

# YOU ARE LOVED – SCOPE & SEQUENCE

## Session 1 – Preparing the Way for Christ

### OBJECTIVES

- God saves his people Israel by delivering them from slavery through the Passover event and by feeding them with manna in the desert.
- Passover is one of the most important sacrifices for the Jewish people, and God wanted them to remember this saving event every year.
- Sacrifice is offering something to God in atonement for sin or in thanksgiving for God's great gifts.
  - Jesus offered himself as a sacrifice so that our sins could be forgiven.
- The most important way we offer sacrifice to God is by attending Mass where we can unite our lives to Jesus' sacrifice on the Cross.
- Today, every Catholic Church has a Tabernacle where the Eucharist is reserved for prayer and adoration outside of Mass.
  - Jesus is truly present in the Tabernacle.

### KEY WORDS

1. **Moses** – An Israelite who was adopted by an Egyptian princess. God chose him to deliver the Israelites from slavery.
2. **Plagues** – a series of disasters that God brought upon Egypt.
3. **Sacrifice** – Offering of something to God for the forgiveness of sin or in thanksgiving for God's great gifts.
4. **Unleavened bread** – Bread that is made without yeast so that it doesn't rise.
5. **Passover** – The memorial that recalls how God saved his people from slavery & death in Egypt.
6. **Manna** – The bread from heaven that God gave to the Israelites in the desert.
7. **Israel** – The nation that God chose to be his Chosen People.
8. **Seder Meal** – A memorial meal which recalls the exodus of the Israelites from slavery in Egypt.

### Memory Verse

John 6:48-49, 51

- "I am the bread of life. Your fathers ate manna in the wilderness... I am the living bread which came down from heaven."

### Key Points

1. God saved his people from slavery at the 1<sup>st</sup> Passover.
2. For the Passover, the Israelites had to sacrifice a lamb, put its blood on their doorways, and eat the lamb with unleavened bread.
3. In the desert, God fed his people with bread from heaven called manna.
4. The Tabernacle was God's home with his people in the desert.
5. Sacrifice is an action that shows how much we love God.

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## Let's Watch – God Is with Us (Matt & Avila)

- The Eucharist is really the body and Blood of Christ and is the most special gift on earth.
  - We believe that Jesus is present in the Eucharist because God told us this truth.
  - Jesus comes to us in the form of bread and wine so that he can be close to us.
  - God has been planning to give himself to us in the Eucharist from the very beginning.
1. What excites you the most about receiving your First Communion?
    - **dressing up, having a party, seeing Grandma & Grandpa from out of town, etc.**
    - **receiving Jesus – who is really present to us in the Eucharist.**
  2. Why do you think Jesus makes himself present to us in the form of bread & wine? Couldn't he have done something more exciting?
    - **so he can be true food for our souls**
    - **so he can be very close to us by entering into us when we receive him**
  3. The Eucharist is the most important gift in the world because Jesus is truly present in the Eucharist. What are some things you can do to prepare yourself to receive First Holy Communion?
    - **learn about the Eucharist**
    - **go to Confession**
    - **pray that you can be close to Jesus.**

## Let's Read God's Word – The Feast of Passover

- When Pharaoh would not let the Israelites go, God sent a 10<sup>th</sup> plague that resulted in the death of all the 1<sup>st</sup> born sons in Egypt.
  - God saved his people from the 10<sup>th</sup> plague through the Passover.
  - For the Passover, the Israelites had to sacrifice a lamb, put its blood on their doorways, and eat the lamb with unleavened bread.
  - After the Passover, Pharaoh let the Israelites go, and God delivered them from slavery in Egypt.
  - God told the Israelites to celebrate the Passover the same way every year.
1. In the Mass we remember how Jesus saves us from sin. Jesus brought us the gift of salvation. Have you ever been given a gift that made you thankful?
    - **family, home, school, church, friends.**
    - **We should thank God for all the good things in our lives.**
  2. How do you think the Israelites felt when they celebrated the 1<sup>st</sup> Passover?
    - **scared about the 10<sup>th</sup> plague, curious about what was to happen next, excited or doubtful about what would happen the next day**
  3. How do you think they felt the next day when they left for Egypt?
    - **happy & excited to leave – nervous or anxious about what was to happen next**
  4. God told the Israelites to mark their doors with the blood of the lamb to prove that they were his people. What are some ways that you can show you belong to God?
    - **Jewelry, actions (praying in public), words we use**
  5. The Passover feast is celebrated by Jews every year and recalled in our Scripture readings each Lent & Easter, to remember the amazing way God saved his people. What is something that God has done for you?

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- **big things, little things – our life, family, friends, things that make us happy,**
  - **answering prayers, helping us to get healthy, finding a lost item, do well in school**
6. How do you remember, celebrate, & give thanks for God's work in your life?
- ???

## Let's Learn About Our Faith – Jesus is the True Sacrifice

- God told his people to remember the way he saved them from slavery and death in Egypt by celebrating Passover every year.
  - Passover was 1 of the most important sacrifices and feasts.
  - In the desert, God fed his people with bread from heaven called manna.
  - The Tabernacle was God's home with his people in the desert.
  - Sacrifice is "something we offer or give up" that shows how much we love God.
1. Discuss some of the sacrifices you can offer God in your daily life.
- **joys, problems, homework, chores, ANYTHING**
2. How do you think the Israelites felt the 1<sup>st</sup> time they saw the manna?
- **surprised, confused, curious. happy & relieved for food.**
3. What does the manna tell us about God and his relationship with his people?
- **God cares about his people – he takes care of their needs**
4. The Israelites offered many sacrifices to show how much they loved God. What are some ways you show how much you love God?
- **loving other people, being kind, obeying God – parents – teachers.**
  - **Praying, making little sacrifices (giving \$ for toy to poor instead)**
5. In the Tabernacle, God dwelt among his people. Where can we find God's presence today?
- **our hearts – because of our Baptism**
  - **in the tabernacle – in any church**

## Did You Know – The Passover Seder Meal

- This is a memorial meal celebrated by Jews during Passover.
  - It recalls the exodus of the Israelites from slavery in Egypt.
  - There is a script with an order to it, which teaches how God saved his people.
1. Have you ever participated in a Passover Seder meal – or have friends who do?
- **what was it like?**
2. What is the meal recalling?
- **the exodus of the Israelites from slavery in Egypt.**

## Let's Do Activities

*Jesus is the New Passover Lamb:* **People, Moses, Egypt, Pharaoh, Doorposts, Passover**

Understand how God saved his people from slavery in Egypt.

Learn about the origin of Passover

*Who Am I?:* **Moses, Pharaoh, Israelites, Lamb**

Better understand how God was present with his people in Egypt and in the desert.

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## Let's Recall & Reflect

1. What was special about the Tabernacle in the Wilderness?
  - **it was the house of God.**
  - **it was the place the Israelites came to pray & to offer sacrifice.**
2. God gave the Israelites manna when they were hungry. How does God care for you & provide for your needs?
  - **gave you your family, created the world & everything in it**
  - **all food, clothes, books & toys ultimately come from God.**
  - **God provides his love – gives us grace in the sacraments – forgives sins - answers prayers**

## Story of a Saint – St. Catherine of Siena

- St. Catherine dedicated her life to serving Christ at a young age.
  - For many years, she ate no food except the Eucharist.
  - She helped teach people about God – at a time when there was a lot of confusion.
1. St. Catherine lived at a time when people were hungry for the truths of the Faith. Have you ever been hungry to learn & know something? Who fed your mind & heart and helped you to learn?
    - **for truth – parents, teachers & friends, books, esp. the Bible & stories about saints.**
  2. God used St. Catherine to help people learn the truth about God's love so that they could grow closer to Jesus. How can you help other people grow closer to Jesus?
    - **Tell people about God's love.**
    - **be an example of God's love**
    - **invite people to learn about God's love by coming to Mass with you.**
    - **pray for other people.**
  3. God will always provide what we need. What is something you need right now? God used St. Catherine to meet other people's needs. Ask someone to pray for God to meet your need. Ask them how you can pray for them, too!
    - **help in school, with a new friend, answer to questions, etc.**

## Let's Read a Story – Buried Treasure

- Too often young people don't understand why the church talks about the past so much. Why should they care about Ancient Israel or the early Church?
  - We need to impress upon them that understanding what God did in the past – through things like the Passover, Jesus and the early Church – reveals God's loving plan throughout history & how it impacts us in the present & throughout all eternity.
1. Why did Mr. Norm, the handyman, say we should care about the past?
    - **Because everything we have today is only here because someone built it.**
  2. What do you think he meant when he said, "The past is always present"?
    - **What people did in the past made things the way they are today.**
  3. Why are the events of the Bible important for us today?
    - **They tell the story of how God saves us.**
    - **They are the real things that God did, & our world would not be the same without them.**
    - **Without God's act of Creation – nothing would even exist!!!**

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4. What are some things that Jesus said or did that impact us today?
- **He told us about the Father & the Holy Spirit – so we know about the Blessed Trinity.**
  - **He told his Apostles to go and baptize all nations – and we are baptized b/c of this.**
  - **He gave his Apostles the authority to forgive sins – so we have the Sac. of Reconciliation.**
  - **He instituted the Sac. of the Eucharist at the Last Supper – so we receive him at Mass.**
  - **He died for our sins, so we can go to Heaven to be with God forever.**

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## Session 2 – The Last Supper

### OBJECTIVES

1. Christ can do anything; even change bread & wine into his Body & Blood.
2. The miracle of changing water into wine at the Wedding at Cana
  - shows that Jesus is the Son of God and
  - points forward to the Eucharist.
3. At the Last Supper, Jesus institutes the Sacrament of the Eucharist.
4. Jesus tells the Apostles to celebrate the Eucharist in memory of him.
  - It is continued in the Church today at the Mass.
5. Just as the Passover was one of the most important events in the old Covenant,
  - the Eucharist is the source and summit of our lives as Catholics in the New Covenant
6. Real Presence means that the entire Person of the risen Jesus Christ is really present in the Eucharist - Body, Blood, Soul & Divinity.
7. When the priest says the words of Consecration, "This is my Body,:" and "This is the chalice of my Blood,"
  - the bread & wine are changed into the Body & Blood of Christ.
8. Transubstantiation means that the bread & wine really change into Jesus' Body & Blood.

### KEY WORDS

1. **Mass** – The Liturgy in which we celebrate the Sacrament of the Eucharist.
2. **Instituted** – to start or create something that is going to continue.
3. **Memorial** – A celebration that helps us remember an important past event.
4. **Paschal Mystery** – Christ's work of redemption made possible by his Passion (suffering), Death, Resurrection, & Ascension into Heaven.
5. **Covenant** – A sacred relationship with God that makes us part of God's family.
6. **Transubstantiation** – The change of bread & wine into the Body & Blood of Christ.
7. **Real Presence** – The reality that Jesus is truly present, Body, Blood, Soul, & Divinity, in the Eucharist.
8. **Words of Consecration** – The words of Jesus that the priest repeats at Mass – "This is my body," and "This is the chalice of my blood."

### Memory Verse

Matthew 26:26-28

- "'Take, eat; this is my body.' And he took a chalice ... saying, 'Drink of it, all of you; for this is my blood of the covenant.'"

### Key Points

1. Jesus instituted the Sacrament of the Eucharist at the Last Supper.
2. When Jesus said to his Apostles, "Do this in memory of me,"
  - he made them priests so they could celebrate the Mass and give us the Eucharist.
3. Jesus' 1<sup>st</sup> miracle was changing water into wine at the Wedding Feast at Cana.
  - This points forward to the miracle of changing bread & wine into his Body & Blood at the Last Supper.
4. At Mass we are with Jesus at the last Supper & at the Cross.
5. Receiving Jesus in Holy Communion is 1 of the most important things we do as Catholics.

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## Let's Watch – Be His Friend – Chris S.

- God created the Universe because he wants to have a relationship with you.
  - Friends do things for each other.
  - Jesus is our best friend because he gave himself to us on the Cross and in the Eucharist.
  - At the Last Supper, Jesus gave himself to us as food for our souls.
  - **Jesus wants to be our close & intimate friend in the Eucharist.**
  - He desires to give himself to us every time we go to Mass.
1. Why did God create the universe?
    - **He wanted to be your friend and to have a relationship with you.**
  2. How is Jesus our best friend?
    - **He made us and died to save us.**
    - **He is always with us & will never leave us.**
    - **He always knows what is best for us and will never lead us astray.**
  3. What did Jesus do at the Last Supper?
    - **He gave himself to us in the Eucharist as spiritual food for our souls.**
    - **That was the 1<sup>st</sup> Mass & at every Mass we can receive Jesus into our souls just like the Apostles did at the Last Supper.**

## Let's Read God's Word – The Last Supper

- The Last Supper was a Passover meal.
  - Jesus instituted the Sacrament of the Eucharist at the Last Supper.
  - When Jesus said, "Do this in memory of me," he made the Apostles the 1<sup>st</sup> priests so they could celebrate the Mass & give us the Eucharist.
  - The Eucharist is the New Passover.
  - We still celebrate the Sacrament of the Eucharist in the Mass today.
1. At the last Supper, Jesus gave the Apostles something new & special. Discuss ways in which receiving your 1<sup>st</sup> Holy Communion is new & special for you?
    - **receiving Jesus in Holy Communion for the 1<sup>st</sup> time!, able to join parents & siblings.**
    - **Learning about helps them grow in their faith**
  2. How do you think the Apostles felt at the Last Supper?
    - **excited to celebrate Passover with Jesus.**
    - **Surprised when Jesus changed from the script.**
    - **In awe at Jesus' words that he was giving them his Body & Blood.**
    - **Worried about what was going to happen next.**
  3. What did the 1<sup>st</sup> Passover do for the Israelites?
    - **1<sup>st</sup> – saved the Israelites from slavery & death in Egypt.**
  4. What does the New Passover do for us?
    - **New – saves us from slavery to sin & gives us eternal life.**
  5. Why did Jesus say to his Apostles, "Do this in memory of me"?
    - **Jesus wanted his Church to celebrate the Eucharist until he comes again.**
  6. How is this command fulfilled?
    - **It is fulfilled at every Mass.**

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## Let's Learn About Our Faith – Jesus Institutes the Sacrament of the Eucharist

- Jesus' miracles show us that he is God and that he can do anything.
  - Jesus' 1<sup>st</sup> miracle was changing water into wine at the Wedding Feast at Cana.
  - This points forward to the miracle of changing wine into his Blood and the Last Supper.
  - At the Last Supper, Jesus changed the Passover meal into the memorial of his Paschal Mystery.
  - At Mass we are with Jesus at the Last Supper and at the Cross.
  - Receiving Jesus in Holy Communion is the source and summit of our lives as Catholics.
1. Why is receiving Holy Communion such an important part of your life as a Catholic?
    - **receive Jesus himself!**
    - **receive the strength to live a good Christian life.**
  2. What event is made present to us at the Mass?
    - **Jesus' Last Supper & his sacrifice on the Cross.**
  3. Why did Jesus perform miracles?
    - **to teach people & to help them acquire the gift of faith.**
    - **they teach us that God can do anything, God loves us & takes care of us.**
    - **They prepare us for the great miracle of the Eucharist – he can do anything!**

## Did You Know? – Transubstantiation

- The bread & wine are changed into the body & Blood of Jesus Christ.
  - Real Presence means that Jesus is really & truly present in the Eucharist – Body, Blood, Soul & Divinity.
1. What is Transubstantiation?
    - **The change of bread & wine into the Body & Blood of Christ.**
  2. What does Real Presence mean?
    - **The reality that Jesus is truly present, Body, Blood, Soul, & Divinity, in the Eucharist.**

## Did You Know? – At the Last Supper

- Jesus made his Apostles the priests – therefore, a Catholic priest can celebrate the Mass.
  - Jesus said the Words of Consecration for the 1<sup>st</sup> time at the Last Supper.
1. Who did Jesus make priests?
    - **Jesus made the Apostles the very 1<sup>st</sup> priests.**
  2. What are the words of Consecration?
    - **The words of Jesus that the priest repeats at Mass – “This is my body,” and “This is the chalice of my blood.”**

## Let's Do Activities

### *Jesus is Really Present*

Understand that the bread and wine are changed into Jesus' Body & blood.

Learn the name of this change: transubstantiation.

### *The Last Supper*

Understand that the Eucharist was instituted by Jesus at the Last Supper.



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Learn that Jesus tells the disciples to continue to celebrate the Eucharist, & it is continued in the Church today in the Mass.

- |                                     |                  |
|-------------------------------------|------------------|
| 1. B – The Passover Meal            | 5. A – Priest    |
| 2. B – bread & wine                 | 6. A – Communion |
| 3. A – Transubstantiation           | 7. C – souls     |
| 4. C – Body, Blood, Soul & Divinity |                  |

## Let's Recall & Reflect

- How does the miracle of changing water into wine at the Wedding Feast at Cana point forward to the miracle of the Eucharist? What do we learn about Jesus from this miracle?
  - Jesus has the power to turn something into something else – water into wine, wine into His Precious Blood.**
  - Jesus is God, he can do anything, he loves us & takes care of us.**
- What happens when the priest says the Words of Consecration?
  - the bread & wine change into the Body & Blood of Jesus.**
  - they keep the appearance of bread & wine – but their substance is completely changed.**

## Story of a Saint – St. Clare of Assisi

- St. Clare loved & trusted in the Eucharist b/c she knew Jesus was truly present.
- Who was St. Clare inspired by?
    - St. Francis of Assisi**
  - How did she save the town from the attack from the army of soldiers?
    - She took the Blessed Sacrament to a high wall on the edge of town where the enemy could see it.**
  - Why did the army run away?
    - They were frightened by the power of Jesus?**

## Let's Read a Story – Boxes

- The Church marks important days and celebrates saints so we won't forget and can give thanks. Jesus told his disciples at the last supper to "do this in remembrance of me" for the same reasons.
- If you had the same homework assignment as Nick and Sam – to bring items to school that are important to your family history – what would you bring?
    - pictures, special stuffed animal or toy,**
    - something that belonged to their parents or grandparents when they were little**
    - souvenir from a family trip.**
  - What are some of the special feast days set aside to celebrate Jesus, Mary, the saints, or important events in the life of the Church?
    - Christmas, Easter, Pentecost, Immaculate Conception, Ascension, Mary, mother of God,**
    - anniversary of the sacraments you have received**
  - What are some things that we can do to better celebrate these special days?
    - go to Mass – even when it is not a Holy Day of Obligation.**
    - decorate or have special food**
    - celebrate baptism just like a birthday – it is your spiritual birthday!**

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## Session 3 – The Death & Resurrection of Jesus

### OBJECTIVES

1. Jesus' Death, Resurrection, & Ascension into Heaven opened the gates of Heaven for the salvation of all God's children. – It is considered his greatest act of love.
2. The Resurrection is Jesus' rising from the dead on the 3<sup>rd</sup> day after his Death on the Cross.
3. The Ascension is when Jesus returned to the Father in Heaven, 40 days > his Resurrection.
4. Pentecost is when the Holy Spirit descended on Mary & the Apostles,
  - 50 days > his Resurrection
  - 10 days > Jesus ascended into Heaven.
  - Pentecost is the birthday of the Church.
5. Grace is Jesus' life in our souls.
  - Sanctifying Grace is the gift of God's own divine life in us that makes us holy.
  - Actual Grace is God's gift to help us in each moment to love God and make the right choices.
6. We are the Body of Christ & continue the mission of Jesus to be witnesses of his love whenever we go.
  - The Eucharist strengthens us for this mission.

### KEY WORDS

1. **Crucified** – To put to death by nailing or tying a person to a cross as a form of punishment.
2. **Sabbath** – The 7<sup>th</sup> day of the week, or Saturday
3. **Salvation** – The forgiveness of our sins and healing of our friendship with God so that we can be with him in Heaven.
4. **Resurrection** – Jesus' rising from the dead on the 3<sup>rd</sup> day after his Death on the Cross.
5. **Ascension** – When Jesus went up into Heaven, 40 days after his Resurrection.
6. **Pentecost** – The descent of the Holy Spirit upon Mary & the Apostles.
7. **Body of Christ** – Another name for the Catholic Church. After consecration, the bread becomes this.
8. **Witnesses** – People who tell others the truth about what they have seen and heard.
9. **Chrism** – The blessed oil used for anointing in Baptism & Confirmation.
10. **Sanctifying Grace** – The gift of God's own divine life in us that makes us holy.
11. **Actual Grace** – God's gift to help us in each moment to love God and make the right choices.

### Memory Verse

John 3:16

- "For God so loved the world that he gave his only-begotten son, that whoever believes in him should not perish but have eternal life."

### Key Points

1. Jesus' Death & Resurrection is considered his greatest act of love.
2. Salvation is the forgiveness of our sins and the healing of our friendship with God.
3. Jesus rose from the dead three days after he died on the Cross.
4. Forty days after his Resurrection, Jesus ascended into Heaven.
5. Fifty days after his Resurrection, Jesus sent the Holy Spirit.
  - This is the Feast of Pentecost and the birthday of the Church.

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## Let's Watch – Jesus Gave You Everything (Dr. Scott)

- Jesus gives everything to us in the Eucharist.
  - Jesus' Death & Resurrection is His greatest act of love.
  - The Last Supper is the New Passover, & Jesus is the Lamb of God.
  - Through his Death on the Cross, Jesus' love defeated sin, brought healing to our fallen human nature, & reconciled our relationship with God.
1. What was Jesus' greatest act of love?
    - **his Death on the Cross for our sins.**
  2. What does it mean that "Jesus gives everything for us?"
    - **He gave his life in order to save us from our sins.**
    - **He loves us so much, that he holds NOTHING back from us – even his own life.**
    - **Jesus wants us to be like him & to share in his life now & forever in Heaven.**
  3. What does it mean that Jesus is the Lamb of God?
    - **He is the NEW Passover Lamb.**
    - **Just as the Passover lamb was sacrificed to free Israel from slavery in Egypt, Jesus offered himself as a sacrifice on the Cross so that we can be free from sin.**
    - **Jesus made the perfect sacrifice to free us from our sins.**

## Let's Read God's Word – The Death & Resurrection of Jesus

- Jesus really died on the Cross.
  - Jesus really rose from the dead 3 days later.
1. How would you feel if you had found Jesus?
    - **confused, surprised, sad that someone had taken the body.**
    - **later: overjoyed!**
  2. In the instructions for Passover, God told the Israelites not to break any of the bones of the Passover lamb. How do these instructions for Passover relate to Jesus' Death on the Cross?
    - **Jesus was treated like the sacrificial Passover lamb**
      - **Jesus' legs weren't broken when he was crucified.**
      - **none of the lambs bones were broken at Passover**
  3. Why did the soldier stick his spear in Jesus' side?
    - **to show that Jesus was really dead.**
  4. What happened when he did this?
    - **blood & water flowed out of Jesus' side.**
  5. Who was the 1<sup>st</sup> person to discover that the tomb was empty?
    - **Mary Magdalene.**
    - **Peter & John were next**

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## Let's Learn About Our Faith – Called to be Witnesses

- Jesus died on the Cross for our salvation.
  - Salvation is the forgiveness of our sins & the healing of our friendship with God.
  - Jesus is the perfect Passover Lamb.
  - 3 days > his Death on the Cross, Jesus rose from the dead.
  - 40 days > his Resurrection Jesus ascended into Heaven.
  - 50 days > his Resurrection, Jesus sent the Holy Spirit - the Feast of Pentecost & is the birthday of the Church.
  - As members of the Body of Christ, we share in Jesus' mission to bring God's love to everyone.
1. In what ways can you be a witness of Christ to your family & friends?
    - **the way you treat others.**
    - **tell others what you are learning in class & why it is so important.**
  2. What is salvation?
    - **the forgiveness of our sins & the healing of our friendship with God so we can be w/him.**
  3. What did Jesus do for our salvation?
    - **Jesus' Death saved us from our sins.**
    - **Jesus' rising from the dead & ascending opened the gates of Heaven for us.**
  4. What did the Apostles do as soon as they received the Holy Spirit at Pentecost?
    - **started sharing the Good News @ Jesus & God's love w/everyone they met.**
  5. Why do you think Jesus wants us to share in his mission of bringing God's love to everyone?
    - **he wants everyone to experience the joy & happiness that comes from the love of God.**
  6. How do you feel about sharing in Jesus' mission?
    - **nervous, scared – don't worry, the HS will give us the strength we need. CONFIRMATION!**

## Did You Know? –

### ***Jesus is the Lamb of God***

- At Mass, we literally say "Lamb of God" many times.
1. Do you remember hearing these words at Mass?
  2. Will they mean something different to you now?

## ***Source and Summit***

- The Eucharist is the biggest deal in the Catholic faith.
1. Why is the Eucharist the Source & Summit?
    - **source - Christ himself nourishes & strengthens us so that we can follow him more closely.**
    - **summit – we are united to Christ, which is the ultimate goal of our lives.**
    - **It is a memorial of Christ's sacrifice for us & we receive him as food!**

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## *The Holy Spirit*

- The Blessed Trinity is 1 God in 3 Persons.
  - Jesus promised to send the Holy Spirit to be with us always.
  - The Holy Spirit strengthens us with his gifts
  - BAPTISM - We receive the Holy Spirit – we become a TEMPLE of the Holy Spirit.
  - CONFIRMATION – we receive a special outpouring of the Holy Spirit – just like PENTECOST.
  - increasing & deepening the grace of our Baptism.
  - Sanctifying Grace – the gift of God’s own divine life in us that makes us holy
  - Actual Grace – helps us in each moment to love God & make the right choices.
1. What is the Trinity?
  2. What do we receive at Baptism?
    - **the H.S & we become temples of the Holy Spirit**
  3. What do we receive at Confirmation?
    - **a special outpouring of the HS – increasing & deepening the grace of our Baptism.**

## Let’s Do Activities

**Jesus Came to Earth: 5 4 2 6 3 1**

Jesus was sent to unite with us in Holy Communion, to free us from sin so we can live forever w him in Heaven.

## **A-Maze-ing Faith**

Mass attendance is important.

We are the Body of Christ, and receiving the Eucharist strengthens us to continue the emission of Jesus & to be witness of his love wherever we go.

## Let’s Recall & Reflect

1. How is Jesus the perfect sacrifice for our sins?
  - **He fulfills & goes beyond everything that was required in the Old Covenant:**
    - **he never sinned**
    - **his bones were not broken**
    - **he willingly offered himself**
2. What is our mission as members of the Body of Christ?
  - **to share the message of God’s love w/everyone & be witnesses to God’s love.**
3. How does the Holy Spirit strengthen us for this mission?
  - **HS fills us with Sanctifying Grace – God’s own life**
  - **& gives us Actual Grace – to help us love God & make good choices.**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Story of a Saint – Venerable Antonietta Meo

- Antonietta knew that her mission from God was to offer her suffering for sinners so that they could share in Jesus' resurrection.
- 1. Think of a time when you were sick or hurt. Did you feel happy or sad?
  - **sad , scary**
  - **joy – if we got to miss school, watch movie or be with parent/grandparent.**
- 2. Why do you think Venerable Antonietta was able to be cheerful even when she was suffering?
  - **she realized her suffering brought her closer to Jesus.**
  - **When we are suffering, Jesus is especially close to us.**
  - **She let God bring something good out of something that seemed bad at first.**
- 3. Venerable Antonietta asked Jesus for the grace to bear her pain & offer her suffering for the salvation of others. What hard thing do you need Jesus' help to bear?
  - **God wants to help us with all of our burdens & hardships.**
- 4. How can you offer your hardship for other people?
  - **We should ask Jesus to be close to us & help us carry our own crosses of suffering.**
  - **We can also offer up our suffering for other people.**
    - Jesus suffering saves us from our sins.
    - Our suffering can be a special prayer to help other people know & receive God's love.
    - Suffering can remind us to say a prayer for someone
    - it can also be a sacrifice we can offer to God.

## Let's Read a Story – Trading Places

- Jesus gave up his life for all of us. He died that we might live.
- 1. Old Man Willis gave up his time to help a sick friend. Describe a time when someone gave up something for you. How did it make you feel?
  - **sibling giving up your favorite food.**
  - **parents giving time to care for you when you are sick.**
  - **friend sharing toy with you.**
  - **feel good, thankful**
- 2. When we give up things for others, we act like Christ who sacrificed himself for us. What are some little things that we can do or give up for our family & friends?
  - **let someone else have toy, food, seat in car, 1<sup>st</sup> turn, etc.**
  - **say a prayer for someone instead of eating dessert, etc.**
- 3. What are some ways that we can thank Jesus for what he did for us?
  - **do what he asks us to do – keep my commandments.**
  - **go to Mass**
  - **say our own prayers of thanksgiving**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Session 4 – The Sacrament of the Eucharist

### OBJECTIVES

1. The Real Presence is the teaching that Jesus is really & fully present - Body, Blood, Soul & Divinity - in the Eucharist.
2. Because of this, the Eucharist is the source & summit of our Catholic Faith.
3. Jesus unites himself with us & gives us grace when we receive the Sacrament of the Eucharist worthily.
4. Jesus says that his Body is true food & his Blood is true drink that will give us eternal life.
  - He is the true Bread from Heaven.
5. Every tiny piece of the Host & every drop of the Precious Blood is Jesus - Body, Blood, Soul & Divinity.
  - The Eucharist that we receive is the risen Body & Blood of Christ.
6. The Eucharist is so important in our Faith that we call it by many names, such as Eucharist (which means thanksgiving), the Most Blessed Sacrament, the Lord's Supper, Holy Communion, & Holy Sacrifice.

### KEY WORDS

1. **Miracle** – A sign or wonder that can only be worked by God.
2. **Heaven** – The place where God dwells along with the angels & saints.
3. **Bread of Life Discourse** – Jesus' teaching on the Eucharist in the Gospel of John, chapter 6.
4. **Host** – The small wafer or piece of unleavened bread that becomes the Body of Christ.
5. **Tabernacle** – An ornate, box-like container where the Eucharist is reserved for prayer & adoration outside of Mass.
6. **Genuflect** – To bend the right knee to the floor or ground to show love & respect to Christ in the Tabernacle.
7. **Venial Sins** – Lesser sins that do not result in a complete separation from God.
8. **Act of Spiritual Communion** – A prayer in which we tell Jesus how much we want to be united with him.
9. **Eucharist** – The sacrament instituted by Christ at the Last Supper, in which bread & wine are changed into his Body & Blood.
10. **Lord's Supper** – The Passover meal that Jesus shared with his Apostles on the night before his Crucifixion.
11. **Holy Sacrifice** – In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.
12. **The Most Blessed Sacrament** – The Eucharist is the center of the sacramental life of the Church.
13. **Holy Communion** – The Eucharist unites us with Jesus.

### Memory Verse

John 6:51

- "I am the living bread which came down from heaven; if anyone eats of this bread, he will live for ever."

### Key Points

1. Jesus promised to give us his Flesh as true food & his Blood as true drink.
2. In the Eucharist, the bread & wine really become the Body, Blood, Soul, & Divinity of Jesus.
  - We call this the Real Presence.
3. Jesus is fully present Body, Blood, Soul, & Divinity in both species of the consecrated bread & wine.
4. Jesus is present in the Tabernacle;
  - We genuflect toward the Tabernacle to show our love & respect.
5. The Eucharist is the source & summit of the Christian life.

# YOU ARE LOVED — SCOPE & SEQUENCE

## Session 4 – The Sacrament of the Eucharist

### Let's Watch – *The Most Special Meal - (Jules – hungry, food is important)*

- Jesus promised that he would always be close to us in the Eucharist.
  - Jesus is true food for our souls to help us journey toward Heaven.
  - The Eucharist is the most special meal because we receive Jesus himself.
  - In the Eucharist, we become united more closely with Jesus.
1. How is Jesus true food for our souls as we journey toward heaven?
    - **Jesus is really present in the Eucharist**
      - **when we receive Jesus we are filled with grace that helps us to keep journeying toward Heaven.**
    - **The journey toward Heaven is very difficult w/o the grace that Jesus offers us in the Eucharist.**
  2. Why is the Eucharist such a special meal?
    - **because we really receive Jesus.**
    - **What could be more wonderful than Jesus' gift of himself to us in the Eucharist?**
  3. What are some things that we can do to show respect as Mass?
    - **behaving properly, paying attention, saying the responses, praying > communion, etc.**

### Let's Read God's Word – *Jesus Is the Bread of Life*

- Jesus performed a great miracle when he fed over 5,000 people with only 5 loaves of bread and 2 fish.
  - Jesus said that he is the Bread of Life.
  - Jesus promised to give us his Flesh as true food & his Blood as true drink.
  - Jesus said that anyone who eats his Flesh & drinks his Blood will have eternal life.
1. How do these words of Jesus help you to understand the importance of Holy Communion?
    - **we believe they are true b/c Jesus said them & everything he said is true**
      - **so when we receive his Body & Blood in communion, we receive Jesus.**
  2. After the miracle of the loaves and fishes, why do you think the people followed Jesus to Capernaum? What do you think they wanted from him?
    - **b/c Jesus performed a great miracle.**
    - **see more miracles, be fed again**
    - **to hear more of his teaching so they could follow him?**
  3. What is the true food & drink that Jesus promises to give us? Why is this food better than the bread & fish that he provided for the 5,000?
    - **Jesus's Flesh & Blood.**
    - **Receiving the Eucharist is better for our souls, b/c we are given the possibility of eternal life – not just earthly life. It is Jesus himself, not just regular food.**
  4. Why did some of the people leave after listening to Jesus talk about his Flesh and Blood? How do you think they felt? How do you think Jesus felt?
    - **left b/c they didn't believe Jesus – what he was saying was strange,**
    - **They were probably confused & disappointed.**
    - **Jesus was probably sad b/c he loved them & wanted them to be with him in the Euch.**



# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Learn About Our Faith – The Real Presence of Christ in the Eucharist

- The Bread of Life Discourse is the teaching Jesus gave about the Eucharist.
  - In the Eucharist, the bread & wine really become the Body, Blood, Soul & Divinity of Jesus.
    - We call this the Real Presence.
  - The Tabernacle is the special place, often shaped like a box, where Hosts are kept outside of mass.
  - Jesus is present in the Tabernacle, so we genuflect toward the Tabernacle to show our love & respect.
  - The Eucharist has many names, including the Lord's Supper, Holy Sacrifice, most Blessed Sacrament, Holy Comm.
  - Jesus unites us to himself & gives us his grace in the Eucharist.
  - The Eucharist is the source & summit of the Christian life.
  - Receiving the Eucharist forgives our venial sins & helps us avoid sin in the future.
  - An Act of Spiritual Communion is a prayer that asks Jesus to come into our hearts in a special way,
    - even if we cannot receive Jesus in the Eucharist.
1. How does the Eucharist unite you to Jesus Christ?
    - **We are receiving Jesus himself.**
  2. Why do we call the Eucharist the source & summit of the Christian life?
    - **in the Eucharist, we find Christ himself.**
    - **source – it gives us strength for our Christian life.**
    - **summit – it unites us to Christ – which is the highest goal of our lives.**
  3. What is an Act of Spiritual Communion? What is so special about it?
    - **a prayer that asks Jesus to come into our hearts in a special way.**
    - **It shows how much we want to be united to Jesus.**
    - **When we pray it, Jesus unites himself to us – even though we don't receive Eucharist.**
  4. What does it mean to genuflect, & why do we genuflect toward the Tabernacle? What are some other ways that we can show our love & respect for the Eucharist?
    - **to bend the right knee to the ground. – it is a sign of reverence.**
    - **We do it to show our love & respect to for Jesus, who is really present in the Tabernacle.**
    - **We can also show this by being quiet, saying a prayer, bowing before the Host or Chalice during Communion, even if we are not receiving Communion.**

## Did You Know? – What do we Call it?

- We have several names for it b/c it is so important.
1. What does Eucharist mean?     **Thanksgiving in Greek**
  2. Why the Lord's Supper
    - **Jesus instituted the Eucharist at the Last Supper.**
    - **We share in the Last Supper when we receive the Eucharist.**
  3. Why Holy Sacrifice?     **It makes Jesus' sacrifice on the Cross present to us.**
  4. Why The Most Blessed Sacrament?     **It is the center of the sacramental life of the Church.**
  5. Why Holy Communion?
    - **Because it unites us with Jesus – communion means sharing something special**
      - **Jesus shares himself with us & we share ourselves with Jesus.**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Do Activities

*Eucharist Mosaic:* Jesus is really present to us in the Eucharist.

The Eucharist that we receive is the Body & Blood of the Risen Christ.

*The Source & Summit:* Jesus is truly present in the Eucharist, which is the source & summit of our Catholic Faith.

## Let's Recall & Reflect

1. Why does Jesus say we need to eat his Flesh & drink his Blood? What are the spiritual benefits we get when we receive the Eucharist?
  - **in order to have eternal life.**
  - **we receive grace & our venial sins are forgiven & the grace helps us avoid future sin.**
2. Think about all the different names that you know for this sacrament. Which one is your favorite?
  - **Holy Communion – favorite**

## Story of a Saint – St. Tarcisus

- St. Tarcisus was so faithful to Jesus that he held him close & died protecting the Eucharist from harm.
1. Imagine that you are a Christian in St. Tarcisus' time. What would it be like to go to Mass secretly? How would you feel knowing that you could be thrown in jail for your faith?
    - **different to keep the Faith a secret.**
    - **Priests wouldn't dress differently like now. You wouldn't wear anything that would identify you as a Christian.**
    - **scary - , but also you might take your Faith really seriously & appreciate God's protection & his provision**
  2. Why do you think St. Tarcisus agreed to take the Eucharist to Christians in prison?
    - **He knew how important the Eucharist was.**
    - **He knew the Christians suffering in prison needed help & strength.**
    - **They needed the grace of the Eucharist.**
  3. St. Tarcisus showed his great love for Jesus in the Eucharist by dying to protect the Eucharist from harm. What are some ways that you can show your love for Jesus in the Eucharist?
    - **paying attention at Mass, preparing carefully to receive Holy Communion**
    - **spending time praying before the Tabernacle or in Eucharistic Adoration**
    - **talking about the Eucharist & the Mass with respect.**

## Let's Read a Story – How Small is God?

- This story is intended to help the students think more deeply about the Eucharist & relate these thoughts to their own lives.
1. Why do you think God sometimes appears in disguise?
    - **to know overwhelm or scare us?**
    - **to teach us to always be looking for him?**
    - **to help us learn how to have faith?**
  2. How can God be both big & small?
    - **big – he created everything. He is bigger, greater, and stronger than everything else.**
    - **small – he is in everything & can be everywhere.**

## YOU ARE LOVED — SCOPE & SEQUENCE

- There is nowhere God cannot be, nothing he can't see, nothing is too little for him to pay attention & take care of.
  - God came as a small child and in Mass he comes to us in the Host – a small piece of bread.
3. The Eucharist appears like bread & wine. What is it really?
- the **Body, Blood, Soul, & Divinity** of our Lord Jesus Christ
    - under the appearance of bread & wine.

# YOU ARE LOVED – SCOPE & SEQUENCE

## Session 5 – Receiving Holy Communion

### OBJECTIVES

1. Jesus is truly present in the Eucharist - Body, Blood, Soul and Divinity.
  - He is present in every drop of the Precious Blood and in every piece of the Host.
2. Receiving the Eucharist at Mass is so important that we should do some special things to prepare our bodies & our souls.
3. We prepare our
  - bodies to hunger for Jesus by fasting from food & drink for 1 hour before receiving Holy Communion.
  - souls by going to Confession if we have committed a mortal sin so we can receive Jesus in the state of grace.
4. We can receive the Host on the tongue or in the hand, where we have made our hands like a throne for Jesus.
  - We must always show proper reverence when receiving Christ.
5. We receive special graces when we receive the Eucharist:
  - we have a very special union with Christ and his Church,
  - our baptismal graces are increased and renewed,
  - our venial sins are forgiven, and
  - we grow in love of God and of others.

### KEY WORDS

1. **State of Grace** – The state of having God’s divine life of grace within us.
2. **Mortal Sin** – A serious sin that separates us from God.
3. **Reverence** – To show respect, especially for things that are holy.
4. **Eucharistic Fast** – The rule that we must not eat or drink anything for at least 1 hour before receiving Holy Communion.
5. **Consecrated** – The bread & wine that has been changed into the Body & Blood of Jesus.
6. **Monstrance** – The special vessel used to display the Blessed Sacrament for Adoration.
7. **Adoration of the Blessed Sacrament** – The special act of worshipping Jesus in the Blessed Sacrament.

### Memory Verse

John 6:55

- “For my flesh is food indeed, and my blood is drink indeed.”

### Key Points

1. In the Eucharist, we share in the Body & Blood of Christ.
2. We need to be in the state of grace to receive Communion.
3. We fast from all food & drink for 1 hour before receiving Communion.
4. Jesus is completely present in every drop of the precious Blood & every piece of the Host.
5. We receive special graces when we receive the Eucharist:
  - we have a very special union with Christ and his Church,
  - our baptismal graces are increased and renewed,
  - our venial sins are forgiven, and
  - we grow in love of God and of others

# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Watch – Jesus is really present.

- God, from the beginning, desires to have a very special friendship with us.
  - Jesus gives us the Eucharist as the ultimate gift of his friendship.
  - Transubstantiation is the change of bread & wine into the body & blood of Christ.
  - At every mass, we really enter into what Jesus did at the Last supper.
  - We need to prepare ourselves at Mass to receive Jesus & to offer ourselves back to him.
1. In what ways does Jesus want to be your best friend?
    - **He wants to be as close to us as possible every day.**
    - **He comes to us in the Eucharist so we can receive him at every Mass.**
  2. Why is Mass so amazing?
    - **We get to really enter into what Jesus did at the Last Supper.**
    - **All the angels & saints gather with us as 1 family of God to worship God & Jesus.**
  3. What can we do to prepare to receive Jesus at Mass?
    - **Pay attention & listen to the readings & prayers.**
    - **prepare to give yourself totally to Jesus when you receive Holy Communion.**

## Let's Read God's Word – St. Paul Writes about the Eucharist.

- St. Paul wrote to the church in Corinth about the Eucharist.
  - We were made for God and must not worship any false gods.
  - Worshipping God draws us closer to God and to each other.
  - The cup & bread of the Eucharist let us share in the Body & blood of Christ.
  - The Eucharist unites us to Jesus and to each other.
1. According to St. Paul, when we worship God, how does it affect our relationship with God? with other Catholics? Why do you think this is?
    - **We draw closer to God & to one another.**
    - **Our worship tells God how much we love him & it allows us to receive his love.**
    - **We are also drawing closer to other Catholics and loving them.**
  2. How does Holy Communion unite us together in Christ?
    - **When we receive the Eucharist, we are united with our sisters & brothers in Faith.**
  3. St. Paul had already taught the Corinthians about the Eucharist when he was in their city. Why do you think he also wrote to them about the Eucharist in a letter?
    - **It is so important that we need to hear the truth about it over & over.**
    - **The Corinthians needed to hear it again, just like we need to hear it again & again.**
  4. What does St. Paul say that the cup & bread of the Eucharist really are? What do we do when we receive the Eucharist?
    - **the Blood of Christ & the Body of Christ.**
    - **We are sharing in the Body & Blood of Christ – we are all 1 body, the Body of Christ.**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Learn About Our Faith – Preparing for Holy Communion

- The Eucharist is so special that we need to do special things to get our bodies & souls ready to receive it.
  - We need to be in the state of grace to receive Communion.
  - We fast from all food and drink for 1 hour before receiving Communion.
  - We can receive the Host on our tongues or in our hands, shaped like a throne to receive Jesus.
  - When we receive the Precious Blood, we hold the chalice carefully with both hands & take a small sip.
1. Why is it important to be in a state of grace when receiving Holy Communion?
    - **Mortal sin breaks our relationship with God. We must repair it so we can receive God's graces in the Eucharist.**
    - **If we don't, our hearts can harden toward God.**
    - **Being in the state of grace shows reverence to Jesus and prepares us to be united w/him.**
  2. What does reverence mean? Why is it so important to show proper reverence for the Sacrament of the Eucharist?
    - **Reverence means respect, especially for something that is holy.**
    - **It is not only holy, it is Jesus himself!**
  3. What is the one special grace from the Eucharist that you are really excited about? Why?
    - **it increases our union with Christ & with his church.**
    - **it protects, increases & renews the life of faith we received at Baptism.**
    - **it separates us from sin – forgives past venial sins & helps us choose not to sin in the future.**
    - **it helps us grow in love.**
  4. If you could only receive a tiny piece of a Host or only receive a small drop of the Precious Blood, would it change the grace you receive from Eucharist? Why or why not?
    - **No. – every drop & piece is all of Jesus' Body, Blood, Soul & Divinity.**

## Did You Know? – What is a Host

- The word “host” comes from the Latin word hostia, which means a victim of a sacrifice.
1. What Latin word does the word “host” come from and what did it mean?
    - **Hostia – victim of a sacrifice**

## Did You Know? – Adoration of the Blessed Sacrament

- During Adoration, we pray in front of Jesus, who is present in the Eucharist displayed in the Monstrance.
1. What do you do at adoration?
    - **Spend time in the presence of Jesus – praying, listening, talking, adoring.**
  2. When do we have adoration at St. Cecilia?
    - **1<sup>st</sup> Saturday, Holy Thursday**

## Let's Do Activities

### *God's Special Gift*

Receiving the Eucharist at Mass is so important that we should do some special things to prepare our bodies & our souls.

We prepare our souls by going to Confession if we have committed a mortal sin so we can receive Jesus in the state of grace.

*Graces Tic-Tac-toe:* We receive special graces through the Eucharist.

# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Recall & Reflect

1. Why is the Eucharist our most important food?
  - **it is Jesus, himself**
  - **receiving the Eucharist unites us to Jesus – which is our most important goal in life.**
  - **it gives us grace, which is God's own Divine Life within us.**
2. Why do we do special things to prepare to receive Holy Communion? What are some things you can do to prepare your heart to receive Jesus?
  - **because it is so important & so special – we want to show proper reverence to Jesus.**
  - **be in a state of grace & fast 1 hour before.**
  - **also pay attention & say a prayer before Communion to prepare our heart to receive Jesus**

## Story of a Saint – St. Anthony of Padua

- A hungry donkey chooses the Blessed Sacrament instead of a pile of hay.
1. What can we learn from the donkey in this story?
    - **Jesus is really present in the Eucharist – so it is more important than anything!**
    - **We need to show reverence in the Eucharist – because it is really Jesus!**
  2. The donkey recognized Jesus in the Eucharist without being distracted by the hay. What are some things that might distract us from Jesus?
    - **good & bad things. books, video games, sports, friends, school, etc.**
    - **problems, fears, worries**
  3. We want to always recognize Jesus, like the donkey in the story did. What can we do to get past the distractions in our lives?
    - **Ask Jesus to help us keep our focus on him!**
    - **Set apart special time for God.**

## Let's Read a Story – Ducks

- With turning water into wine, Jesus took one thing and made it into another. With the loaves and fishes he took ordinary things and did something extraordinary with them. And even though he looked like a normal man, he was God. The Eucharist looks like bread & wine, but is really the Body & Blood of Christ.
1. Which is more important: what something looks like on the outside, or what it really is on the inside?
    - **inside.**
    - **outside appearances can change easily, but that doesn't change the inside.**
  2. In the Mass, what do the bread and wine become?
    - **the Body, Blood, Soul & Divinity of our risen Lord, Jesus Christ.**
  3. Why would Jesus come to us appearing as food and drink?
    - **to remind us that we need him to give us strength & his own life – and we need him even more that we need regular food & drink.**
    - **The Bread from Heaven, Jesus, gives us his heavenly life, just as regular bread feeds our regular life.**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Session 6 – The Liturgy of the Mass

### OBJECTIVES

1. The liturgy of the Mass is our public worship & participation in the work of God.
2. The last supper & the sacrifice of Jesus on the Cross are made present in the Liturgy of the Mass.
3. The Mass is celebrated on Sunday because that is the day Jesus was raised from the dead.
  - As Christians we have the gift and obligation to attend Mass every Sunday
4. At Mass we
  - participate in the 1 sacrifice of Jesus on the Cross, and
  - we partake of the Body & Blood of Christ, which nourishes our souls.
5. Each Mass is a participation in the heavenly liturgy,
  - where we are actually worshipping with all the angels & saints in Heaven.

### KEY WORDS

1. **Liturgy** – The words and actions that we use when we worship God and celebrate the sacraments.
2. **Liturgy of the Mass** – The Liturgy which is comprised of the Liturgy of the Word & the Liturgy of the Eucharist
3. **Liturgy of the Word** – The 1<sup>st</sup> part of the Mass in which the Word of God in the readings from Scripture is proclaimed.
4. **Liturgy of the Eucharist** – The 2<sup>nd</sup> part of the Mass - bread & wine become the Body & Blood of Christ.
5. **Lord's Day** – Another name for Sunday because the Lord rose from the dead on a Sunday.
6. **Holy Days of Obligation** – Feast days that celebrate special events. Catholics are required to attend Mass on these special days.

### Memory Verse

Exodus 20:8

- “Remember the Sabbath day, to keep it holy.”

### Key Points

1. Jesus gave us the Eucharist at the Last Supper, which was the 1<sup>st</sup> Mass.
2. In the Mass, we are present at & participate in the Last Supper & the Crucifixion.
3. The Mass is the 1-time, perfect sacrifice of Jesus on the Cross.
4. The Liturgy of the Mass has 2 parts:
  - Liturgy of the Word
  - Liturgy of the Eucharist.
5. We have the gift & the obligation to go to Mass every Sunday & on Holy Days of Obligation, unless there is a serious reason.



# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Watch – The Mass is awesome.

- The Mass is all about our communion with God and the entire Church, the Body of Christ.
  - We participate in the Mass with all Catholics of all times and with all the angels and saints in Heaven.
  - The Last Supper was the first Mass.
  - At every Mass we re-enter into the saving events of Jesus' life.
  - At the Mass we give ourselves completely to God.
1. How is the mass kind of like going back in time?
    - **the sacrifice of Jesus on the Cross is really made present to us through the power of the Holy Spirit.**
    - **We are participating in God's plan of salvation.**
  2. How can we give ourselves to God at Mass?
    - **by participating in the prayers, singing, & offering our whole lives to Jesus in a special way when we receive the Eucharist.**
  3. In addition to the people in the church, who else is at Mass?
    - **All the angels & saints in Heaven are present at the Mass.**

## Let's Read God's Word – The Letter of St. Paul to the Corinthians

- Jesus gave us the Eucharist at the Last Supper and told us how to celebrate it.
  - We can't change the Liturgy of Eucharist.
  - Jesus is really present with us in the Eucharist until he comes again in glory at the end of time.
  - We need to receive the Eucharist with respect and reverence.
1. How can you show respect and reverence when you receive Holy Communion?
    - **walking slowly with head bowed & hands folded in prayer.**
    - **making a throne with the palm of your hand to receive the Host.**
  2. Who gave us the Eucharist & showed us how to celebrate it? Can we ever change the Liturgy of the Eucharist?
    - **Jesus**
    - **No, it isn't ours to change – it is a gift from God.**
  3. How long will Jesus be present with us in the Eucharist? What will happen then?
    - **until the end of time / the end of the world.**
    - **Then, he will come to his full glory & won't need to be hidden in the Eucharist anymore.**
  4. Why do you think St. Paul wrote to the Corinthians to remind them about the institution of the Eucharist? When do we hear this same reminder?
    - **because it is so important that we celebrate the Eucharist the way Christ showed us – that we can't hear about it enough.**
    - **They weren't treating it the way they should.**
    - **We hear the reminder at every Mass.**

# YOU ARE LOVED — SCOPE & SEQUENCE

## Let's Learn About Our Faith – The Liturgy of the Mass

- The Last Supper was the 1<sup>st</sup> Mass.
  - Liturgy is our public worship and our participation in the work of God.
  - The Mass makes present the one-time, perfect sacrifice of Jesus on the Cross.
  - In the Mass, we worship God with the angels and saints who are in Heaven.
  - The Liturgy of the Mass has 2 parts: The Liturgy of the Word & the Liturgy of the Eucharist.
  - The Sabbath of the New Covenant is Sunday, the Lord's Day, and the Day of the Resurrection.
  - We have the gift and the obligation to go to Mass every Sunday and on Holy Days of Obligation.
  - It is a grave sin to miss Mass on a Sunday or a Holy Day of obligation, unless there is a serious reason (like being sick).
1. How does it make you feel at Mass that you are with Jesus at the Cross?
    - **excited to join Jesus every week.**
    - **excited to join parents, older siblings in receiving Holy Communion**
  2. In the Mass, we worship God together with all the angels & saints in heaven. How does it make you feel to know you are worshipping God together with them at mass?
    - **excited to be with everyone.**
  3. Why do we say that the Mass is a sacrifice? Is each Mass a new or different sacrifice?
    - **it makes present to us the 1-time, perfect sacrifice of Jesus on the cross.**
    - **No, it is never a new or different sacrifice – it is always a participation in Jesus's 1 time sacrifice on the cross.**
    - **Jesus is not sacrificed again, and the sacrifice is never different.**
  4. What does the word *liturgy* mean? What does God make present to us in the Liturgy?
    - **public worship & participation in the work of God.**
    - **the Last Supper & Jesus' Crucifixion - so that we can participate in those events.**

## Did You Know – A Liturgy for all time

- The Liturgy of the Mass today has the same parts as that celebrated almost 2000 years ago.
1. How long has the Mass been celebrated in this way?
    - **almost 2000 years**
  2. Who wrote a description of the Liturgy of the Mass about 100 years after Jesus died & rose?
    - **St. Justin Martyr**

## Did You Know – Why do we need to go to Mass?

- The Sabbath of the New Covenant is Sunday – it is the Lord's Day, the day of the Resurrection.
  - We must go to mass on the holy Days of Obligation.
1. What is the Sabbath day of the New Covenant?
    - **Sunday – the Lord's Day**
  2. What days are we obligated to go to Mass?
    - **every Sunday and the Holy Days of Obligation.**
  3. Is it a sin to miss Mass on one of these days?
    - **yes, a grave sin – you must go to reconciliation before you can receive the Eucharist**

# YOU ARE LOVED — SCOPE & SEQUENCE

## Let's Do Activities

Mass & Paschal Mystery: **Last Supper – Jesus gave us the Mass    Crucifixion – Jesus died on the Cross**

- **Resurrection – Jesus rose from the dead    Ascension – Jesus went up to Heaven**
- God makes the sacrifice of Jesus on the Cross present to us in the Mass.
- At Mass we will participate in the 1 sacrifice of Jesus on the Cross, and we partake of the body & Blood of Christ that nourishes our souls.

The Saints Teach us about the Mass: **St. Dominic Savio ..... St. Justin Martyr    St. Paul ....St. Augustine**

- Each Mass is a participation in the heavenly liturgy, where we are actually worshipping with all the angels and saints in Heaven.
- Learn what great saints taught about the Mass.

## Let's Recall & Reflect

1. What are some ways that the Mass today is the same as the Mass in St. Justin Martyr's time?
  - **same things: gather on Sunday, listen to Scriptures & homily, pray, share a sign of peace, listen to the priest pray & consecrate bread & wine, receive the consecrated bread & wine – the Eucharist.**
2. When do we have an obligation to go to Mass? Why is it so important for us to go to Mass?
  - **Sundays & Holy Days of Obligation**
  - **Mass is the best & most important ways we offer our praise, thanksgiving & adoration to God.**
  - **We participate in Jesus' perfect, saving sacrifice.**
  - **Opportunity to worship together with the Body of Christ & receive Jesus to nourish our souls.**

## Story of a Saint – St. Dominic Savio

- He devoted himself to going to Confession often & attending daily Mass & prayer.
  - He died at the age of 14 from a lung ailment.
  - The other boys often made fun of him for praying so much.
  - He was always looking for ways to make small sacrifices for his friends.
1. St. Dominic Savio had a great model of holiness & love in his teacher, St. John Bosco. Who is someone in your life who sets a good example for you? How does that person help you grow in holiness?
    - **parents, grandparents, teachers, priests, older siblings.**
    - **They show us what a holy life looks like, teaching us about God's love, giving us good advice, praying for us, & encouraging us to make better choices.**
  2. The Bible tells us to "pray constantly" (1 Thess 5:17). Why do you think Dominic spent so much time praying? When do you like to pray?
    - **because he loved God so much & wanted to be close to him.**
    - **pray in morning, before meals, before going to bed, any time.**
    - **Just thinking about God & telling him we love him is a prayer.**
  3. Dominic was always looking for ways to make small sacrifices for his friends. What are some small sacrifices you can make for your friends?
    - **help siblings & friends with homework or chores.**
    - **spend time with someone who seems lonely**
    - **share with someone who doesn't have enough**
    - **offer to pray for someone who is sad or sick**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Read a Story – Once upon a time

- This story will help to stimulate a discussion about being bored in church & what can be done about it.
1. What do you think the king in the story should do with his people?
    - the king knows what the people need better than the people themselves know.
    - they need the special time at his castle, so he should keep offering it to them.
    - He should keep telling them that it is important & tell them to keep coming.
    - He should help them understand why they need it.
  2. One of the reasons that Jesus came to earth was to teach us how to live better lives. List 2 of the things that Jesus taught us.
    - love God above all else, love each other as God loves us
    - feed the hungry, clothe the poor, pray for other people
    - forgive people who hurt us, trust God
    - ask God for everything we need, celebrate the Eucharist.
  3. In the story, Brad said that mass was boring. But why do we really go to Mass?
    - Not to be entertained.
    - to draw close to Jesus & be nourished by the Eucharist
    - to praise & adore God
    - to thank him for his many gifts
    - learn what he wants to teach us in the Scriptures.

# YOU ARE LOVED – SCOPE & SEQUENCE

## Session 7 – The Liturgy of the Word

### OBJECTIVES

1. The Mass is 1 act of worship with 2 parts: the Liturgy of the Word and the Liturgy of the Eucharist.
2. The 1st part of the Mass is called the Liturgy of the Word,
  - in which we hear readings from Holy Scripture.
3. After the readings, we pray the Creed,
  - which is a statement of everything we believe as Catholics and
  - is our response of faith to the Word of God.
4. The entire Liturgy of the Word
  - shows God's loving plan of salvation &
  - prepares our hearts for the Liturgy of the Eucharist.

### KEY WORDS

1. **Introductory Rites** – The opening words & actions that come before the Liturgy of the Word.
2. **Entrance Antiphon** – The song that is sung as the priest enters the church for Mass.
3. **Sign of the Cross** – A large cross that is traced from forehead to chest & from left to right shoulder.
4. **Penitential Act** – The prayer in which we tell God we are sorry for our sins & ask for his mercy.
5. **Gloria** – The ancient hymn of praise that we sing to God the Father, the Son, & the Holy Spirit at Mass.
6. **Collect** – The special prayer the priest prays at the end of the Introductory Rite.
7. **Liturgy of the Word** – The readings from Scripture and their explanation.
8. **1<sup>st</sup> Reading** – Reading, usually from the Old Testament. In it we hear about God's plan for salvation.
9. **Responsorial Psalm** – The psalm we sing together after the 1<sup>st</sup> Reading.
10. **2<sup>nd</sup> Reading** – The reading after the Responsorial Psalm from the Letters of the New Testament.
11. **Epistles** – The letters written to the early Church.
12. **Alleluia** – The chant sung before the Gospel meaning "Praise the Lord."
13. **Gospel** – The Reading from 1 of the 4 Gospels, telling us about the life of Christ.
14. **Homily** – An explanation of the readings, given by the priest or deacon.
15. **Creed / Profession of Faith** – Our response of faith to the Word of God we have heard in the readings.
16. **Prayer of the Faithful** – Prayers of intercession, for our parish, community, and the world.

### Memory Verse

Luke 24:32

- "Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?"

### Key Points

1. The Introductory Rites help prepare us for the Liturgy of the Word.
2. In the Penitential Act, we tell God that we are sorry for our sins & ask for his mercy.
3. Jesus is present to us in the Word of God in Scripture.
4. The 1<sup>st</sup> part of the Mass is called the Liturgy of the Word.
5. The Liturgy of the Word has 4 readings that prepare us to receive Jesus in the Liturgy of the Eucharist.

# YOU ARE LOVED – SCOPE & SEQUENCE

## Session 7 – The Liturgy of the Word

### Let's Watch – Stories are amazing.

- The Bible is the Word of God; it shows us how to live in union with him.
  - The Liturgy of the Word gives us very special stories from the Bible.
  - The Liturgy of the word has 4 readings from Scripture.
  - The Liturgy of the Word prepares us to receive Jesus in the liturgy of the Eucharist.
1. Why is the Bible so special?
    - **The bible is really God speaking to us & it tells us the stories of how God has saved us.**
    - **The stories speak to us today because it is God's Word always speaking to us.**
  2. What are the 4 Bible readings in the Liturgy of the Word?
    - **1<sup>st</sup> reading – from the Old Testament.**
    - **Responsorial Psalm – from the Book of Psalms**
    - **2<sup>nd</sup> reading – from the New Testament.**
    - **Gospel – from one of the 4 Gospels.**
  3. What does the Liturgy of the Word prepare us for?
    - **It prepares us for the 2<sup>nd</sup> part of the Mass - the Liturgy of the Eucharist**

### Let's Read God's Word – The Road to Emmaus – Part 1

- Jesus' Death on the Cross was surprising and confusing for his disciples.
  - Jesus appeared to 2 of his disciples as they were walking from Jerusalem to Emmaus on Easter Sunday.
  - Jesus explained to his disciples how the Scriptures pointed forward to the Suffering and Death of the Messiah.
  - The disciples did not recognize Jesus on the road to Emmaus.
1. What are some ways you can listen better to the Readings at Mass?
    - **Follow along in the book or look at the person who is reading**
  2. Why were Jesus' disciples leaving Jerusalem on Easter Sunday? How would you feel if you were in their place?
    - **Jesus had been crucified – he was dead, maybe he wasn't the Messiah**
    - **They were sad & confused & scared – maybe someone would do that to them.**
  3. Why do you think Jesus started at the very beginning of the Scriptures to explain why the Messiah had to suffer and die?
    - **The whole story of God's plan for salvation is connected – it begins with Adam & Eve.**
    - **Jesus fulfills the Old Testament.**
  4. The disciples didn't recognize Jesus, even when he explained the Scriptures to them. Why do you think it's sometimes hard to recognize when God is speaking to us? What can we do to be better listeners?
    - **We may not expect him to talk to us.**
    - **We may be distracted by everything going on.**
    - **It takes practice to learn to listen – we can hear him when we read & listen to the bible.**
    - **We need to spend time with him.**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Learn About Our Faith – The Liturgy of the Word

- Jesus is present to us in the Word of God in Scripture.
  - Every Mass has the same parts that are celebrated in the same order.
  - The 1<sup>st</sup> part of the Mass is called the Liturgy of the Word.
  - The Introductory Rites help prepare us for the Liturgy of the Word.
  - In the Penitential Act, we tell God that we are sorry for our sins and ask for his mercy.
  - The Gloria is an ancient hymn of praise to the Father, the Son, and the Holy Spirit.
  - The Liturgy of the Word has 4 readings from Scripture.
  - The 1<sup>st</sup> Reading is usually from the Old Testament.
  - The Responsorial Psalm is our response to God.
  - On Sundays and other special feast days, we have a 2<sup>nd</sup> Reading from the New Testament epistles.
  - In the Gospel, Jesus speaks directly to us.
  - The Creed is a summary of what we believe as Catholics.
  - The Prayer of the Faithful is the last part of the Liturgy of the Word.
1. What is your favorite part of the Liturgy of the Word, and why?
    - **Stories about Jesus or singing the Responsorial Psalm.**
  2. How is the Liturgy of the Word like a conversation? Which part is our response to God?
    - **God speaks to us in the 1<sup>st</sup> & 2<sup>nd</sup> & Gospel readings**
    - **We response to God in the Responsorial Psalm, Alleluia, & the Creed.**
  3. Why do we have readings from 4 different parts of the Bible at Mass? How is this like Jesus' teaching on the road to Emmaus?
    - **They are all connected & tell 1 story of God's salvation.**
      - **OT – tells how God prepared his people for the Messiah**
      - **NT epistles– helps us live the Christian life**
      - **GOSPEL – contains the message of Jesus in his words & deeds.**
    - **All these readings tell us about salvation history & how the whole bible is about Jesus.**

## Did You Know – The Word of God

God reveals himself to us in his Word.

1. What does the Word of God mean? **2 things:**
  - **The bible contains God's own words**
  - **Jesus is the Word of God made flesh –**
    - **He perfectly reveals God to us because he is God**

## Let's Do Activities

*The Liturgy of the Word: 5, 1, 7, 4, 2, 6, 3*

The 1<sup>st</sup> part of the Mass is called the Liturgy of the Word, where we hear readings from Holy Scripture.

*The Nicene Creed: Father, Jesus, Light, Light, Holy Spirit, Mary, Crucified, Scriptures, Hand, Holy Spirit, Father, Church, Baptism, World*

After the readings, we pray the Creed, which is a statement of all that we believe as Catholics.

It is our response of faith to the Word of God.

# YOU ARE LOVED – SCOPE & SEQUENCE

## Let's Recall & Reflect

1. When we hear Scripture, we hear God speaking to us. Why is it important that we both listen and respond?
  - **God wants to have a conversation with us – so we both need to talk & listen.**
  - **God's word is meant to change us when we hear it.**
  - **God wants to teach us & increase our faith by speaking his Word to us.**
2. What do we mean by "the Liturgy of the Word"? How does it prepare us for the Liturgy of the Eucharist?
  - **The 1<sup>st</sup> part of the Mass – we hear readings from Scripture & respond through the Creed & Prayers of the Faithful.**
  - **It prepares us for the Liturgy of the Eucharist – God's word tells us about God's love & his plan of salvation.**

## Story of a Saint – St. Justin Martyr

- He taught about the importance of each part of the Mass & the amazing miracle of the Real Presence.
1. Why do you think St. Justin Martyr spent so much of his life studying and searching for truth? How do you think he felt when he discovered God and the Church?
    - **Because he knew that truth is important.**
    - **He wanted to know the truth & he wasn't satisfied with anything else.**
    - **He probably felt happy & excited when he learned about God & the Church.**
    - **Finally, he had found that for which he was looking.**
  2. When Justin learned the truth about God and the Church, did he stop studying and learning? Why or why not?
    - **He didn't stop – he studied even more.**
    - **There is always something new to learn about God.**
    - **We never know & understand everything about God in this life.**
  3. When Justin found the truth, he wanted to share it with everyone. What is one thing you can do this week to share God's teaching with someone?
    - **Tell someone about St. Justin Martyr, the story of the disciples on the road to Emmaus, the Liturgy of the Word.**
    - **Invite someone to Mass – tell someone that God loves them.**



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## Let's Read a Story – Love Letters

- As Catholics we are part of a community that celebrates its life at Mass.
  - And, as noted, the Scripture readings are like love letters from God to his people.
1. If you were writing a letter to a loved one who was far away, what kinds of things would you say in your letter? What would you want to read about if that person wrote back to you?
    - **Tell them you loved them**
    - **What you have been doing, thinking, & reeling recently.**
    - **Help them feel like they were closer to you by telling them things about yourself.**
    - **Want to hear how much they love you or details of their lives.**
    - **Letters help us feel closer to others – even when they are far away from them.**
  2. How are the readings at Mass like letters from God?
    - **God tells us how much he loves us & helps us come to know him better.**
    - **They are not just stories – they are God's Word.**
    - **They are exactly what he wants us to hear & know about him.**
  3. What are some ways that we might suffer for being a follower of Jesus?
    - **People might make fun of us or not want to be friends with us.**
    - **Not get to do what our friends are doing, because we know God doesn't want us to do it.**
    - **A teacher or grown-up might speak unkindly about our Faith.**

# YOU ARE LOVED — SCOPE & SEQUENCE

## Session 8 – The Liturgy of the Eucharist

### OBJECTIVES

1. The Mass is 1 act of worship with 2 parts: the Liturgy of the Word and the Liturgy of the Eucharist
2. The 2nd part of the Mass is called the liturgy of the Eucharist,
  - in which Jesus becomes present to us, Body, Blood, Soul & Divinity.
3. Jesus' sacrifice on the Cross is made present to us,
  - and we also offer our lives as a living sacrifice to God.
4. When we receive Holy Communion, we are united with Jesus in a very special way.
5. The Mass sends us forth to spread the Gospel by the witness of our lives.

### KEY WORDS

1. **Presentation of the Gifts** – The bread & wine are brought up to the priest.
2. **Preparation of the Altar** – The priest or deacon gets the altar ready by placing all the necessary items in their places.
3. **Prayer over the Offerings** – The prayer that the priest says over the bread & wine after they have been placed on the altar.
4. **The Eucharistic Prayer** – The center & High point of the Liturgy of the Eucharist.
5. **Preface** – The 1<sup>st</sup> part of the Eucharistic Prayer, where the priest gives thanks & glory to God.
6. **Sanctus** – The song we all sing in union with the hosts of Heaven: “Holy, holy, holy.”
7. **Epiclesis** – When the priest extends his hands over the bread & wine and asks the Holy Spirit to come down so that they may become the Body & blood of Christ.
8. **Institution Narrative** – The part of the Eucharistic Prayer that tells the story of the Last Supper.
9. **Words of Consecration** – “This is my Body, which will be given up for you,” & “this is the chalice of my Blood...”
10. **The Mystery of Faith or Memorial Acclamation** – In this prayer we remember the Passion, Death, & Resurrection of Jesus & express our faith that he will come again.
11. **Chalice** – The special cup that holds the wine that will become the Blood of Christ.
12. **Paten** – The special plate that holds the Host.
13. **Doxology** – The prayer of praise giving glory to God at the end of the Eucharistic Prayer, which the priest prays while elevating the host & chalice.
14. **Great Amen** – The “Amen” that the whole congregation says or sings in response to the Doxology.
15. **The Communion Rite** – We pray the Lord’s Prayer together.
16. **Lamb of God** – The prayer we say or sing together which begins: “Lamb of God, you take away the sins of the world, have mercy on us...”
17. **Holy Communion** – The time when we receive the Body & blood of our Lord under the appearance of bread & wine.
18. **Prayer after Communion** – The prayer the priest says after we have all received Holy Communion.
19. **Concluding Rite** – The priest gives us a final blessing, & we make the sign of the Cross. Then the priest or deacon announces that the Mass has ended.
20. **In Persona Christi Capitis** – The priest acts “in the Person of Jesus the Head,” as the representative of Jesus.

# YOU ARE LOVED – SCOPE & SEQUENCE

## Memory Verse

Luke 24:30-31

- “He took the bread and blessed and broke it, and gave it to them. And their eyes were opened and they recognized him.”

## Key Points

1. Jesus gave us the Eucharist at the last Supper,
  - which was the 1<sup>st</sup> Mass.
2. During the Liturgy of the Eucharist,
  - the bread & wine really become the Body & Blood of Christ.
3. The Epiclesis is the prayer asking the Holy Spirit to come down &
  - change the bread & wine into the Body & Blood of Jesus.
4. The Words of Consecration are the words Jesus spoke at the last Supper.
  - When the priest says these words, the bread & wine become the Body & Blood of Jesus.
5. It is really Jesus who offers the sacrifice of the Mass.

## Let's Watch – The Miracle at Every Mass. (11 min)

- This is a step-by-step explanation of the Liturgy of the Eucharist.
  - The priest explains each of the sacred objects that are used in Liturgy of the Eucharist.
  - When the priest says, “This is my Body,” and “This is the chalice of my Blood,” the bread and wine really become the Body and Blood of Christ.
  - Jesus gave us the Eucharist at the last supper, which was the first Mass.
  - When the priest celebrates Mass, he is obeying the command of Jesus to “do this in remembrance of me.”
1. What happens to the bread and wine at every Mass?
    - **The bread & wine are really changed into the Body & Blood of Christ.**
  2. What does it mean when you say “Amen” at the end of the Eucharistic Prayer?
    - **You believe that the bread & wine have been changed into the Body & Blood of Jesus Christ.**
  3. What is Jesus asking us to do when the priest says, “Go in peace”?
    - **To spread the Good News to our family, friends, and all the community.**

## Let's Read God's Word – The Road to Emmaus – Part 2

- The disciples on the road to Emmaus did not recognize Jesus while he was explaining the Scriptures to them.
  - Jesus stayed to share a meal with his disciples.
  - The disciples recognized Jesus when he blessed and broke the bread, as he had done at the Last Supper.
  - The disciples were so excited to see and recognize Jesus that they immediately went back to Jerusalem to share the news.
1. How can you better recognize Christ's presence in the Eucharist?
    - **Watching how the priest reverently looks to Heaven as he is holding the Host & Chalice.**
    - **Recognize Jesus when they hear Jesus' words in the consecration.**
  2. What did Jesus do at the meal with his disciples? Why was it so special?

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- Jesus took bread, blessed it, broke it, and gave it to his disciples.
  - It was the same thing that Jesus did with the bread at the Last Supper when he instituted the Eucharist.
  - The disciples recognized Jesus when he did this action.
3. How are Jesus' actions at the meal at Emmaus like what we see at Mass?
- Jesus took bread, blessed it, broke it, and gave it to his disciples.
  - At Mass, the priest, acting in persona Christi Capitis, takes the bread, blesses it, breaks it, and gives it to us.
  - Jesus becomes present when the bread is blessed/consecrated.
  - Because the priest acts in the Person of Christ the Head, it is really Jesus consecrating the Eucharist at Mass – just as it was Jesus who broke the bread at the Last Supper and at Emmaus.
4. It was late in the day, and it was about a day's walk from Emmaus to Jerusalem. Why do you think the disciples walked all the way back to Jerusalem that same night?
- They were so excited – they had seen Jesus – and wanted to tell His followers about it right away.
  - Jesus is more important than anything else.

## Let's Learn About Our Faith – The Liturgy of the Eucharist

- The Liturgy of the Eucharist begins with the Presentation of the Gifts, when the bread and wine are brought up and placed on the altar.
  - The Eucharistic Prayer is the heart of the Liturgy of the Eucharist.
  - In the Sanctus, we join our prayers to the angels and saints in Heaven.
  - The Epiclesis is the prayer asking the Holy Spirit to come down and change the bread and wine into the body and Blood of Jesus.
  - The Words of Consecration are the words Jesus spoke at the Last Supper.
    - When the priest says these words, the bread and wine become the Body and Blood of Jesus.
  - After the Eucharistic Prayer, we pray the Lord's Prayer, the prayer that Jesus taught us.
  - Jesus is the Lamb of God, who takes away the sins of the world.
  - When we receive Holy Communion, we say "Amen" to show that we believe it is really the Body and blood of Jesus.
  - It is really Jesus who offers the sacrifice of the Mass.
  - The priest acts *in persona Christi Capitis*, which means the priest is acting as the representative of Jesus, the head of the Church.
  - In the Mass, we offer our lives as living sacrifices to God.
1. What is your favorite part of the Liturgy of the Eucharist, and why?
- The Sanctus – singing with the angels
  - Our Father – it is the prayer Jesus taught us.
2. At what point in the Liturgy of the Eucharist do the bread & wine become the Body & Blood of Jesus? How does this connect the Mass to the Last Supper?
- When the priest says the Words of Consecration: "This is my body," and "This is the chalice of my blood."

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- **These are the words Jesus spoke at the Last Supper.**
- 3. Who is really offering the sacrifice of the Mass? What is our role in the Mass?
  - **Jesus, the Head of the Church – the priest is acting as his representative.**
  - **We unite our lives to the sacrifice of Jesus in order to offer ourselves to the Father.**
- 4. “Amen” means “I believe” or “it is true” in the language that Jesus and his disciples spoke. Why do we respond “Amen”?
  - **We are saying that we believe the Eucharist is really the Body and Blood of Jesus.**
  - **Our response shows our faith, and it shows that we have prepared ourselves to receive the Eucharist and that we know how important it is.**

## **Did You Know – In Persona Christi Capitis**

- *In persona Christi* is a Latin phrase that means “in the Person of Christ the Head”.
- This means the priest is acting as a representative of Jesus.
- 1. What is Jesus’ role at the Mass?
  - **He is the one who offers the Sacrifice of the Mass – just as he did at the Last Supper and on the cross.**
- 2. What is the priest’s role at the Mass?
  - **He is acting as the representative of Jesus.**

## **Did You Know – Our Own Sacrifice**

- The Eucharistic Prayer is a prayer that every baptized person present at the liturgy offers to God.
- We are called to offer ourselves to God.
- We can unite our sacrifice to the perfect sacrifice of Jesus to the Father in Mass.
- 1. How is it our sacrifice?
  - **We are united Christ in offering his sacrifice as a perfect offering to God the Father.**
  - **We are called to offer ourselves to God, too – our lives, our efforts to love God & make good choices, and even our struggles.**

## **Let’s Do Activities**

*The Liturgy of the Eucharist: 3,7,1,5,2,6,4*

The 2<sup>nd</sup> part of the Mass is called the Liturgy of the Eucharist, in which Jesus becomes present to us Body, Blood, Soul & Divinity.

Jesus’ sacrifice on the Cross is made present to us, and we also offer our lives as living sacrifices to God.

## **Let’s Recall & Reflect**

1. How is our encounter with Jesus in the Liturgy of the Eucharist different from encountering Jesus in Scripture or prayer?
  - **Jesus is really present, and we receive him into our body and our soul.**
    - **We are closer to Jesus than at any other time.**
  - **In scripture & prayer, we hear Jesus speaking to us, and we learn about him & his love for us.**
2. We are called to unite ourselves to Jesus’ sacrifice. What specifically do you want to offer to God?
  - **Everything that we are feeling & experiencing.**
    - **all the good works and acts of kindness and charity.**
  - **joy, excitement, sadness, physical pain, worry, fear or anxiety, difficulties we are facing.**

# YOU ARE LOVED – SCOPE & SEQUENCE

## Story of a Saint – St. Pius X

- He wanted young people to receive their 1<sup>st</sup> Communion at age 7 or 8.
  - He wanted everyone to receive Holy Communion as frequently as possible.
1. When Pope St. Pius X became pope, most people received their 1<sup>st</sup> Holy Communion between the ages of 12 & 14. How would you feel if you had to wait until you were 12 to receive your 1<sup>st</sup> Communion?
    - **sad to wait to be close to Jesus – it is hard to wait for something so exciting & important.**
  2. Why do you think Pope St. Pius X encouraged people to receive the Eucharist as frequently as possible?
    - **He knew how important it is and how much Jesus wants to unite us to himself in this sacrament.**
    - **We need the grace & strength of the sacrament.**
  3. Pope St. Pius X loved the Eucharist, and God used this love to bring many, many people closer to him. Who would you like to help come closer to God's love?
    - **everyone, but especially those closest to us in our lives.**

## Let's Read a Story – The Big Picture

- Sometimes things are confusing.
  - Good & bad things happen to us and the people we love.
  - We are tempted to think that life is a big mess.
  - But God is taking what looks like a mess and creating a beautiful picture.
1. Why do you think things sometimes look like a mess to us, but not to God?
    - **We can only see our own part of the picture – like 1 thread on the back of a tapestry.**
    - **We can't always see the whole picture.**
    - **God sees and knows everything.**
    - **He is the weaver who makes the tapestry or the artist who paints the picture.**
  2. When Jesus died on the Cross, it seemed like his followers had lost everything. How was this just the beginning?
    - **It was the sacrifice that made our salvation possible.**
  3. How do the Sacraments of Reconciliation and the Eucharist help us to be better followers of Jesus?
    - **They draw us closer to God & help us to be more like Jesus.**
    - **They cleanse us of our sins & give us the grace to follow Jesus' teachings & live better lives.**
    - **They give us the strength to love others like Jesus loves us.**