

Doctrinal Session

APPRENTICES IN FAITH: A Resource for the OCIA
Give Us This Day Our Daily Bread

Catechist Preparation

Clarifying the Essentials

Christians share material and spiritual goods out of love, in order to meet the needs of others.

- The presence of the poor and hungry calls us to exercise solidarity in personal behavior and in social structures (see *Catechism of the Catholic Church* 2831).
- Christ will render judgment according to our good or bad deeds toward one another (see CCC 1038).

In the Eucharist, we receive Christ as sustenance.

- We break the one bread in the Eucharist that provides our medicine of immortality, the antidote for death (see CCC 1405).
- The Eucharist is a pledge of the life to come, the heavenly banquet (see CCC 1402).

Why Is This Important?

God is good. He gives us, his children, every good thing, including material goods such as food and drink. But, as Jesus proclaims, we do not live on bread alone but on every word that comes from God's mouth (see Matthew 4:4). This petition for our "daily bread" therefore also refers to our hunger for the Word of God and the Body of Christ, which we receive in the Eucharist. We ask for this spiritual sustenance and for the gift of the Holy Spirit within us. We completely and confidently seek "this day" what we need to grow in God's grace.

Doctrinal Session Guide

(Approximately 60 minutes)

Arrange chairs in a circle. Place in the center a candle, an open Bible, a rosary, and prayer booklets. Have

*But note how even in things that are bodily,
spiritual correlations abound. For it is not for riches
or frills that we pray. It is not for wastefulness
or extravagant clothing that we pray, but
only for bread. And only for bread on a daily basis . . .*

SAINT JOHN CHRYSOSTOM

name tags and refreshments available. If the group is larger than five or six, guide people to share in smaller groups whenever possible.

Welcome

Greet people as they arrive. Take time for introductions and check in with everyone to find out how they are doing.

Pray

Offer a prayer in your own words that includes a thanksgiving for our many blessings.

Engage

1. Hold up a loaf of bread. Invite everyone to think about bread using these or similar words: *Consider everything that goes into making a loaf of bread. What happens to each of the elements? Pause. Imagine not having food to eat. Imagine an empty refrigerator. Imagine an empty pantry. Imagine having enough food for only one meal at a time. Pause.*
2. Invite participants to share their thoughts with another person. Gather some feedback from their sharing. Then continue with the **Insight** and **For Reflection** sections of the participant handout.

Teach

Begin with the **Church Teaching** section and then discuss these points:

- Jesus is the Bread of Life; he gives himself to us in Holy Communion.
- The Father knows our needs; God gives to us each day in abundance.
- We are called to share what we have with those who do not have enough or do not have any—not only from our abundance but from our substance.

Apply

Encourage everyone to think of ways that they can share food with others this coming week.

Pray

Take a loaf of bread and offer a blessing over it. Invite everyone to break off a piece and to offer a prayer of thanksgiving to our generous God, who gives us our daily bread.