

Levels 1-4 Lesson Plan #1 Holy Eucharist

Objectives:

- The Eucharist is the third sacrament of initiation, the first two being Baptism and Confirmation. However, the Eucharist is at the center of the sacraments. When we participate in the Eucharist, we are “in communion” with Christ. It is the greatest way to unite us with Christ. (Y. 208 C. 271, 274)
- The Eucharist will transform us and bring us into communion with God. Once we receive communion, we are to go and spread God’s love to the world. Everything else that the Church is besides that, is secondary. (Y. 217 C. 274 281)
- The Eucharist is the actual sacrifice of the Body and Blood of the Lord Jesus that Jesus gave us until His return in glory. Every celebration of the Eucharist is that same sacrifice that Jesus made for us on the cross. It is the same sacrifice of Himself, just not on the cross. (C. 280 Y 216)
- Jesus gave us this sacrament on Holy Thursday by sharing bread and wine which were turned into His body and blood and told the apostles to “Do this in memory of me.” (C. 271, 272, 273 Y. 208, 209, 210)
- The Eucharist is the heart of the Church. We are the Church because every time we receive the sacrament of the Eucharist, we receive the Body of Christ. We are in communion with divine life and are united and increasingly transformed into the Body of Christ, which is another name for our Church (C. 274, 281 Y. 211, 217)

Discussion Points:

- Tell children that the sacrament of Holy Communion is the center or base of the Church. Without this remembrance, there is no Church. Jesus’ sacrifice is the foundation of our Church. We are blessed to be able to go to mass every Sunday and receive His Body and Blood.
- Retelling the Easter story is a great way to relate the Sacrament of Holy Eucharist and when Jesus gave it to us. The story of the Last Supper on Holy Thursday is particularly relevant as it is when Jesus instituted the sacrament. Read the story of Holy Thursday to children from a children’s bible or pre-read it yourself and put it into words they will understand (Mark 14:22-26, Mt 26: 26-30, Luke 22: 14-20).
- Another connection to make would be to discuss the most important season of the liturgical year, which is Easter. Talk about Lent and the Triduum and the events of Holy Week, leading up to the celebration of Easter, where Jesus rose from the dead for our salvation.
- Make connections for children by discussing what happens when we attend mass. Talk about the tabernacle and Christ’s presence in it. Tell why we genuflect when passing or are in front of the tabernacle. Show the children pictures of the tabernacle and monstrance. Explain that Jesus is truly present and with us at this time.

Additional Resources:

- <http://dilexiprior.blogspot.com/2006/05/teaching-children-about-eucharist.html>: good article on the focus of the Eucharist to help us keep the correct focus when teaching about the Eucharist.
- <http://catholicblogger1.blogspot.com/2012/03/crafty-crafters-holy-communion.html>: chalice and Jesus within the Eucharist craft. For younger children, it is a good visual.
- <http://www.family-prayer.org/sacrament-of-holy-eucharist.html>: Gives information about Jesus being truly present in the Eucharist. Gives other words for parents to use and Bible chapter and verse references.
- Take your child to adoration and explain the reverence we see and show and why. Teach reverence to your child by modeling and talking as you show. Only stay for a few minutes at first so they can get used to the quiet and time. Model genuflecting when getting in and out of pew, etc. Model being quiet and respectful while in the church building.
- Read the scriptures from the Bible that discuss the Eucharist. Some verses are John 6: 22-59 and Matthew 26: 26-30, the story of the Last Supper.
- Open the Church Missal to the place where the words of the consecration are written. Point out that the priest repeats Christ's words from the Last Supper during the Mass.
- <http://www.catholicinspired.com/2011/07/jesus-in-eucharist-monstrance-art.html>: monstrance activity and printable

Levels 1-4 Lesson Plan #2 Holy Eucharist

Objectives:

The children will know, be able to discuss and ask questions about:

- The Eucharist is celebrated by a validly ordained priest through the Holy Mass in two main parts: Liturgy of the Word and the Liturgy of the Eucharist. Together, these parts combine in one act of worship: the celebration of Mass. Wheat bread and grape wine are essential to the celebration of the Eucharist. (C. 277, 278, 279 Y. 213, 214, 215)
- Jesus is wholly, truly present in the Eucharist. He is truly present in the bread and wine and He is also acting through the priest at the altar. The priest is not acting in his place. Jesus actually works through the priest on the altar to change the bread and the wine into His Body and Blood. In this way, He gives Himself to us each and every time we receive communion. (C. 280,281, 282 Y. 216, 217)
- His sacrifice on the cross for us is here on the altar through transubstantiation. Transubstantiation is the change of the whole bread and wine into the actual Body and Blood of Jesus. This change happens through eucharistic prayer and by the power of the Holy Spirit. (C. 283 Y. 217)
- Christ is forever present in the consecrated Eucharist and therefore must be treated with reverence. The Most Blessed Sacrament (consecrated Hosts) is kept in the tabernacle in the church. Because Jesus is truly present in the tabernacle, we genuflect before any tabernacle. It is the holiest place in the church. (C. 285, 286 Y. 218)
- Christians should celebrate the Eucharist on Sundays and holy days of obligation. We must receive communion at least once a year during the Easter season. To receive communion, one needs to be a member of the Church and be in a state of grace. Receiving Holy Communion increases our union with Christ. (Y. 219, 220, 221 C. 289, 290, 291, 292)

Discussion Points:

- Break down the parts of the Mass for the children and walk them through it. Discussing with them makes it more important to them when they are at Mass. It will allow them to make connections during Sunday mass. Discuss the Liturgy of the Word and Liturgy of the Eucharist.
- Discuss what happens at the actual moment the priest says the words of the prayer that leads to transubstantiation. Talk about the fact that Jesus did not give the power to change the bread and wine to the priest but that it is actually God working through the priest at that point to have transubstantiation occur.
- On Sunday or a visit to church, point out the tabernacle and the red light next to it that lets us know when the Most Blessed Sacrament is in the tabernacle. Discuss the monstrance. Explain the respect it deserves and why.

Additional Resources/Activities:

- http://www.ehow.com/list_6621342_children_s-activities-learn-catholic-mass.html: good resource for learning about Catholic mass.
- <http://www.tikkabik.com/?p=112>: not Catholic but describes a homily that tries to explain transubstantiation to children. Good description and way to relate.
- <http://www.therealpresence.org/eucharst/mir/emc.htm>: much is in pdf format, book written by a Monsignor Martinelli about teaching children about the Eucharist
- <http://www.rtjcreativecatechist.com/articles/teachings/liturgy/2010/01-01/three-keys-for-teaching-the-eucharist-story-ritual-life>: helps with making connections
- <http://www.catechist.com/blog/archives/182-20100106.html>: activities for exploring the Eucharist
- <http://mostholyrosary.org/childjesus/PDFs/visittojesus.pdf>: Guide for Most Blessed Sacrament

Levels 1-4 Lesson Plan #3 Holy Eucharist

Objectives:

Children will be able to start discussing:

- Other names for the Eucharist such as the Holy Sacrifice, the Sacrifice of the Mass, the Lord's Supper, the Eucharistic Celebration, Holy Communion. (Y. 212 C. 275)
- The celebrant for the Sacrament of the Eucharist must be a validly ordained priest. In actuality, Christ Himself acts in every celebration of the Eucharist. Christ works through the priest. The essential necessary items for celebrating the Eucharist are wheat bread and grape wine. (C. 278, 279 Y. 215)
- The right way to honor our Lord present in the bread and wine is showing utmost reverence and worship Him in the Most Blessed Sacrament. The consecrated hosts that are leftover after the celebration of the Eucharist are kept in sacred vessels in the tabernacle. This is the most venerated place in the church. (Y. 218)
- As Catholics, we should receive Holy Communion every time we celebrate the Holy Mass, which we should attend on Sundays and holy days of obligation if we desire to seek His friendship. We are obligated, however, to receive Holy Eucharist at least once a year during the Easter season. (C. 189, 290 Y. 219)
- To partake in the Sacrament of the Eucharist, one must be a full member of the Catholic Church, be free of mortal sin, fast for an hour before receiving the Sacrament, and be respectfully aware of the sacrament you are about to receive (dress, mindset, gestures) (C. 291 Y. 220).
- Holy Communion increases our union with Jesus Christ , makes us living members of the Body of Christ, renews God's grace within us that we received at Baptism and Confirmation, and helps us grow in love. (Y. 221 C. 292)

Discussion Points:

- Ask children to discuss what they already know about receiving the Sacrament of the Eucharist. Correct any misconceptions or expand on their thoughts with them, engaging them in a discussion.
- Talk to children about their experiences at Mass and pick out the details of why Mass proceeds as it does.
- Take children to mass or adoration, go through missal and show Liturgy of Word, Liturgy of Eucharist and other parts of mass.
- Discuss the need for a clear conscience and going to confession to be prepared to receive the holy Eucharist.

Additional Activities/Resources:

- <http://www.patheos.com/Resources/Additional-Resources/Holy-Holy-Holy-Teaching-Reference-to-Children.html> Ideas on bringing children's faith to the forefront for them.
- <http://www.ewtn.com/library/HOMESCHL/CRUSADE.HTM>: article on teaching the Catholic faith within your family
- <http://www.catholic.com/quickquestions/what-is-a-tabernacle>: good definition of tabernacle
- <http://www.mssscrafts.com/oldtestament/tabernacle.htm>: printables, concrete ideas for teaching the Eucharist
- http://www.catholicmom.com/2008_lesson_plans/11_09_08.pdf: lesson plan with links on Eucharist