

# Teach Kids about Transubstantiation- Lesson on the True Presence in the Eucharist



To understand the true presence of Jesus in the Eucharist, you have to explain transubstantiation. Transubstantiation is the process of the bread and wine truly changing in substance into the Body and Blood of Jesus. Although our outside senses (taste, touch, smell, etc.) still see it as bread and wine, it is actually the Body and Blood of Christ. This lesson helps to understand the concept of transubstantiation, both visually and hands-on.

Begin with a ball. I personally used a spiky red ball from an arcade crane game. Then, I painted it blue. I made this easy by pouring paint on a paper plate and rolling it around with spaghetti tongs.



After showing them the painted ball, ask these questions:

- What has changed about the ball?
  - answer should be the color
- Is it a different ball now?
  - answer should be no
- Did it actually change?
  - answer should be no
- What *is* different about it?
  - answer should be the way it looks

**Make the point that it's exactly the same ball, but it looks different. Tell them that the Eucharist is exactly the opposite.** When the host is turned into the Body of Christ, it doesn't look different, smell different, or even taste different - yet what it is has completely changed. It's the opposite of what happened to the ball. Explain it from the perspective of the Body of Christ as well. The wine doesn't look different, smell different, or even taste different - yet what it is has completely changed.

