

# Eucharist and the Sacramental Life



After First Communion by Carl Frithjof Smith, 1892



Describe what you can see, what is actually happening.

What does the use of colour show?

What does the portrayal of the children in this painting tell you about how receiving the Sacrament of the Eucharist has affected them?

How does this painting help me reflect on my role as a catechist?

How does this painting help me reflect on the life of my Church community?

*Truly, truly, I say to you, whoever believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup> I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh. John 6:47-51*