First Eucharist (updated)
Home Lessons Schedule & Descriptions

Parents should complete 2 Lessons per month
January-Lesson #1: The Last Supper (Chapter 22)
January-Lesson #2: The Holy Mass (Chapter 25)
February-Lesson #3: What We Do at Mass (Chapter 26)
February-Lesson #4: Jesus Comes to Us (Chapter 27)
March-Lesson #5: Jesus, My Lord and My God (Chapter 28) **Ch:22-28 activity pgs. due at the March class**
April-Lesson #6: The Coming of the Holy Spirit (Chapter 30) Pentecost: the birthday of the Church

<u>Lesson #1</u>: The Last Supper (Chapter 22) Complete Activity pg 80-83

Scripture: I am the Living Bread *John 6:51 The Last Supper Mark 14:22-24 Luke 22:19*

Summary question: What happens during the Eucharistic Prayer?

Jesus did not want to leave us. At the last Supper he instituted the Eucharist as a way to always remain with us. By the power if the Holy Spirit and through the actions of the priest, the bread and wine become the Body, Blood soul & divinity of Christ. Eucharist means "to give thanks". In the Eucharist Jesus is truly present Body, Blood, Soul & Divinity.

Family Focus: Think about the special meals you celebrate & what you are thankful for.

CCC: 1333, 1340

<u>Lesson #2</u>: The Holy Mass (Chapter 25) Complete Activity pg 92 & 94

Scripture: Do this in remembrance of me *Luke 22:19-20*

Summary question: What is the Mass?

Mass is the celebration of the Eucharist. We celebrate the sacrifice Jesus made on the cross and His resurrection and the gift of himself he gives us in the Eucharist. The Mass is offered to God to worship Him, to thank Him, to make up for our sins, and to ask for His help.

Family Focus: discuss good church manners

CCC: 1357, 1360-1362, 1366-67

<u>Lesson #3:</u> What We Do at Mass (Chapter 26) Complete Activity pg 98-99

Scripture: Assembly of the faithful *Psalm 149:1*

Summary question: What do we do at Mass?

At Mass we worship God in words and action. To worship God means "to praise and thank" Him. Do you know the parts of the Mass? Have the child name one part or as many as they can. The Mass is divided into two parts, the *Liturgy of the Word* & the *Liturgy of the Eucharist*.

Liturgy of the Word- during the Liturgy of the Word, we listen to the word of God being proclaimed, we say what we believe in, and we pray for the Church and the world. We hear about the words and actions of Jesus when the Gospel is proclaimed. The homily is after the Gospel reading. This is when the Priest or Deacon talks about the Gospel and how we can live it today.

Liturgy of the Eucharist- The consecration is the part of the Eucharistic prayer when the bread and wine become the Body and Blood of Christ. By the power if the Holy Spirit and through the actions of the priest, the bread and wine become the Body, Blood soul & divinity of Christ.

Family Focus: Living out God's Word with thankful hearts

CCC: 1349, 197

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<u>Lesson #4</u>: Jesus Comes to Us (Chapter 27) **Complete Activity pg 100-101**

Scripture: Bread from Heaven *John 6:58*

Summary question: When & how do the bread and wine become the Body & Blood of Jesus?

When the priest repeats the words of Jesus spoken at the Last Supper: "This is My Body" and "this is the Cup of My Blood". A transformation happens; we call it "transubstantiation" when regular bread and regular wine by the words of institution spoken by the priest and the power of the Holy Spirit become the Body & Blood of Christ. Just as food makes our bodies grow. Holy Communion makes are souls strong and beautiful and unite us with Jesus. It gives us life-God's life and love. It makes us grow as children of God. It keeps us healthy by helping us do what is right

Family Focus: Go to the Church and pray the Divine Praises (p162) together.

CCC: 1375-76

<u>Lesson #5:</u> Jesus, My Lord and My God (Chapter 28) **Complete Activity pg 106-108**

Scripture: I made known to them by name *John 17:26*

Summary question: Why is receiving Holy Communion very special?

When we receive Holy Communion, we receive the Body and Blood of Christ. Jesus is truly present in

the consecrated Bread and the consecrated Wine Receiving Jesus in Holy Communion helps is to love God and others. It helps us to become stronger disciples of Jesus. It helps us to join our parish community in serving God and others. It is important to receive Holy Communion as often as possible. Review the proper way to receive. Make a throne, bow your head and say "Amen"

Family Focus: Share your family stories. Talk about the day of your First Holy Communion.

CCC: 1385-1387

<u>Lesson #6:</u> The Coming of the Holy Spirit (Chapter 30) **Complete Activity pg 116-117**

Scripture: Pentecost *Acts 2:2-3*

Summary question: Why is the feast of Pentecost referred to as the birthday of the Church?

It is called that because Pentecost (Greek for "50th day") is celebrated by Christians 50 days after Easter. It marks the day the Holy Spirit descended upon the apostles. After receiving the power and gifts of the Holy Spirit the apostles went out among the people and began spreading Jesus' message. On that day 3000 people were converted and received baptism and the church was born. At the end of every Mass we are called to go out into the world, just like the apostles and spread Jesus' message in word and action.

Family Focus: Share moments in your family's lives when different sacraments were received. Recite the Apostles Creed out loud with your children and explain to them it is our statement of faith.

CCC: 685

✯ Prayer Logs- throughout the year we will be working on helping the children learn their prayers. Periodically we will be testing the children on their ability to recite the basic Catholic prayers.

✯Mass Worksheet-children are expected to regularly complete the Mass Worksheet and hand it in at the end of Mass. Each Child will be making a Mass Worksheet book for them to keep.