

## Sacrament Class Lesson Plan

### Chapter 5

April 9, 2020

Hello Families!

Please read the first two pages in your parent guide for Chapter 5 before teaching Chapter 5 to your children. This reflection will prepare your hearts to share with your children. It also sets goals and gives suggestions to help your children understand the Eucharist with their hearts and minds.

1. "Let us Pray" and "God's Word" .
  - The Gospel from John 6 is called the "Bread of Life Discourse", which in Jesus' own words explains what we are doing and receiving in Holy Communion.
2. "A Feast".
  - Ask: "Why do we share food at family celebrations?"
  - "What do you notice happens when we share food together?"
  - Point out that the Mass is a family celebration as we gather to the altar to receive a sacred meal. If you'd like, set a table with special dishes (Holy Thursday would be a great day to do this!), glasses, and tablecloth.
  - Compare this table to the altar being set at Mass. Allow time for them to draw their celebration table.
3. "Meet Jesus"
  - Before reading this section, ask your child, "What happens to our bodies when we don't eat food?"
  - Ask, "What happens to our spirits when we don't receive spiritual food?" In these times, it would be interesting to have a discussion about how they can receive spiritual food without the gift of Mass. Some ideas can include going to the links on our webpage for prayer, creating family prayers, starting a journal of gratitude....Be creative!
4. "God's Word: The Last Supper"
  - Read together both pages. Look at the picture of Jesus with His disciples.
  - Ask, "Where have you heard the words, "This is my body""
  - Reinforce that the priest is using Jesus' own words at Mass.
  - Ask, "What did Jesus tell his followers to do to remember Him?" This is what we can do to remember Jesus too.
5. "In Memory of Me"
  - As you read this, ask your children to circle three things the early Christians did when they gathered together after Jesus ascended into Heaven. Reinforce that we still do these things at Mass today. What good comes into our lives, when we receive communion (or say an Act of Spiritual Communion for today's times)?
6. "Heart and Center"
  - This section defines and explains some very important and difficult words and ideas. A child's wonder and awe and trust in God will help them to believe this mystery.
  - Ask, "How do we share thanks for the Eucharist?"
7. "Christ is Present"
  - Use the Parent Guide "Christ is Present" section to help guide your discussion. The belief in Jesus' real presence in the Eucharist is very important in our Catholic Faith. Discuss with your child that Jesus is also present with us as we gather at Mass and in His Word.
8. "Preparing to Receive Holy Communion"
  - This is one of those sections that you will most likely revisit before receiving Jesus for the first time. Keep practicing at home! After reading this section, you may want to follow up by practicing with your child
9. "We are the Body of Christ"
  - Complete the activity. It is great to understand that after receiving Jesus, we bring Him to others by acts of love and kindness. Brainstorm some of these acts with your child and perhaps give some of your own examples from growing up.

