The patron saint of first communicants is _____.

- a) Blessed Imelda Lambertini b) St. Ignatius of Antioch
- c) St. Thomas Aquinas d) St. James

3 "Unless you eat the _____ of the Son of Man and drink his blood, you do not have life within you" (John 6:53).

- a) holy food b) birthday cake c) flesh
- d) lunch

4 Mass is structured into two main parts: the Liturgy of the _____.

_____ and the Liturgy of the Eucharist.

- a) Book b) Word c) Readings
- d) preaching

5 In Greek, *eucharist* literally means ____.

- a) city by the sea b) our Christ c) holy meal
- d) thanksgiving

6 The Eucharist only symbolizes the Body and Blood of Christ. It is not actually Christ's flesh and blood. True | False

7 The bread and _____ on the altar are changed into the Body and Blood of Christ at every Mass.

- a) beet juice b) water c) grape juice
- d) wine

8 Complete and total communion with God is called _____.

- a) impossible b) uber-communion
- c) heaven d) mega-communion

9 At the Last Supper, which was the first Mass, Jesus not only instituted the Eucharist, he also _____ the disciples' feet (see John 13:1-17).

- a) washed b) healed c) smelled
- d) put sandals on

10 It is _____ to miss Mass on Sundays and holy days.

- a) no big deal b) a sin c) optional
- d) allowed for sports games

11 The earliest Christians all believed in and celebrated the Eucharist just like Catholics today. True | False

12 The process by which the bread and wine are transformed into the Body and Blood of Christ is called _____.

- a) transubstantiation b) the big switcheroo
- c) the transfiguration d) consubstantial

13 _____ is the only day of the year that the Eucharist (Mass) is not celebrated.

- a) Christmas b) Super Bowl Sunday
c) Easter d) Good Friday

14 After committing a mortal sin, Catholics should go to _____ before receiving Communion again.

- a) jail b) the bishop c) the pastor
d) confession

15 No other church in the world celebrates the Eucharist.

True | False

16 Only _____ can preside over the celebration of the Eucharist.

- a) priests b) Americans c) good people
d) the Pope

17 _____ sins are forgiven during the celebration of the Eucharist.

- a) Mortal b) Venial c) Family
d) Embarrassing

18 The last Communion a person receives is called _____.

- a) Viaticum b) the Last Supper
c) the last Eucharist d) the ticket to heaven

19 At the Last Supper, Jesus said his blood would be shed _____.

- a) by the devil b) because the Romans were evil
c) to take away the sins of the world d) for his family

20 In order to receive your First Communion, you must be baptized.

True | False

Kids' quiz *The Body and Blood*

DAVID O'BRIEN

This quiz can help your students review their knowledge about our Catholic faith. Check answers with the answer key on page 3.

1 When the priest says "The _____ of Christ," we respond "Amen."

- a) prayers b) Body c) mother d) faith

2 The _____ is the Body and Blood of Christ.

- a) Eucharist b) tabernacle c) sacred chrism
d) altar

3 When properly prepared for it, children can receive their First Communion at or about _____ years old, the age of reason.

- a) 12 b) 18 c) 7 d) 21

4 If you only receive the consecrated host and not the Blood of Christ, you only receive half of Jesus.

True | False

5 When we receive Communion at Mass, we consume it _____.

- a) after church b) when we get home
c) before going to Mass the next Sunday d) right away

6 Jesus took bread, blessed it, _____, and gave it to the disciples (See Mark 6:39-41).

- a) kissed it b) broke it c) baked it
d) unleavened it



7 Once they have received their First Communion, Catholics can receive Communion _____.

- a) daily for the rest of their lives
b) once more before they die c) 10 times a day d) if they never sin again

8 The Last Supper happened on _____.

- a) Good Friday b) Pentecost c) Holy Thursday
d) Easter

9 Catholics are expected to attend Mass every Sunday.

True | False

10 A _____ is the special cup the priest uses at the altar to hold the Blood of Christ.

- a) chalice b) polar pop c) goblet
d) dixie cup



DAVID O'BRIEN teaches theology at St. Leo University in Florida and is the author of *There's a Beer in My Handbag: Unusual Thoughts about Everyday Faith*.

ANSWERS TO Catholic I.Q.

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1. d) Catholics pray in front of the tabernacle in recognition of Christ's presence there. Consecrated hosts from the tabernacle are brought to the sick and homebound who cannot attend Mass.
2. a) Blessed Imelda had such a deep love for Christ in the Eucharist that the consecrated host appeared over her when she prayed in front of the tabernacle.
3. c) Christ himself invites us to receive the Eucharist and receive eternal life from him.
4. b) Christ is the word made flesh that is given to us through his teachings in the Scriptures as well as in the sacraments.
5. d) Eucharist is how the faithful express their gratitude to the Father for creating all things, for saving us through Christ, and for making us holy through the Holy Spirit (see CCC, 1360).
6. False. "In the ... Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained' [Council of Trent]. 'This presence is called 'real' ... that is to say, it is a substantial presence by which Christ, God and man, makes himself wholly and entirely present.' [Paul VI]" (CCC, 1374).
7. d) After the change at the consecration, the bread and wine still look, feel, and taste the same. However, their inner substance has been completely changed into the Body and Blood of Christ.
8. c) Loving God and our neighbor is the beginning of heaven in this life. Full communion with God only happens after death when we see God face-to-face. Choosing to not love God and our neighbor excludes us from communion with God and results in eternity in hell (see CCC, 1033).
9. a) The Gospel of John doesn't describe the bread and wine (Body and Blood of Holy Communion) like the other Gospels. For John's Gospel, the assumption is that everyone knows about the Eucharist, but the first Christians

needed to be reminded that it wasn't enough to just receive Communion if they didn't follow Christ's example of love and service for others (see 1 John 3:14-15).

10. b) "The Sunday Eucharist is the foundation and confirmation of all Christian practice. ... The faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, the care of infants) or dispensed by their own pastor. Those who deliberately fail in this obligation commit a grave sin" (CCC, 2181).
11. True. The Bible and the Church Fathers testify to a universal belief in the real presence of Christ in the Eucharist. St. Justin Martyr wrote a description of Mass around A.D. 153 that is almost identical to the Mass today.
12. a) St. Thomas Aquinas used the term *transubstantiation* to describe how this miraculous change of bread and wine into body and blood happens: the external form stays the same but the substance changes (see CCC, 1376).
13. d) Even though Mass is not celebrated on Good Friday in recognition of Jesus' death, Holy Communion is still distributed from hosts consecrated from the Holy Thursday Mass.
14. d) "Anyone who is aware of having committed a mortal sin must not receive holy communion ... without having first received sacramental absolution" (CCC, 1457).
15. False. Eastern Orthodox churches who do not recognize the full authority of the Pope have celebrated the Eucharist since the beginning of Christianity (see CCC, 1399).
16. a) Through the grace of their ordination, only priests can celebrate Mass and offer absolution in the Sacrament of Penance and Reconciliation (see CCC, 1411).
17. b) Sins that do not rupture our relationship with God as mortal sins do are forgiven through the grace of the Eucharist and the contrition of the person.
18. a) *Viaticum* means "provisions for the journey." For those who are dying, Jesus' promise brings great comfort: "Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day" (John 6:54).
19. c) Just like at Mass, Jesus at the Last Supper raised the cup of wine and said: "This is my blood of the covenant,

which will be shed ... for the forgiveness of sins" (Matthew 26:28).

20. True. Baptism is the beginning of the Christian life. Without it, a person has not begun their initiation into the Body of Christ with which they seek communion during the Eucharist.

Kids' Quiz

1. b) By responding "amen" before receiving Communion, we are stating "yes, we believe" that the Eucharist is Christ.
2. a) Catholics believe that Christ is fully present — Body, Blood, Soul, and Divinity — in the Eucharist at every Mass.
3. c) When a child knows the difference between ordinary bread and wine and the consecrated Body and Blood of Christ at Mass, they have reached the age of reason and can receive Communion.
4. False. Christ is sacramentally fully present under each of the species. All the graces of the Eucharist are received even if only the bread is received (see CCC, 1390).
5. d) Because the Eucharist is actually the Lord, it is treated with the utmost respect and consumed immediately, uniting Catholics with Christ in a holy communion (see the *General Instruction of the Roman Missal*, 161).
6. b) At every Mass, the priest takes, blesses, breaks, and gives the consecrated bread — the Body of Christ — to the people (see CCC, 1329).
7. a) Christ desires communion with us, therefore the Church offers the Eucharist every day for those who wish to seek the deepest friendship with the Lord.
8. b) Every Mass is a re-presentation of what happened in Jesus' life, from the Last Supper on Holy Thursday through the suffering and death of Jesus on Good Friday and culminating on Easter when Christ rose from the dead.
9. True. Attending Sunday Mass provides Catholics with time to worship God and celebrate the day Christ rose from the dead. Sunday is the Christian holy day and day of rest (see CCC, 2042, 2181).
10. a) The chalice that Jesus used at the Last Supper is known as the Holy Grail because it was the first cup to hold Jesus' sacred blood.