

# *I Believe Eucharist Is...*



Read each statement and rate how well it reflects your understanding of Eucharist (Mass). The scale moves from lowest (1) to highest (4) in agreement with your own understanding:

**1** = This statement does not reflect my understanding or belief about Eucharist.

**4** = This statement reflects how I understand or what I believe about Eucharist.

1. The Eucharist is sacred time in a sacred place—a chance to take time out, pray, and remind myself of God’s presence. 1 2 3 4
2. The Eucharist is a symbolic meal shared by people as a sign of their friendship with one another in Christ. 1 2 3 4
3. The Eucharist is a special way both to remember and celebrate that Jesus saved us from sin through his sacrificial death on the cross and his Resurrection from the dead. 1 2 3 4
4. The Eucharist is a challenge for us to live the catholic faith everyday, especially by bringing the presence of Jesus to those in need . 1 2 3 4
5. The Eucharist is a prayer offered to God giving thanks for all God’s gifts to people. 1 2 3 4
6. The Eucharist is Jesus truly present under the appearances of bread and wine. 1 2 3 4
7. The Eucharist is a special way that Christ is present in the community. 1 2 3 4
8. The Eucharist is what Jesus told his followers to do in order to remember him. 1 2 3 4
9. The Eucharist is the most important way that Anglicans identify themselves as members of the Church. 1 2 3 4

**If you had to summarize your understanding of the Eucharist in a brief paragraph what would you say?**