

# Liturgy of the Eucharist

## Preparation for the Session

**Turn to Page 251,**  
the Family + Faith page.

In this chapter you will cover the following objectives:

- Compare and contrast physical hunger with the hunger for God
- Connect the Bread of the Eucharist with spiritual nourishment
- Discover the meaning of transubstantiation
- Recognize that the bread and wine become the Body and Blood of Christ during the consecration
- Identify the Mass as both a meal and a sacrifice

**Read** the **Consider This** feature. What thoughts or reactions do you have to the opening question?

**Parents, Consider This:** *There are three aspects of the Eucharist that are significant to understand: memorial, sacrifice, and shared meal. It is a memorial, when the priest speaks the words of the Eucharistic Prayer that link these gifts with the saving Death of Jesus. It is a sacrifice because the Holy Spirit makes Jesus Death real and present again. It is a sacred meal that foreshadows the Heavenly banquet. As we grow in a deeper understanding of the Eucharist, we are able to participate more deeply in the Body of Christ and share this with our child.*

**Read** these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the chapter.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



**Let's Sing:** These songs connect the session topics and can be downloaded from [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

- Blest by Your Sacrifice
- Five Loaves, Two Fish

## INVITE: Encountering God in His Word

**Turn to Page 243,**  
Liturgy of the Eucharist

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



**Let Us Pray** Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

**Say:** The Scripture that we are about to read reminds us that the meal we share during the Liturgy of the Eucharist is a sharing in the Death and Resurrection of Jesus. In our celebration we offer God thanks for Jesus' great sacrifice for us.



**Guide** your child through the Preparing for God's Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God's Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

**Invite** your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

**Say:** In the Eucharist, we share in the sacrifice of Christ. The Eucharist unites Catholics more closely to Christ and to one another.

**Invite** your child to respond to the questions. Prompt what else they might wonder about the Body of Christ.

## DISCOVER: Learning God's Truth

**Turn to Page 244,**  
Jesus Feeds Us

**Read** the opening question and first paragraph. Remind your child that in Jesus' time, people walked everywhere they went and it was a long walk from one town to another.



**Proclaim** the Scripture in the Parchment Paper box and invite your child to respond to the questions at the end of the Scripture story.

**Discuss** the artwork in relation to the Scripture.

**Turn to Page 245,**  
Bread of Life

**Invite** your child to silently read the first paragraph and learn how God satisfies the spiritual hunger of humans.

**Explain** that a spiritual hunger is a longing for something that will result in true happiness.

**Ask:** What are some of the spiritual hungers of young people today?

**Have** your child turn to page 305 in the Our Catholic Tradition reference section of their book. On a separate piece of paper, have them write about what the sacramental symbols mean to them.

**Parents, Consider This:** *Sharing food with others is a way of affirming a human bond with them. The Eucharist forms a spiritual bond that unites us to Christ and to one another. This happens at family meals. It also happens when we share what we have with those who may need our assistance, such as an elderly person or a friend who is sick and may not be able to make food themselves. This happens in a profound way when we share the mystery of the Eucharist together.*

**Read** aloud the last paragraph. Tell your child that they will learn more about this on the following pages.

**Turn to Page 246,**  
The Eucharistic Mystery

**Ask** your child to define the word “sacrifice.” (when a person gives up something that he or she values out of love for someone else or for the common good)

**Read** aloud the opening question and the first paragraph. Invite your child to suggest examples of sacrifices that people make for others.



**Proclaim** the Scripture in the Parchment Paper box.

**Ask:** In what part of the Mass do you hear these words? (the Eucharistic Prayer)

**Use** the illustration to discuss what is special about the Last Supper.

**Read** aloud the final paragraph.

**Have** your child silently read the text.

**Turn to Page 247,**  
The Liturgy of the Eucharist

**Ask** your child to read the definitions in the Catholic Faith Words box on page 246 for the highlighted words, **consecration**, **transubstantiation**, and **Blessed Sacrament**, in the text. Write each of the three words on an individual index card. Then, without your child looking at the definitions, read each definition and have your child hold up the card containing the matching word.



**Do** the gold-star activity.

## Activity

**Do** the Connect Your Faith activity. Have your child write their answers on a piece of paper.

## LIVE: Living Our Faith

**Turn to Page 248,**  
Our Catholic Life

**Read** aloud the first paragraph. Explain that the word Mass comes from a Latin verb meaning “to send forth.”

**Read** aloud the suggestions in the “Share the Gift of Love” chart. Discuss other concrete ways to live the Eucharist.

**Ask:** How is the Eucharist a gift?



**Do** the gold-star activity.

**Turn to Page 249,**  
People of Faith

**Read** the paragraph about Saint Clare of Assisi.

- Share your reactions to the information.
- Talk about how you show your devotion to the Eucharist.

## Activity

**Have** your child complete the Live Your Faith activity.

**Parents, Consider This:** *Talk as a family about how you will “live the Eucharist.” Identify one way you will share the gift of love given to your family. Commit to one action to bless others.*

**Turn to Page 251,**  
Family + Faith Page and  
conclude with the Let’s Pray  
prayer on this page.

**Parents, Consider This:** *It’s important to form our children in the common language of prayer. We encourage you to pray Holy, Holy, Holy Lord (see Page 322), during your night prayer this week.*



To access and send an eAssessment to your child, go to the Student and Family section of [aliveinchrist.osv.com](http://aliveinchrist.osv.com).