

# We Celebrate the Gift of the Eucharist



## Background Focus

The consecration of the bread and wine at Mass is the most solemn moment of the entire liturgical celebration. This is when the bread and wine, through the power of the Holy Spirit, become the Body and Blood of Christ. Not changing in form but in substance, the Eucharist becomes the true and Real Presence of Jesus, not merely a symbol of it.

The gift of the Sacrament of the Eucharist is the gift of Jesus himself, promising to be with us always (Matthew 28:20) and to strengthen us as his disciples. It is a truly awesome gift we receive each time we go to Mass.

This chapter teaches about the Eucharist and its beginning at the Last Supper. Although the changing of the bread and wine to the Body and Blood of Jesus can be challenging for children to fully grasp, it is helpful to remind your child that Jesus gave us this gift of himself and that the Church has been celebrating the Eucharist ever since the Last Supper.

## **GO (10 minutes)**

### Opening Prayer

- Invite your child to turn to page 1 in the chapter 7 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, “Let us remember we are in the holy presence of God.” Allow about 10 seconds of silence.
- Read the prayer together, say, “Amen,” and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

### Engage Activity

- Ask your child to share anything they know or have heard about the Last Supper. Encourage them by asking them questions such as these:
  - Why is it called the Last Supper?
  - Who was there?
  - What happened?

## Chapter 7

### Featured Story

The Last Supper  
(Mark 14:12–26)

### Lesson Goals

- to recognize that Jesus gave the gift of the Eucharist at the Last Supper
- to identify that the bread and wine become the Body and Blood of Jesus at Mass
- to recall that the Eucharist strengthens us to follow Jesus more closely

### Lesson at a Glance

-  **Go** (10 minutes)  
Opening Prayer  
Engage Activity
-  **Seek** (30 minutes)  
Featured Story  
Core Learning Activity
-  **Find** (20 minutes)  
God’s Treasure of the Eucharist  
Lesson Wrap-Up  
Closing Prayer

### Materials Needed

- *The Catholic Children’s Bible* and chapter 7 activity booklet
- created script for guided meditation
- paper; crayons or markers

### Music Suggestions

- “Bread of Life,” by Catholic Kids Worship (Catapult)
- “The Table,” by Chris Tomlin (sixsteprecords/Sparrow Records)

- Accept all reasonable responses, but leave unanswered questions or errors in details for later discovery.
- Tell your child that they will read about the Last Supper in today's lesson and will see how the Last Supper is connected to the Eucharist we receive each Sunday.

## **† Seek (30 minutes)**

### **Featured Story**

- Invite your child to find Mark 14:12–26 in *The Catholic Children's Bible* (pages 1559 and 1562).
- Direct them to turn to page 1560 and place an "I found it!" sticker next to the Featured Story there.
- Ask your child to quickly search for how many candles are in the images on pages 1560 and 1561 (*four*).
- Read the title and the Featured Story, review any new vocabulary, and then ask several questions to check for comprehension, such as these:
  - What did Jesus say after he took bread, gave thanks, broke it, and gave it to his disciples? (*This is my body.*)
  - What did Jesus say after he took a cup, gave thanks, and handed it to the disciples? (*This is my blood . . .*)

### **Understand It!**

- Read Understand It! on page 1561, and then ask your child to summarize the reading. Emphasize the following points:
  - Jesus gave us the Eucharist at the Last Supper.
  - At every Mass, the bread and wine become Jesus' Body and Blood.
  - The Eucharist strengthens us to follow Jesus more closely.
- Answer any questions your child may have about the reading and about the bread and wine becoming Jesus' Body and Blood. Tell them that we trust in Jesus' Word and that the Church has been celebrating the Eucharist ever since Jesus created the sacrament at the Last Supper.

### **Live It!**

- Read the directions to Live It! on page 1561.
- Have your child turn to page 2 in the activity booklet and complete the prayer activity.
- Invite your child to read their prayer aloud.

### **Tell It!**

- Invite your child to look at the images in Tell It! on page 1561.
- Ask your child to recall what Jesus said when he took the bread and the cup and gave them to his disciples. (*He said, "Take it. This is my body" and "This is my blood which is poured out for many, my blood which seals God's covenant."*)
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

## **Core Learning Activity**

### **Last Supper Guided Meditation**

- Create a guided meditation in which your child is sitting with the disciples at the Last Supper. Develop a script in advance, based on the Bible story, that you can read so that your child can use their imagination to experience the story.
- Prepare your meditation using descriptors and questions, such as the following, that encourage your child to imagine the scene as if they were there:
  - Imagine that it is dark outside and that you are sitting in the room with Jesus and the disciples. The room is only lit by candlelight. Look around the room. (*pause*) What do you see? (*pause*) What do you hear? (*pause*) Can you smell the scent of smoke from the candles? (*pause*) What does the floor feel like? (*pause*)
  - Look at Jesus and the disciples. (*pause*) What do they look like? (*pause*) Are they silent or are they talking to each other? (*pause*)
  - Suddenly the room gets quiet and the disciples turn their attention to Jesus. (*pause*) He takes a piece of bread from the table and says a prayer of thanksgiving to God (*pause*) . . .

- Continue to develop a script that will lead your child in a way that helps them witness the event as if they are sitting there with Jesus and the disciples, watching their actions and reactions.
- Begin the guided meditation by explaining the process. Tell your child that they are going to go on a journey of imagination and are going to sit around the table with Jesus and the disciples at the Last Supper. Invite them to gently close their eyes and take some deep, relaxing breaths.
- Read the guided meditation script slowly, adding both short and long pauses so your child can have time to imagine themselves in the story. At the end of the story, invite them to slowly open their eyes.
- Ask your child to share what they saw, heard, smelled, felt, and so on, and what it was like to be sitting with Jesus and the disciples at the Last Supper.
- Invite your child to draw a picture of something they remembered from the story, and then invite volunteers to share their drawings with the group.

## ✂ Find (20 minutes)

### God's Treasure of the Eucharist

- Ask your child if they remember the different parts of the Mass (*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*).
- Invite your child to turn to the **Eucharistic Prayer** on page 5 of *The Order of the Mass and Key Words* booklet. Remind your child that the Liturgy of the Eucharist follows the Liturgy of the Word and it begins with people bringing the gifts of ordinary bread and wine to the altar.
  - After the gifts are brought forward, the priest leads the assembly in the Eucharistic Prayer.
  - The Eucharistic Prayer is a prayer in which we give thanks to God for the gift of his Son, Jesus, and for all of the blessings in our lives.
- Invite your child to read the words of the Preface Dialogue and the Acclamation if you have time.

- Tell your child that the **consecration** is when the bread and wine, through the priest's words and actions and the power of the Holy Spirit, become the Body and Blood of Christ. Point out that the priest uses the words of Jesus from the Last Supper during this time.
- Explain that after the consecration, we proclaim the mystery of our faith (show your child the Memorial Acclamation on page 6 of *The Order of the Mass and Key Words* booklet).
  - We then conclude the Eucharistic Prayer with the Great Amen.
  - When we say *amen*, we are saying yes to the gift of the Eucharist.
- Invite your child to turn to page 3 in the activity booklet and complete the word-search activity. Remind them that the words can appear forward, backward, up and down, or diagonally. *Answers below.*

R	A	H	S	S	C	C	D	B	R	U	W
T	I	V	Z	E	O	O	E	O	H	V	R
D	M	F	W	L	N	M	S	H	O	D	C
F	M	T	A	P	S	M	K	I	M	L	J
Z	C	B	U	I	E	U	V	N	U	Z	B
Q	H	O	C	C	C	N	I	Y	R	O	O
R	N	D	B	S	R	I	J	T	B	L	L
F	W	Y	O	I	A	O	M	Y	D	D	M
E	N	I	W	D	T	N	S	M	A	E	W
M	A	S	S	K	I	A	C	E	U	V	T
B	L	J	P	H	O	S	R	Z	V	T	H
S	G	U	Q	T	N	B	N	G	Q	K	R

## Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made:
  - Jesus gave the gift of the Eucharist at the Last Supper.
  - The bread and wine become the Body and Blood of Jesus at Mass.
  - The Eucharist strengthens us to follow Jesus more closely.
- Ask your child to place the chapter 7 sticker in the correct circle on the treasure map.



## Closing Prayer

- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite your child to read the short prayer they created in the activity booklet on page 2 after they receive Holy Communion.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Conclude with a quick, spontaneous prayer or the prayer on page 4 of the activity booklet.
- Close with a final Sign of the Cross.

### Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.