

# **First Eucharist 2021**

## **Session 4- The Eucharist**

Prayer:

Lord, catch me off guard today.  
Surprise me with some moment  
of beauty or pain.  
So that at least for the moment I may be  
startled into seeing that you are here in all your splendor,  
always and everywhere, barely hidden, beneath, beyond,  
within this life I breathe.

Amen

### **Lesson 1: Food For The Soul**

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-1.html>

(Run time 4:17)

Our soul gets hungry just like our body. When our souls become hungry, it's hard to make good decisions/hear God's plan for us. What are some ways we can feed our soul and become closer to God? Make a plan to feed your soul daily!

### **Lesson 2: Liturgy of the Eucharist**

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-2.html>

(Run time 8:16)

We participate in the Liturgy of the Word and the Liturgy of the Eucharist each time we go to Mass. What are the 3 parts of the Liturgy of the Eucharist? What is most important about each part? Why did Jesus teach us the Our Father? Why do we offer each other the Sign of Peace?

### **Lesson 3: Holy Communion**

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-3.html>

(Run time 5:39)

Why do you think Fr. Tom took the children on the field trip? Why does he talk about John 3:16 with the children? What does that have to do with receiving the Eucharist? Why does Fr. Tom compare climbing a mountain to receiving Holy Communion?

#### **Lesson 4: The True Presence**

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-4.html>

(Run time 3:45)

As Catholics, we believe that Jesus is truly present in the Eucharist- at the Consecration, the bread and wine actually become the body and blood of Jesus! This is one of the mysteries of our Catholic faith, the most important miracle of our faith- the Eucharistic Miracle! Talk with your family about other miracles of which they may have heard. Jesus performed many miracles during his time on earth, and miracle continues to occur all the time! Why is this Eucharist miracle the most important?

#### **Lesson 5: From the Bible- The Last Supper**

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-5.html>

(Run time 2:32)

Each year on Holy Thursday, we commemorate The Last Supper. What do you know about this very holy day and celebration? What did Jesus do at the Last Supper and why is important to our faith/ the Liturgy of the Eucharist? Does receiving the Eucharist help us become the best version of ourselves? If so, how?

#### **Lesson 6: Jesus is in You**

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-6.html>

(Run time 4:02)

After you've received the Eucharist, you will go back to your seat and should use that quiet time to talk to Jesus. What kinds of gifts do you receive from Jesus through the Eucharist? What kinds of things can you thank Him for/talk about with him during this very special time? Every time we receive the Eucharist, we can talk with Jesus and receive His gifts! Why do we receive a final blessing from the priest at the end of Mass?

#### **Lesson 7: Closing Prayer**

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-7.html>

(Run time 2:16)