

# 1<sup>st</sup> Eucharist PARENTS – You are Loved discussion points

## RESOURCES

**Folder** – Confirmation requirements

**Book** – prayers, Mass prayers, tour, liturgical calendar, glossary

**Website** – Lesson Plan, Scope & Q&A, etc.

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

After the Prayer & Introduction, tell your child the story from Abraham to Moses . This will help your child understand where the Passover happened in the timeline of salvation history. You are welcome to use the “*Pictures for pgs 6 – 11*” pdf link on the website if that will help in telling the story.

1. **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.
2. **Let’s Learn About Our Faith**
  - a. Sacrifice
  - b. Provision
  - c. Tabernacle
3. **Closing Prayer**
  - a. Pray this all week.
4. **Memory Verse**
  - a. Practice this all week – verse & location
5. **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.

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## **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

**After this section, it is a good time to watch the "Buenos Aires Miracle" video.**

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

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

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## 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
      - Colors of Divine Mercy
- 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.

**After this section, it is a good time to watch the "Lanciano Italy Miracle" video.**

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

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

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

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## **Session 4 – The Sacrament of the Eucharist**

The Eucharist is perhaps the most basic element of our identity as Catholics. But sometimes when something is so familiar, it can be easy to take for granted. We receive God's Grace. This is the closest Jesus can be to us.

### **Let's Watch**

Why did Jesus come to us as food?

We all need food everyday – we all understand the need for food.

We need to treat & act like the Eucharist is special – because it is.

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

This is the only miracle that is recorded in all 4 Gospels.

It anticipates the Eucharist – miracles and food ... for everyone.

Jesus does not go back on anything he said in the Bread of Life Discourse – he makes it more clear.

He doesn't want to lose any disciples – yet He will not water down the message.

The apostles trust – even though they do not understand.

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

Discourse means written or spoken communication.

Every piece and every drop is Jesus – there are special procedures for handling them.

Make sure your kiddos understand how we are reverent inside the church (ex. Genuflect, quiet, etc.)

This is different than in other denominational churches.

When you drive by a Catholic church, begin the practice of making the Sign of the Cross, as you know there is a tabernacle inside – containing Jesus.

Having our venial sins forgiven is mind blowing, but we need to be pure to receive Jesus – He doesn't just go anywhere. That is why we cannot enter heaven without the sacrifice of Jesus.

**After this section, it is a good time to watch the "Lanciano Italy Miracle" video.**

**Did You Know?** – Discuss your thoughts from when you were young until now.

**Story of a Saint** – This can be scary to think of someone their age being killed. It also shows us that someone their age can act in a big way.

**Closing Prayer** – Isn't this awesome! Thank you to St. Liguori for putting my thoughts and wishes into a prayer. Pray this all week.

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

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## **Session 5 – Receiving Holy Communion**

God wants to fill us with every good thing – first and foremost by giving us Himself in the Eucharist.

Are you hungry? How do you prepare yourself for the feast?

We prepare for things every day. This is no different, but it is more important.

In this session, you will pass on our Church Traditions and your family traditions for receiving the Eucharist to your child. We need to teach how to show reverence for the Real presence of Christ in the Eucharist.

Our children learn from watching (and listening) to us, so we need to model what we want them to do.

If we speak or act irreverently, we can undermine our own faith and cause scandal for others.

**Let's Watch** – you may want to watch this before “Did You Know” instead of at the beginning.

“Jesus said” – He’s God, so if He said it, it is!

Jesus gives us His whole self in the Eucharist – because He loves us. He wants us to give our heart back to Him.

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

St. Paul wrote to the Corinthians to correct some of their actions, but also to remind them that they are a community. Their love of Jesus unites them to each other.

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

We need to prepare: 1. well in advance – go to Reconciliation if need be 2. and just an hour or so before – fasting and getting ourselves in a mindset for Mass. At Mass, we need to show reverence in our active participation.

The graces from the Eucharist are fully present & available, whether or not we recognize them or are ready to cooperate with them. If we are properly disposed to receive the graces of the sacrament, then they will bear greater fruit in our lives.

Now you get to share your family tradition for receiving the Eucharist with your child:

- Do you receive on the tongue or in the hand?
- Do you make the Sign of the Cross afterward?
- What prayers of Thanksgiving do you like to say in the pew after receiving?
- Do you stay after Mass to kneel and pray another prayer of Thanksgiving?

When you practice, use something plain like crackers – not fun like candy.

Things to discuss & watch: ***Elements of the Catholic Mass*** on FORMED.org:

- Walk solemnly in line w/hands in prayer position.
- Make a head bow (not waist bow) before receiving. (Watch “bow” on FORMED.org)
- step close enough to minister
- show them how you want to receive
- make eye contact & say “Amen”
- step to the side to place in your mouth if receiving in the hand.

Repeat for Precious Blood – be careful in handling the chalice.

**Did You Know?** – Have you ever been to Adoration? Consider attending sometime soon – before their 1<sup>st</sup> Comm.

**Story of a Saint** – This is a great story. All creatures were made by God and are under Him.

**WATCH:** *This is a good time to watch “The Perfect Gift” video.*

**Closing Prayer** – We pray this at Adoration. It is part of the Divine Praises.

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

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## **Session 6 – The Liturgy of the Mass**

When we worship God in the Liturgy of the Mass, we are united not only to the brothers and sisters we can **see** in the pews around us, and not even just to the rest of the universal Church around the **world**, but to **every member of the Body of Christ from every time and place**. CCC 1090 – “in the earthly liturgy we share in a foretaste of that heavenly liturgy which is celebrated in the Holy City of Jerusalem ...”. See description in Rev. 4:2-8, 7:9-12.

### **Let’s Watch**

God wants to be in friendship / communion with us. God wants to hang out with you!

The entire family gathers at Mass (the Divine Liturgy). We are re-entering into what the apostles did.

Heaven & earth come together.

We can give our attention, ourselves, our hearts to God.

### **Let’s Read God’s Word**

We received the Eucharist from Christ Himself – so we need to not make any changes & be reverent.

Jesus wants to draw us into deeper union with Him through the Mass.

Do the words from 1 Cor 11:23-26 sound familiar? We hear them at Mass.

### **Let’s Learn About Our Faith**

The Mass is not a service or ceremony, it is liturgy – “a public work”. We are all called to participate!

By forming the intention of our hearts, saying the prayers of the Mass, & uniting our own sacrifice to Jesus’.

The Mass is the most perfect worship we can offer – and, we receive the nourishment of the Eucharist!

**Grab** your Magnifikid - Find these 2 parts and see where they fit in the Mass.

This is a good time to **watch** “The Veil Removed” video.

### **Did You Know? -**

It is so amazing that the apostles and others were celebrating the Mass that long ago!

How does your family keep the Sabbath holy?

This is a good time to **review** the “Holy Days of Obligation” pdf.

### **Story of a Saint –**

Dominic’s small sacrifices had a big impact.

### **Closing Prayer –**

What a beautiful prayer. Pray this all week.

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

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## **Session 7 – The Liturgy of the Word**

The readings during the Liturgy of the Word are God's Word spoken to you, personally.

What can you do to be even better prepared to listen and respond the next time you go to Mass?

God created us for friendship with Him, and He unites us to Himself in the Eucharist.

But before we are united to God in Holy Communion, we first listen to what He has to say to us in the Scriptures.

### **Let's Watch**

There are 4 readings in the Liturgy of the Word.

Stories of how God wants to tell us about Himself and how to be close to Him.

Close your eyes during the stories and imagine being that close to Him.

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

The 2 disciples didn't understand what the Scriptures were saying about the Messiah.

Jesus opened up the Word of God in the Scriptures to his disciples.

While keeping them from recognizing Him, He explained how the whole story of salvation history pointed toward the birth, suffering, Death & Resurrection.

God wants you to come to Him in Mass. Sometimes it is hard to sit and pay attention.

In this chapter, we can learn more about the Mass, so it will be easier to understand.

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

The whole bible is about Jesus.

"The New Testament lies hidden in the Old, and the Old is unveiled in the New." St. Augustine.

The readings are meant to increase our faith.

Be sure to discuss and practice the postures & responses during the readings.

**Grab** your Magnifikid - Find these parts and see where they fit in the Mass.

If it helps, **review** the "Mass Parts" pdf on the website.

You may also want to **watch** some episodes of "Elements of the Mass". Ex. The Altar, The Bow in the Creed, so you can speak more about these parts of the Mass.

### **Did You Know? –**

Word of God is both Jesus & the bible.

### **Story of a Saint –**

Is your child a writer or a historian like St. Justin Martyr?

### **Closing Prayer –**

Short and soooo powerful! Pray this all week.

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

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## **Session 8 – The Liturgy of the Eucharist**

In the Eucharist, we have the opportunity to draw near to God, our fortress, not only spiritually but also physically. He comes to us under the appearance of bread and wine.

God wants to be closer to us than we are to anyone else. He loves us more than anyone else could possibly love us. He doesn't just want a "personal relationship" with us; he wants the most complete, intimate union with each of us. He created us for this union with himself, and he comes to us personally in the Eucharist to make that union happen. In this sacrament, we not only experience God's love – we are transformed by it.

The Eucharist is the most important & most perfect way to draw close to Jesus, to receive his love, and to offer Him our love in return.

### **Let's Watch**

Fr. John Riles steps through the Eucharistic Prayer, explaining it as he demonstrates it.

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

Even though the disciples didn't recognize Jesus, they didn't want Him to leave them.

They recognized Him by his words and actions, not by His appearance.

This is a good time to watch the "God wants you at Mass" video

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

The Mass is a sacrifice.

It is a re-presentation of the once-for-all sacrifice of Jesus begun at the Last Supper and completed on the Cross.

The Mass is never a different or new sacrifice, and it is not merely a symbol or a reminder.

At every mass, the 1 perfect sacrifice of Jesus is made present.

And at every Mass, we are called to unite ourselves to Jesus' sacrifice as an offering to the Father.

Christ, our high priest, allows us to participate in His priesthood and offer this perfect sacrifice to the Father.

After we have been united to Christ in the Eucharist, we are sent forth to live out God's will in our daily lives and carry the good news of His love to the whole world.

Be sure to discuss and practice the postures & responses for all in this section.

**Grab** your Magnifikid - Find these parts and see where they fit in the Mass.

If it helps, review the "Mass Parts" pdf on the website.

You may want to learn more about the various Eucharistic Prayers by reviewing the "Eucharistic Prayer Details" pdf on the website.

### **Did You Know? –**

In the Mass we see and hear the priest, but it is really Christ who offers the sacrifice of the Mass.

The priest is His representative.

Holy Orders gives the priest the "authority to act in the power and place of the person of Christ Himself."

At every Mass, we are called to unite ourselves to Jesus' sacrifice as an offering to the Father.

Christ, our high priest, allows us to participate in His priesthood and offer this perfect sacrifice to the Father.

**Story of a Saint** – interesting for your kiddos.

**Closing Prayer** – beautiful! Pray this all week and perhaps as your prayer of Thanksgiving after Communion.

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