

# 1<sup>st</sup> Eucharist PARENTS – Session 1

## Presence – Session 1 – God is with us

### 1. Martyrs & heroes of the Eucharist

- a. Do you believe this much?
- b. Does your family believe?
- c. See Catholic Times – Aug. 17, 2025,
  - i. pg 12, #1 and pg 14, Q1 A1

### 2. What do Catholics believe?

- a. Sacrament be able to explain this to your kiddos.
- b. Transubstantiation – super important to explain to your kiddos.

### 3. God is with His people.

- a. Meals are about sharing relationships with other people.
  - i. How does your family treat meals?
  - ii. See Catholic Times – Aug. 17, 2025, pg 14, Q1 A2
- b. God is love (see 1 John 4:8). RELATIONSHIP – sharing life & building trust – communion w/Him.
- c. God's **presence** in the Old Testament – was VISIBLE!
- d. The incarnation – "The Son of God became man so that the sons of men could become God."
- e. Jesus established the Eucharist – the Last Supper & NOW!
  - i. The Eucharist is a WHO not a what.
  - ii. "I consume the Eucharist because I want the Eucharist to consume me."

*"The greatest love story of all time is contained in a tiny white host." - Venerable Fulton Sheen*

## You Are Loved – Session 1 – Preparing the Way for Christ

### 1. RESOURCES

- a. **Folder** – Confirmation requirements
- b. **Book** – prayers, Mass prayers, tour, liturgical calendar, glossary
- c. **Website** – Lesson Plan, Scope & Q&A, etc.

### 2. Need to tell them the story – use children's bible if needed or PDF on website

- a. from Abraham to Moses
- b. – and if need be from Adam to Abraham

### 3. Let's Read God's Word

- a. Passover is both a sacrifice and a meal.
- b. God gave them specific rules and reasons for it.

### 4. Let's Learn About Our Faith

- a. Sacrifice
- b. Provision
- c. Tabernacle

### 5. Closing Prayer

- a. Pray this all week.

### 6. Memory Verse

- a. Practice this all week – verse & location

### 7. Homework

- a. Teach student lesson 1 w/student,

b. look at student lesson 2 b/4 parent #2.

Email:

Dear Parents,

A couple of quick notes I did not do a good job of explaining in our class:

Session 1 does not mention Abraham specifically - however, last year (in 1<sup>st</sup> Reconciliation), the students learned about him. That is why this year, I suggest you start with Abraham and bring them up on the story of salvation beginning with Abraham and continuing to Moses & (pg 9) the Manna & the Tabernacle & the Passover (sacrifice). The book will then show the children how we have the Manna, the Tabernacle & the Sacrifice today.

One important virtue of Abraham is that he had faith. He believed what God said even though he did not see any proof of what was to happen. God asked him to do something and he did it. No questions asked.

Thanks for attending today.

Please feel free to offer ideas on how we can improve this for you and your students.

# 1<sup>st</sup> Eucharist PARENTS – Session 2

## Presence – Session 2 – The Story of the Eucharist

1. **Scott Hahn** – I don't have to die to go to heaven.
2. **John 6 – Bread of Life Discourse**
  - a. Everyone left – Peter's reply
3. **The Story of Scripture**
  - a. Adam & Eve – meant to share in communion w/God forever! - instead, turned away from God
  - b. Original Sin separated us from God and from our original purpose.
  - c. Passover – meal & sacrifice – w/ rules & script – “we were enslaved in Egypt” not “they”
4. **The Last Supper**
  - a. No mention of a lamb – new script – Jesus reveals He is the new Passover lamb.
  - b. “The universe was created as a tabernacle to house the Most Holy Eucharist”
5. **Road to Emmaus**
  - a. 1<sup>st</sup> day of a new creation – Jesus explains the scripture & gives them the Eucharist
    - i. Jesus is new Adam.
      1. Garden, tree – Tree of Knowledge of Good & Evil / cross – Tree of Life
      2. Eucharist is fruit of new Tree of Life (Cross)
  - b. Their eyes are open – A&E to sinfulness & shame, Emmaus – to Jesus & freedom from sin.
6. “This is my body, which was given up for you.”

## You Are Loved – Session 2 – The Last Supper

### **Let's Read God's Word**

- The Last Supper was a celebration of both the Old and the New Passover.
  - OLD – was both a sacrifice and a meal
    - Saved God's people from slavery & death in Egypt.
    - Jesus fulfilled the requirements of the OT Law - as a sacrifice and meal
  - NEW – is both a sacrifice and a meal (Mass)
    - Saves us from slavery to sin & gives us eternal life.
    - Jesus established a New Covenant in his Blood w/a new Passover feast to celebrate

### **Let's Learn About Our Faith**

- Jesus' many miracles showed:
  - God's great love for them
  - Jesus is God & He can do anything (invited belief in Him)
- When we go to Mass, we are with Jesus
  - at the Last Supper (meal)
  - at the foot of the cross (sacrifice)

### **Did You Know? – work on big (important) words:**

- transubstantiation
  - discuss when to use words “bread and wine” vs “body and blood”
  - discuss bells – they alert us to what is happening – but the Words of Consecration & Holy Spirit do it
  - substance changes, appearance does not change
  - Eucharistic Miracles!
- real presence – not just a symbol
  - We receive Jesus' resurrected Body & Blood to strengthen our souls

**Closing Prayer** - Pray this all week.

**Memory Verse** - Practice this all week – verse & location

## You Are Loved – Session 3 – The Death and Resurrection of Jesus

### Let's Read God's Word

- This is the Gospel from John – an eyewitness to the crucifixion!
  - Unique detail – blood & water flowing from the side of Jesus
    - shows us Jesus did actually die – didn't just faint
    - and he actually Resurrected (a miracle) – he didn't just revive in the tomb.
    - source & sustenance of the life of the church:
      - Water = the new life we receive in Baptism
      - Blood = the nourishment of the Eucharist
- Creation:
  - Eve was created from the side of Adam while he slept
  - Bride of Christ (the church) was created from the side of the New Adam while he slept in death.

### Let's Learn About Our Faith

- Jesus' perfect sacrifice on the Cross is the new Passover sacrifice:
  - Hyssop branch used
  - No broken bones – just as the Passover instructions for the sacrificial lamb.
  - "I thirst" – Jesus drank of the 4<sup>th</sup> cup from the Last Supper, completing the Passover meal
- Go over the big words & the timing – Resurrection, Ascension, Pentecost
- Pentecost – a mighty wind came & tongues like fire rested on them
  - They were filled with the Holy Spirit – this will happen to your kiddos at Confirmation!
- Death entered the world when Adam & Eve sinned
  - & thru them, all humanity is subject to death.
  - Jesus entered our broken reality to give us a means to attain eternal life.
  - He paid the price for **our** sins on the Cross – He was completely without sin.
  - When Jesus rose from the dead, he broke the power of sin & death.
- In Baptism – we die with Christ in order to experience the power of his Resurrection in ourselves.
- In the Eucharist we are nourished to live out the new life we have in Christ.

### Did You Know? – Does LAMB of God make more sense to your kiddo now?

- **Sanctifying Grace** – the gift of God's own divine life in us – that makes us holy.
- **Actual Grace** – God's gift to help us - in each moment - to love God & make the right choices.

**Closing Prayer** - Pray this all week.

**Memory Verse** - Practice this all week – verse & location

**Homework** - Teach student lesson 2 & 3 w/student.

## **You Are Loved – Session 4 – The Death and Resurrection of Jesus**

### **Let's Read God's Word**

- The Last Supper was a celebration of both the Old and the New Passover.
  - OLD – was both a sacrifice and a meal
    - Saved God's people from slavery & death in Egypt.
    - Jesus fulfilled the requirements of the OT Law - as a sacrifice and meal
  - NEW – is both a sacrifice and a meal (Mass)
    - Saves us from slavery to sin & gives us eternal life.
    - Jesus established a New Covenant in his Blood w/a new Passover feast to celebrate

### **Let's Learn About Our Faith**

- Jesus' many miracles showed:
  - God's great love for them
  - Jesus is God & He can do anything
- When we go to Mass, we are with Jesus
  - at the Last Supper (meal)
  - at the foot of the cross (sacrifice)

**Did You Know?** – discuss when to use words “bread and wine” vs “body and blood”

**Closing Prayer** - Pray this all week.

**Memory Verse** - Practice this all week – verse & location

**Homework** - Teach student lesson 4 & 5 w/student,

## **You Are Loved – Session 5 – The Death and Resurrection of Jesus**

### **Let's Read God's Word**

- The Last Supper was a celebration of both the Old and the New Passover.
  - OLD – was both a sacrifice and a meal
    - Saved God's people from slavery & death in Egypt.
    - Jesus fulfilled the requirements of the OT Law - as a sacrifice and meal
  - NEW – is both a sacrifice and a meal (Mass)
    - Saves us from slavery to sin & gives us eternal life.
    - Jesus established a New Covenant in his Blood w/a new Passover feast to celebrate

### **Let's Learn About Our Faith**

- Jesus' many miracles showed:
  - God's great love for them
  - Jesus is God & He can do anything
- When we go to Mass, we are with Jesus
  - at the Last Supper (meal)
  - at the foot of the cross (sacrifice)

**Did You Know?** – discuss when to use words “bread and wine” vs “body and blood”

**Closing Prayer** - Pray this all week.

**Memory Verse** - Practice this all week – verse & location

**Homework** - Teach student lesson 2 & 3 w/student,

# Presence PARENTS – Session 3 – Bread for the Journey

## Video Outline

### 1. Food for the journey

- a. God gives the Israelites manna for their journey in the wilderness
- b. The Eucharist sustains us on our spiritual journey
- c. The Eucharist is a foretaste of Heaven
  - i. We receive Christ, who is our ultimate goal
  - ii. We are brought into communion with God and with everyone else who is in communion with God
  - iii. In the Mass, we worship God together with all the angels and saints in Heaven

### 2. The Mass

- a. Liturgy of the Word
  - i. We encounter God in Scripture
  - ii. We respond in faith through the Creed and the Prayers of the Faithful
- b. Liturgy of the Eucharist
  - i. The sacrifice of Jesus is made present in the Eucharist
  - ii. The climax of the liturgy is when we receive Jesus in Holy Communion
- c. Story of Emmaus
  - i. Liturgy of the Word – Jesus interprets the Scriptures for the disciples
  - ii. Liturgy of the Eucharist – Jesus takes, blesses, breaks, and gives the bread
- d. In the Mass, the Last Supper, the Crucifixion, the Death, & the Resurrection of Jesus are made present

### 3. Rules for receiving the Eucharist

- a. Never receive the Eucharist in a state of mortal sin (see 1Cor 11:27-29)
- b. Fast from food and drink (except water or medicine) for at least one hour before receiving
- c. Receive at least once a year

### 4. Our participation in Mass

- a. Colossians 1:24 – we participate in Christ's sacrifice
- b. Intentionally giving ourselves back to God when we receive the Eucharist
- c. The Eucharist is our offering of thanksgiving to God

### 5. Eucharistic adoration

- a. "I look at Jesus, and Jesus looks at me"
- b. Jesus is present in every Tabernacle, waiting for us

### 6. Sent forth

- a. *Ite, Missa est* – we are sent out from Mass with a purpose
- b. The world needs us to share what we have received

## **You Are Loved – Session 6 – The Death and Resurrection of Jesus**

### **Let's Read God's Word**

- The Last Supper was a celebration of both the Old and the New Passover.
  - OLD – was both a sacrifice and a meal
    - Saved God's people from slavery & death in Egypt.
    - Jesus fulfilled the requirements of the OT Law - as a sacrifice and meal
  - NEW – is both a sacrifice and a meal (Mass)
    - Saves us from slavery to sin & gives us eternal life.
    - Jesus established a New Covenant in his Blood w/a new Passover feast to celebrate

### **Let's Learn About Our Faith**

- Jesus' many miracles showed:
  - God's great love for them
  - Jesus is God & He can do anything
- When we go to Mass, we are with Jesus
  - at the Last Supper (meal)
  - at the foot of the cross (sacrifice)

**Did You Know?** – discuss when to use words “bread and wine” vs “body and blood”

**Closing Prayer** - Pray this all week.

**Memory Verse** - Practice this all week – verse & location

**Homework** - Teach student lesson 4 & 5 w/student,

## **You Are Loved – Session 7 – The Death and Resurrection of Jesus**

### **Let's Read God's Word**

- The Last Supper was a celebration of both the Old and the New Passover.
  - OLD – was both a sacrifice and a meal
    - Saved God's people from slavery & death in Egypt.
    - Jesus fulfilled the requirements of the OT Law - as a sacrifice and meal
  - NEW – is both a sacrifice and a meal (Mass)
    - Saves us from slavery to sin & gives us eternal life.
    - Jesus established a New Covenant in his Blood w/a new Passover feast to celebrate

### **Let's Learn About Our Faith**

- Jesus' many miracles showed:
  - God's great love for them
  - Jesus is God & He can do anything
- When we go to Mass, we are with Jesus
  - at the Last Supper (meal)
  - at the foot of the cross (sacrifice)

**Did You Know?** – discuss when to use words “bread and wine” vs “body and blood”

**Closing Prayer** - Pray this all week.

**Memory Verse** - Practice this all week – verse & location

**Homework** - Teach student lesson 2 & 3 w/student,

## **You Are Loved – Session 8 – The Death and Resurrection of Jesus**

### **Let's Read God's Word**

- The Last Supper was a celebration of both the Old and the New Passover.
  - OLD – was both a sacrifice and a meal
    - Saved God's people from slavery & death in Egypt.
    - Jesus fulfilled the requirements of the OT Law - as a sacrifice and meal
  - NEW – is both a sacrifice and a meal (Mass)
    - Saves us from slavery to sin & gives us eternal life.
    - Jesus established a New Covenant in his Blood w/a new Passover feast to celebrate

### **Let's Learn About Our Faith**

- Jesus' many miracles showed:
  - God's great love for them
  - Jesus is God & He can do anything
- When we go to Mass, we are with Jesus
  - at the Last Supper (meal)
  - at the foot of the cross (sacrifice)

**Did You Know?** – discuss when to use words “bread and wine” vs “body and blood”

**Closing Prayer** - Pray this all week.

**Memory Verse** - Practice this all week – verse & location

**Homework** - Teach student lesson 4 & 5 w/student,