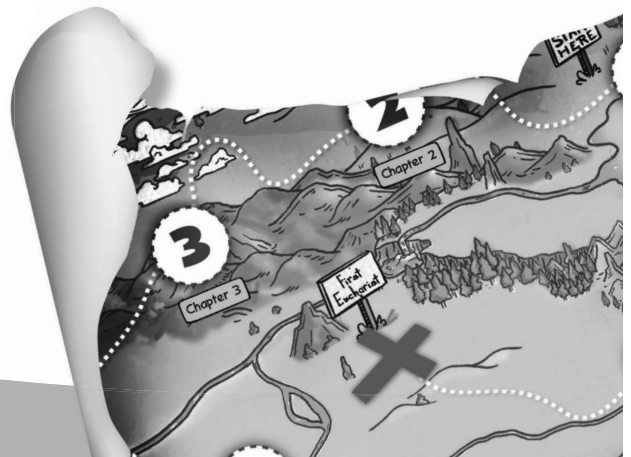


Eucharist Teaching Guide



**Discover God's
Treasures**



saint mary's press

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Saint Mary's Press wishes to note that the nihil obstat and imprimatur were granted to the teaching guides and the activity booklets in this program and that the Subcommittee on the Catechism, United States Conference of Catholic Bishops, has found the student booklets to be in conformity with the *Catechism of the Catholic Church*.

The content in this program was developed and reviewed by the content engagement team at Saint Mary's Press. Content design and manufacturing were coordinated by the passionate team of creatives at Saint Mary's Press.

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Welcome

Welcome to *Go Seek Find: Discover God's Treasures!*

We at Saint Mary's Press are excited to partner with you in the important ministry of preparing children for the celebration of the Sacrament of the Eucharist.

Through this new and unique program, children are led on an adventure of discovery as they explore the rich and beautiful significance of this sacrament in their lives. *Go Seek Find* will engage and inspire children, creating a spirit of excitement and joy around their journey toward encountering Jesus through the treasure that is the Sacrament of the Eucharist.

This program was developed with the real needs of children at its center. The core text of this program is the Saint Mary's Press® *Catholic Children's Bible*. By using a Bible designed specifically for them and engaging with the Featured Stories within it, children will explore the Sacrament of the Eucharist through the biblical lens of Jesus' life and works and learn more about their faith in language they can understand. They will also experience interactive core activities that bring the chapter lessons to life in a fun and memorable way. And they will learn important information about the Sacrament of the Eucharist and reinforce this new knowledge through a variety of activities and family learning opportunities offered in the activity booklets that accompany each lesson.

Together, you and the children will *Go Seek Find* the incredible treasure that is the Sacrament of the Eucharist. May an ever-expanding awareness of Christ's presence in our lives be the source of faith, hope, and love for all of us!

With hopes and prayers for every blessing,

The Publishing Team at Saint Mary's Press

**"Ask, and you will receive; seek, and you will find;
knock, and the door will be opened to you."**

(Matthew 7:7)

Program Overview

Program Outline

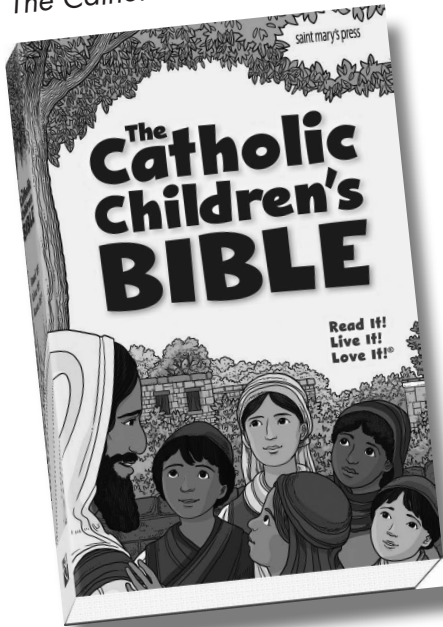
| Chapter Number | Chapter Title | Lesson Goals | Featured Story | Key Words |
|----------------|---------------------------|---|--|--|
| 1 | We Are Part of the Church | <ul style="list-style-type: none"> to recognize that we are all an important part of the Church to identify the three Sacraments of Christian Initiation to name the Eucharist as the most important sacrament in the Church | Every Baptized Person Is a Part of the Church (1 Corinthians 12:12–27) | sacraments, Sacraments of Christian Initiation, Baptism, Confirmation, Eucharist, Mass |
| 2 | Jesus Cares for Us | <ul style="list-style-type: none"> to explain that Jesus cares for us and for all people to identify the Eucharist as a way Jesus shows his care for us to name the four parts of the Mass | Jesus Feeds a Huge Crowd (John 6:1–15) | Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites |
| 3 | We Ask for Forgiveness | <ul style="list-style-type: none"> to identify three actions that lead to true happiness to explain why we want to be in a state of friendship with God when we receive the Eucharist to articulate that we ask for God's forgiveness at Mass to prepare for the Eucharist | Jesus Teaches Us How to Be Happy (Matthew 5:1–12) | Penitential Act |
| 4 | We Give Thanks to God | <ul style="list-style-type: none"> to recognize the importance of being thankful to identify Sunday as a special day to honor God to understand that we pray, give thanks, and praise God at Mass | Thank God for All He Has Done for You (Colossians 3:12–17) | hymn, genuflect |
| 5 | We Learn from the Bible | <ul style="list-style-type: none"> to identify God's Word as the readings and teachings in the Bible to describe the importance of preparing our hearts for God's Word to recall that we hear God's Word at Mass in the Liturgy of the Word | Jesus Wants Us to Hear and Accept His Word (Mark 4:1–20) | parable |

| Chapter Number | Chapter Title | Lesson Goals | Featured Story | Key Words |
|-----------------------|--|---|--|----------------------------------|
| 6 | We Are United in Faith | <ul style="list-style-type: none"> • to express that Jesus wants his followers to be united in faith • to identify that praying the Nicene Creed together is a sign of our unity • to recognize the core beliefs expressed in the Nicene Creed | Jesus Prays That His Followers Will Be United (John 17:9–23) | creed |
| 7 | We Celebrate the Gift of the Eucharist | <ul style="list-style-type: none"> • to recognize that Jesus gave the gift of the Eucharist at the Last Supper • to identify that the bread and wine become the Body and Blood of Jesus at Mass • to recall that the Eucharist strengthens us to follow Jesus more closely | The Last Supper (Mark 14:12–26) | Eucharistic Prayer, consecration |
| 8 | We Pray as Jesus Taught Us | <ul style="list-style-type: none"> • to express that the Our Father was taught to the disciples and us by Jesus • to identify the meaning of the different parts of the prayer • to recognize that we pray the Our Father at every Mass to prepare us to receive the Eucharist | Jesus Teaches Us How to Pray (Matthew 6:5–13) | Kingdom of God |
| 9 | Jesus Is Present with Us Now | <ul style="list-style-type: none"> • to explain that the Risen Jesus is with us today in a special way • to recognize what occurs during the Communion Rite • to identify the proper way to receive Holy Communion | Two Disciples Meet the Risen Jesus (Luke 24:13–35) | Holy Communion |
| 10 | We Are Sent Forth to Share Love | <ul style="list-style-type: none"> • to describe how Jesus showed us that we should serve others • to recognize some big and small ways we can serve others • to identify the Concluding Rites as the part of the Mass where we are sent forth to share God's love with others | Jesus Washes the Disciples' Feet (John 13:1–17) | Dismissal |

Program Components

Activity Booklets

The Catholic Children's Bible



Eucharist Chapter 1

We Are Part of the Church



Prayer

Thank you, God, for this time together to prepare for the Sacrament of the Eucharist. We ask you to be with us and help us as we learn about the Church. We want to be a follower of Jesus.

Eucharist Student Booklet



God's Treasure of the Eucharist



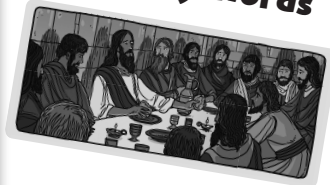
Prayer

Thank you, God, for this time together to prepare for the Sacrament of the Eucharist. I ask you to be with me as I learn about the Church. Help me to become a better follower of Jesus and spread his love to others. I ask all this in your name. Amen.

Eucharist



The Order of the Mass and Key Words



Prayer

Dear Lord, guide us as we learn more about your love for us. Be with us as we prepare to receive the Sacrament of the Eucharist. Amen.

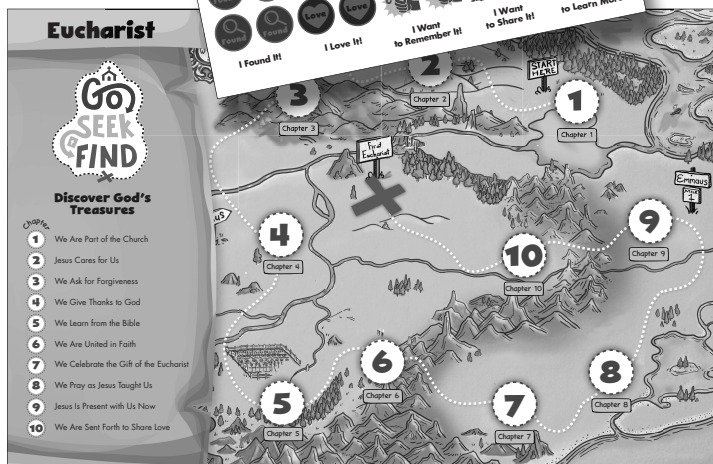
Stickers



Student Booklet

The Order of the Mass and Key Words Booklet

Treasure Map



Eucharist Teaching Guide



Discover God's Treasures

Teaching Guide

Understanding the Components

Teaching Guide

Background Focus provides quick, easy-to-read insights about the theme of the chapter.

Lesson Goals shows the key desired outcomes of the chapter.

A list of **Materials Needed** helps you adequately prepare for the lesson.

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Chapter 1

Chapter 1

Chapter 1

Featured Story
Every Baptized Person Is a Part of the Church
(1 Corinthians 12:12–27)

We Are Part of the Church



Lesson Goals

- to recognize that we are all an important part of the Church
- to identify the three Sacraments of Christian Initiation
- to name the Eucharist as the most important sacrament in the Church

Lesson at a Glance

Go (10 minutes)
Opening Prayer
Engage Activity

Seek (30 minutes)
Featured Story
Core Learning Activity

Find (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 1 activity booklet
- different-colored 12-inch balloons, with two different body parts written on each one with marker
- materials for any of the optional activities you choose

Music Suggestions

- "We Are the Body of Christ," by Rob Baker (Tate Music Group)
- "We Are One Body," by Monica's Joy Choir, Ed Archer conducting (GIA)

Background Focus

It is human to want to belong. We constantly look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

Through our Baptism, we become an important part of a truly amazing community—the Church. We may find ourselves sometimes wondering what we have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an absolutely essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity to reflect on what it means to be a baptized member of such an important mission. As you lead the children in this reflection, allow yourself to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

Go (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 of their chapter 1 activity booklets.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet to the group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

The **Go** part of the lesson begins with an opening prayer that is found in the activity booklets.

Two **Music Suggestions** are offered for possible incorporation into the lesson.

After the opening prayer, an **Engage Activity** will spark interest and create excitement in the children.

Engage Activity

- Invite the children to brainstorm a list of groups that they might belong to, and record their answers on the board. Give some examples if they need help. (Answers might include sports teams, family, friends, school, class, church, etc.)
- Ask the children to think about what it means to be part of a group:
 - What are some of the rules of being part of this group?
 - What does it mean to be a good group member?
- Take some time to go through their brainstormed list on the board and ask the different questions of each type of group. If they have church on the board, leave that until later.
- Tell the children that today they are going to learn about what it means to be a part of a very important group that follows Jesus. Ask them if they know what this group is called (*the Catholic Church*). If this has been listed on the board, put a circle around the phrase.

Seek (30 minutes)

Featured Story

- Invite the children to find 1 Corinthians 12:12–27 in *The Catholic Children's Bible* (page 1807).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1808).
- Tell them that the text between the leaves on page 1808 is a shortened version of the Scripture story on the previous page.
- Ask the children to look at the artwork on pages 1808–1809. Invite them to describe what they see in the artwork, and ask them to predict what the story might be about.
- Invite a volunteer to read the title on page 1808, and ask the children to share what it means to be baptized. If they have ever been to a Baptism, ask them to share what they remember about what happened. Then ask them if they remember their own Baptism.

The **Seek** part of the lesson invites the children to interact directly with the Bible and learn key sacrament-related themes through important Bible stories.

- Read the Featured Story to the children. Then ask the children several questions to check for comprehension, such as:
 - Is the body made up of one part or many parts? (*many*)
 - What are some of the different parts of the body mentioned in the Scripture verses? (*feet, hands, ears, eyes*)
 - What does the story say about us? (*We are*

- Have the children read the Eucharist Teaching Guide booklet and Bibles open.

up of only one part, it is, however, many parts just as we are Christ's body.

Understand

- Read *Understand* to the children, or invite them to read it themselves.
- Invite the children to read the text aloud, asking them to read in pairs.

- Review some of the key points for us.

- The Bible tells us that the Church is one, holy, catholic, and apostolic.

- Each person has different gifts.

- God has called us to be part of the Church.

- Explain to the children that the Church is the Body of Christ.

- Review some of the key points for us.

- When we are baptized, we become part of the Church.

- Sometimes we are baptized as another name.

- The Church is one, holy, catholic, and apostolic.

- Each person has different gifts.

- God has called us to be part of the Church.

- Explain to the children that the Church is the Body of Christ.

- Review some of the key points for us.

- The Bible tells us that the Church is one, holy, catholic, and apostolic.

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- Each person has different gifts.

- God has called us to be part of the Church.

- Explain to the children that the Church is the Body of Christ.

Live It!

- Invite a volunteer to read *Live It!* on page 1809 or read it aloud to the group.
- Ask the children if they understood the puzzle, and invite a volunteer to share what the puzzle means.
- Point out the significance and importance of each person in the Church and what a gift the Church is in that we can join with other people who are trying to use their gifts to follow Jesus. Encourage the children to pray to God to help them be the best members of the Church possible and to use their gifts to help the Church.

Tell It!

- Ask the children to look at the images in the *Tell It!* cartoon on page 1809.
- Invite the children to find a partner and use the images to retell the Bible reading the best that they can.
- Encourage several volunteers to stand and summarize the Bible reading for the group, using the images in *Tell It!*
- Have the children use some of the smaller stickers to mark parts of the Featured Story (pages 1808–1809) that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Parts of One Body Relay

Note: Balloons are used in this activity. If any of the children have an allergy to latex, you should choose a different activity.

- Blow up several balloons and write two different parts of the body on each, such as *Elbow/Shoulder or Head/Nose or Side/Back or Eye/Ear* (or do this in advance).
- Choose two children and explain to them that they have to get from one part of the room to another by touching the balloon only with one of the body parts written on the balloon. For example, if *Head/Nose* was written on the balloon, one child may touch the balloon with only his or her head and the other child may touch the balloon with only his or her nose. Together they must move themselves and the balloon to the other side of the room.

The **Find** part of the lesson relays key information about the sacrament the children are preparing for.

- Give the pair a start signal, and time how long it takes them to get to the other side of the room. If the pair drops their balloon, they have to go back to the beginning and start again. Encourage the rest of the children to cheer on the pairs.
- Continue the activity with another pair of children and with different parts of the body written on their balloon. Repeat this process until all of the children who want a chance have been paired and have raced, reusing some of the balloons if necessary. **Note:** If you have space, you can also make this a race between several different teams at the same time.

Process the Activity

- Invite the children to share how the activity they just took part in is like being part of the Church. (Answers might include: *like the parts of the body, we all had to work together; the rest of the group cheering them on is like the support we get from being part of the Church; we work together with our different gifts for the same purpose—continuing the mission of Jesus, etc.*)
- Ask the children how a person becomes a part of the Church. If they need help, remind them of the title of the Bible reading for the day: *Every Baptized Person Is a Part of the Church*.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 22 in its place.

Find (20 minutes)

God's Treasure of the Eucharist

- Explain to the children that Jesus gave the Church seven **sacraments** to bring us closer to him and to help us answer his call to be his followers. Invite them to name as many sacraments as they can, and list all of the sacraments on the board. If the children have witnessed any of the sacraments, encourage them to share briefly.
- Tell the children that there are really three sacraments that begin our life in the Church, and that these three sacraments, together, are called the **Sacraments of Christian Initiation**. Circle, or write, *Baptism, Confirmation, and Eucharist*.

Each lesson is anchored by a **Core Learning Activity**. This activity presents an aspect of the chapter theme in a fun, engaging, and memorable way.

- on the board, and write "Sacraments of Christian Initiation" near them. Explain that *initiation* is another word for *beginning*.
- Explain some basic information about the Sacraments of Christian Initiation to the children, using the following as possible points to cover:
 - The Sacrament of **Baptism** gives us new life and unites us with Jesus.
 - This is a sacrament you have already received and probably don't remember because you were most likely babies. (Ask if anyone was baptized after infancy and what they recall about the sacrament.)
 - In the Sacrament of **Confirmation**, a bishop or priest anoints us with holy oil, which is a sign that we are strengthened as Christians.
 - Confirmation makes our relationship with Jesus and the Church even stronger.
 - The Sacrament of the **Eucharist** is the Sacrament of Christian Initiation that you are preparing for now, as you have already been baptized. This sacrament prepares us for a lifetime of receiving the Body and Blood of Christ at the **Mass**, which helps us be the best members of the Church and followers of Jesus we can be.
 - The Sacrament of the Eucharist is the Church's most important sacrament and is why it is important to spend some time preparing and learning about this sacrament.
 - Ask the children some of the following questions to check for comprehension:
 - How many sacraments are there? (*seven*)
 - What is the first sacrament we celebrate? (*Baptism*)
 - Which three sacraments are also called the Sacraments of Christian Initiation and help us become a full part of the Church? (*Baptism, Confirmation, Eucharist*)
 - Which Sacrament of Christian Initiation do we celebrate again and again, all throughout our life? (*Eucharist*)
 - Invite the children to turn to the activity on page 3 of their activity booklets and complete it. Give them a few minutes to look at each symbol and then choose the one that suggests the sacrament they are preparing for now. Make sure they put a check mark next to the symbol for First Eucharist.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made, write them on the board, and circle them:
 - We are all an important part of the Church.
 - The three Sacraments of Christian Initiation are Baptism, Confirmation, and the Eucharist.
 - The Eucharist is the most important sacrament in the Church.
- Ask the children to place the chapter 1 sticker in the correct circle on their treasure maps.



Closing Prayer

- Begin prayer of the Cross are in the few seconds from page 3.
- Read, or invite the children to read, the prayer. Make the head as you part of the everything respond, and play a pie about being Christ.
- End by saying "Amen." C

Chapter 1

Materials Needed

- a large piece of paper or poster board with a full-body outline of Jesus

Materials Needed

- long strips of paper, one for each child, with the phrase, "I can be a good member of the Church by . . ."

Materials Needed

- a computer with Internet access
- a computer projector

Chapter 1

The Lesson Wrap-Up encourages the children to recall what they learned and mark their progress on their interactive treasure map.

Additional Activities

The Gifts We Bring to the Church (15 minutes)

- Invite the children to think of a gift they have that they can use to continue Jesus' mission of love. (*Examples include: be kind, love others, be a good son or daughter, pray for others, help those in need, go to Mass.*) Call on the children, one by one, to stand and name a gift. Then invite them to come up and write their name and gift within the outline of Jesus. Make sure to include your name and a gift as well.
- Show the children all of the different names and gifts just in this room, and invite them to think of the many people throughout the world who are also part of the Church.
- Keep this activity throughout the preparation time for First Eucharist as a reminder to the children that we are all important as members of the Body of Christ, the Church.

Being a Part of the Church (15 minutes)

- Ask the children for examples of how they might finish the sentence, and record several of their responses on the board.
- Encourage the children to think of a way they can be a good member of the Church, and invite them to write it on their slip of paper.
- Ask the children to bring their completed strips of paper to you. Make a circle by joining the ends of a strip of paper together and gluing or stapling them. As other children come forward, make links by joining the circles together. When you are finished, you will have connected links of all of the different ways the children have thought of to be good members of the Church.
- Bring this to the room throughout the time of sacrament preparation so the children can be reminded that, as a Church, we work together to spread Jesus' message of love.

We Are One Body (15 minutes)

- Show the video "The Body of Christ," available on YouTube (3:09).
- Invite volunteers to explain what happened in the video.
- Ask the children to share how they think the video reflects the Scripture reading from First Corinthians.
- Remind the children that we all have different gifts that when shared together can do amazing things, just like our body parts working together help us do things every day.

Additional Activities offers substitute options for the core learning activity. These additional activities also may be used to extend the lesson.

Activity Booklets

Eucharist Chapter 1



We Are Part of the Church



Prayer

Thank you, God, for this time we have together to prepare for the Sacrament of the Eucharist. We ask you to be with us and help us as we learn about the Church and what it means to be a follower of Jesus. We ask all of this in your name. Amen.

Each activity booklet begins with a **Prayer** that is used as the opening prayer for that chapter's lesson.

Page 2 (on left) features an activity that relates to content the children are learning about in the Bible.



Use the Bible passage on page 1808 of *The Catholic Children's Bible* (1 Corinthians 12:14-18,27) and the words below to complete the following Scripture verses.

God part one body
Christ's wanted different

"For the _____ itself is not made up of only one _____, but of many parts."

"As it is, however, _____ put every _____ part in the body just as he _____ it to be."

"All of you are _____ body, and each _____ is a part of it."

What sacrament are you preparing for now?
Put a check mark next to that sacrament.



The Sacrament of Baptism

The Sacrament of Confirmation



The Sacrament of the Eucharist



Page 3 (on right) features an activity that relates to the sacrament content the children are learning about in the chapter.

The **Family Page** provides parents with helpful information about the chapter and key ideas to bring the lesson to life at home.

Family Page

Background Focus

It is human to want to belong. We look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

We may find ourselves wondering sometimes what we really have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through both word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity for your child to reflect on what it means to be a baptized member of such an important mission. Allow yourself time to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

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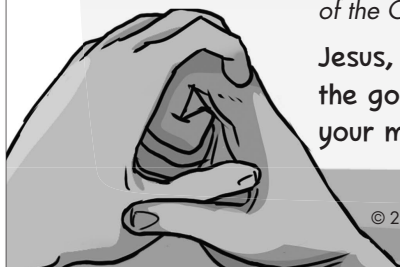
Family Strategies

Try to carve out key technology-free times that you can spend with your child. Taking time to be fully present to your child helps build his or her self-confidence and sense of security, and it strengthens your family as well as your child's notion of what it means to be a full and active participant in a larger community.

Family Activities

- Find any objects, photos, or videos you have from your child's Baptism. Use these things to tell your child about that day, what you were feeling, and why it was important to you for her or him to be baptized.
- Create some questions that you and your child can ask other people (other family members or people you know from Church) about what it means to them to be a baptized Catholic. Videotape their responses or record them in a notebook.
- Read together the Featured Story on page 1808 in *The Catholic Children's Bible* (1 Corinthians 12:14–18,27). Invite your child to tell you what he or she remembers about the meaning of this Scripture.

Pray It!

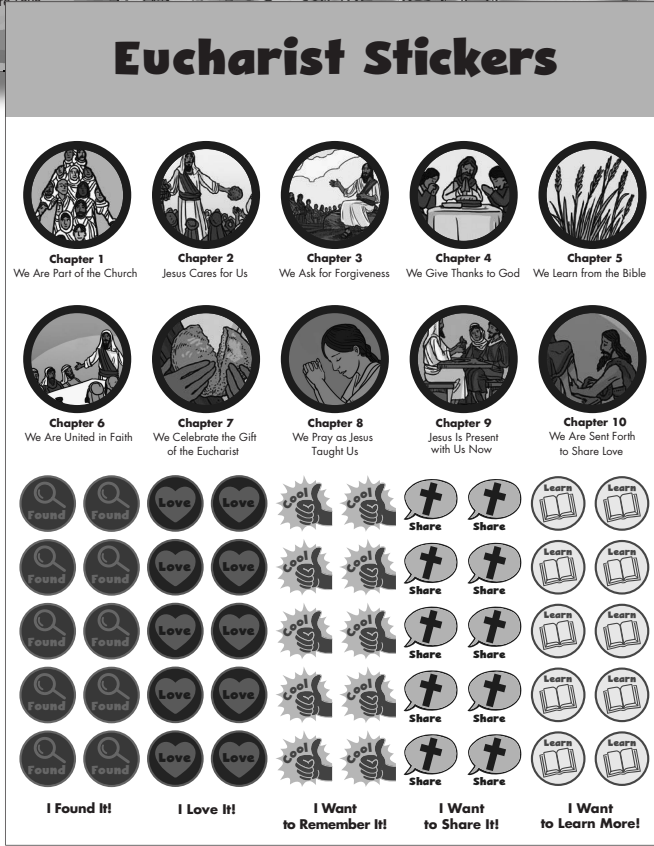


Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Jesus, we know that we are called to bring our gifts together for the good of the Church. Help us to grow so that we may spread your message of peace and love. Amen.

Treasure Map and Stickers

A **Treasure Map** helps the children track their progress through the chapters in a fun and engaging way that also reinforces what they learned.



Stickers are also provided to encourage the children to engage with their Bible and mark verses and other content that are meaningful to them.

Stickers are provided that contain key images from the different chapters. The children will use these stickers to track their progress on the treasure map.

Key Elements of the Program

Teaching Guide

The teaching guide divides each chapter into three main parts: “Go,” “Seek,” and “Find.” The “Go” section begins with an opening prayer and continues with a short activity to engage the children in the topic of the day. The “Seek” section involves exploring Scripture related to the sacrament of focus and a core learning activity centered on the chapter theme. The “Find” section provides the children with a deeper look into the meaning of the sacrament and concludes the lesson with a summary and a closing prayer.

Activity Booklets

A fun and colorful activity booklet is provided for each chapter. Although intended for use as supportive group-learning activities, these booklets also may be completed at home with the family. They include the opening prayer used for each lesson, two activity pages that support the learning of the chapter, and a family page that offers families background on the chapter topic, strategies to integrate the values of Christian life into family life, and suggested activities related to the lesson to be done at home.

God’s Treasure of the Eucharist Booklet

This booklet contains a child-friendly presentation of the Church’s teaching on the Sacrament of the Eucharist. Each chapter in this booklet connects to a chapter in the Teaching Guide and reinforces the core content presented in the lessons.

This booklet can also be used as:

- leader background, to help leaders present the content in child-friendly language
- a make-up resource for children who miss lessons
- family reading, so parents or guardians can read and discuss each chapter with their child
- a refresher for the children, reviewing key teachings about the Eucharist just before receiving the First Communion

The Order of the Mass and Key Words Booklet

The Sacrament of the Eucharist resources include an additional booklet that contains all of the key words used in the program, the Order of the Mass, and the prayers used during the Mass.

Treasure Map

The Sacrament of the Eucharist has its own treasure map. This unique and colorful resource is designed to build excitement as the children journey through the various chapters on the way to their first celebration of the sacrament. Using stickers with key images from the Bible stories to be read in each chapter, the children track their progress on a fun, engaging treasure map as they recall the key themes and lessons offered throughout the program.

Stickers

A sticker sheet is included in the resources for the Sacrament of the Eucharist. In addition to the stickers that allow the children to track their progress on the treasure maps, there are stickers that allow the children to mark Featured Stories or key verses in the Bible that have special significance to them. This immerses children in the Bible and helps them retain key lessons and messages throughout.

Music Suggestions

Music can add another wonderful dimension to this program. Each chapter includes two song suggestions that correspond to the chapter theme. These songs can be purchased and downloaded online. For a complete list of all of the songs for the program, please visit the online resources for this program at www.smp.org/resourcecenter/books. Of course, you may also wish to add your own favorite hymns or songs such as those that are popular in your parish community.

Videos

Options for activities that incorporate fun and engaging videos are provided throughout the program. Settings with the necessary technology can utilize this additional media to further enliven learning. These video suggestions are also included on the family page in the children's activity booklets, so if they are not used within the formal learning environment, they can be enjoyed at home with the family. Quick links to the video resources that are referenced throughout this program are available as part of the online resources for this program at www.smp.org/resourcecenter/books.

Additional Support Information

Teaching with *The Catholic Children's Bible*

Go Seek Find is a unique sacrament-preparation program, as it immerses children directly in *The Catholic Children's Bible* and introduces key themes involved in sacrament preparation through Bible stories. This focus on Scripture builds important biblical literacy as it roots the themes of the sacraments in God's Word. It is important, therefore, that you are familiar with *The Catholic Children's Bible* in order to help children become comfortable and confident with its navigation and use. To this end, *The Catholic Children's Bible Leader Guide* was created. This invaluable resource will help you introduce *The Catholic Children's Bible* to children, as well as provide you with essential insights into how to help children read and understand Scripture. You can learn more about this helpful resource by contacting your local Saint Mary's Press representative or by visiting www.smp.org.

Home Guide

For those programs that encourage parents to become the key educators of sacrament preparation in the home, *Go Seek Find* offers a Home Guide. This guide presents the core content of *Go Seek Find* in a way that is adapted for teaching and learning in the home. Clear instructions, accessible language, and activities that work in a home setting are the focus of this guide, making sacrament preparation at home an easy, fun, and engaging possibility. This free resource is offered online at www.smp.org/resourcecenter/books.

Optional Yearlong Program

Some parishes and schools prefer to devote the entire year to preparation for the first reception of the Sacraments of Reconciliation and the Eucharist. *Go Seek Find* can be adapted to a yearlong program by adding appropriate seasonal and liturgical lessons presented in *The Catholic Children's Bible Leader Guide*. Chapter 10 of this leader guide offers thirteen Scripture-based lessons that include an opening prayer, the reading of a Featured Story, an activity, and a closing prayer, and can easily supplement the lessons in the *Go Seek Find* program.

Chapter 1

Featured Story

Every Baptized Person Is a Part of the Church
(1 Corinthians 12:12–27)

Lesson Goals

- to recognize that we are all an important part of the Church
- to identify the three Sacraments of Christian Initiation
- to name the Eucharist as the most important sacrament in the Church

Lesson at a Glance

Go (10 minutes)

Opening Prayer

Engage Activity

Seek (30 minutes)

Featured Story

Core Learning Activity

Find (20 minutes)

God's Treasure of the Eucharist

Lesson Wrap-Up

Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 1 activity booklet
- different-colored 12-inch balloons, with two different body parts written on each one with marker
- materials for any of the optional activities you choose

Music Suggestions

- "We Are the Body of Christ" by Andrew Chinn (World Library Publications)
- "We Are One Body," by Monica's Joy Choir, Ed Archer conducting (GIA)

We Are Part of the Church



Background Focus

It is human to want to belong. We constantly look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

Through our Baptism, we become an important part of a truly amazing community—the Church. We may find ourselves sometimes wondering what we have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an absolutely essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity to reflect on what it means to be a baptized member of such an important mission. As you lead the children in this reflection, allow yourself to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

Go (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 of their chapter 1 activity booklets.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet to the group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Engage Activity

- Invite the children to brainstorm a list of groups that they might belong to, and record their answers on the board. Give some examples if they need help. (Answers might include sports teams, family, friends, school, class, church, etc.)
- Ask the children to think about what it means to be part of a group:
 - What are some of the rules of being part of this group?
 - What does it mean to be a good group member?
- Take some time to go through their brainstormed list on the board and ask the different questions of each type of group. If they have *church* on the board, leave that until later.
- Tell the children that today they are going to learn about what it means to be a part of a very important group that follows Jesus. Ask them if they know what this group is called (*the Catholic Church*). If this has been listed on the board, put a circle around the phrase.

† Seek (30 minutes)

Featured Story

- Invite the children to find 1 Corinthians 12:12–27 in *The Catholic Children's Bible* (page 1807).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1808).
- Tell them that the text between the leaves on page 1808 is a shortened version of the Scripture story on the previous page.
- Ask the children to look at the artwork on pages 1808–1809. Invite them to describe what they see in the artwork, and ask them to predict what the story might be about.
- Invite a volunteer to read the title on page 1808, and ask the children to share what it means to be baptized. If they have ever been to a Baptism, ask them to share what they remember about what happened. Then ask them if they remember their own Baptism.
- Read the Featured Story to the children. Then ask the children several questions to check for comprehension, such as:
 - Is the body made up of one part or many parts? (*many*)

- What are some of the different parts of the body mentioned in the Scripture verses? (*feet, hands, ears, eyes*)
- What does the story say about us? (*We are parts of Christ's body.*)
- Have the children turn to page 2 in the activity booklet and complete the activity with their Bibles open. Answer: "For the **body** is not made up of only one **part**, but of many parts. . . . As it is, however, **God** put every **different** part in the body just as he **wanted** it to be. . . . All of you are **Christ's** body, and each **one** is a part of it."

Understand It!

- Read Understand It! on page 1809 to the children, or invite a volunteer or volunteers to read.
- Invite the children to summarize what they just heard, asking them key questions about the reading to check for comprehension.
- Review some of the key points with them:
 - Each part of our body does an important job for us.
 - The Bible teaches that the Church is Jesus' Body.
 - Each person in the Church is important and has different gifts.
 - God has a special job for us, which helps the Church.
- Explain to the children how we use the terms *Christ's Body* and *Body of Christ*, using the following points:
 - When we say we are Christ's Body, it means that, together, we work as members of the Church to continue Jesus's mission of love that he started when he was on earth.
 - Sometimes we use the term *Body of Christ* as another name for all of the people in the Church. (You may also wish to explain that the children may hear *Body of Christ* used as another name for the Eucharist.)
 - The Church needs each of us, sharing our unique gifts together, just like a body needs many different parts to work well.

Live It!

- Invite a volunteer to read Live It! on page 1809 or read it aloud to the group.
- Ask the children if they understood the puzzle, and invite a volunteer to share what the puzzle means.

- Point out the significance and importance of each person in the Church and what a gift the Church is in that we can join with other people who are trying to use their gifts to follow Jesus. Encourage the children to pray to God to help them be the best members of the Church possible and to use their gifts to help the Church.

Tell It!

- Ask the children to look at the images in the Tell It! cartoon on page 1809.
- Invite the children to find a partner and use the images to retell the Bible reading the best that they can.
- Encourage several volunteers to stand and summarize the Bible reading for the group, using the images in Tell It!
- Have the children use some of the smaller stickers to mark parts of the Featured Story (pages 1808–1809) that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Parts of One Body Relay

Note: Balloons are used in this activity. If any of the children have an allergy to latex, you should choose a different activity.

- Blow up several balloons and write two different parts of the body on each, such as *Elbow/Shoulder* or *Head/Nose* or *Side/Back* or *Eye/Ear* (or do this in advance).
- Choose two children and explain to them that they have to get from one part of the room to another by touching the balloon only with one of the body parts written on the balloon. For example, if *Head/Nose* was written on the balloon, one child may touch the balloon with only his or her head and the other child may touch the balloon with only his or her nose. Together they must move themselves and the balloon to the other side of the room.
- Give the pair a start signal, and time how long it takes them to get to the other side of the room. If the pair drops their balloon, they have to go back to the beginning and start again. Encourage the rest of the children to cheer on the pairs.

- Continue the activity with another pair of children and with different parts of the body written on their balloon. Repeat this process until all of the children who want a chance have been paired and have raced, reusing some of the balloons if necessary. **Note:** If you have space, you can also make this a race between several different teams at the same time.

Process the Activity

- Invite the children to share how the activity they just took part in is like being part of the Church. (*Answers might include: like the parts of the body, we all had to work together; the rest of the group cheering them on is like the support we get from being part of the Church; we work together with our different gifts for the same purpose—continuing the mission of Jesus, etc.*)
- Ask the children how a person becomes a part of the Church. If they need help, remind them of the title of the Bible reading for the day: *Every Baptized Person Is a Part of the Church*.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 22 in its place.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Explain to the children that Jesus gave the Church seven **sacraments** to bring us closer to him and to help us answer his call to be his followers. Invite them to name as many sacraments as they can, and list all of the sacraments on the board. If the children have witnessed any of the sacraments, encourage them to share briefly.
- Tell the children that there are really three sacraments that begin our life in the Church, and that these three sacraments, together, are called the **Sacraments of Christian Initiation**. Circle, or write, *Baptism*, *Confirmation*, and *Eucharist* on the board, and write "Sacraments of Christian Initiation" near them. Explain that *initiation* is another word for *beginning*.
- Explain some basic information about the Sacraments of Christian Initiation to the children, using the following as possible points to cover:

- The Sacrament of **Baptism** gives us new life and unites us with Jesus.
- This is a sacrament you have already received and probably don't remember because you were most likely babies. (Ask if anyone was baptized after infancy and what they recall about the sacrament.)
- In the Sacrament of **Confirmation**, a bishop or priest anoints us with holy oil, which is a sign that we are strengthened as Christians.
- Confirmation makes our relationship with Jesus and the Church even stronger.
- The Sacrament of the **Eucharist** is the Sacrament of Christian Initiation that you are preparing for now, as you have already been baptized. This sacrament prepares us for a lifetime of receiving the Body and Blood of Christ at the **Mass**, which helps us be the best members of the Church and followers of Jesus we can be.
- The Sacrament of the Eucharist is the Church's most important sacrament and is why it is important to spend some time preparing and learning about this sacrament.
- Ask the children some of the following questions to check for comprehension:
 - How many sacraments are there? (*seven*)
 - What is the first sacrament we celebrate? (*Baptism*)
 - Which three sacraments are also called the Sacraments of Christian Initiation and help us become a full part of the Church? (*Baptism, Confirmation, Eucharist*)
 - Which Sacrament of Christian Initiation do we celebrate again and again, all throughout our life? (*Eucharist*)
- Invite the children to turn to the activity on page 3 of their activity booklets and complete it. Give them a few minutes to look at each symbol and then choose the one that suggests the sacrament they are preparing for now. Make sure they put a check mark next to the symbol for First Eucharist.

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 1 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made, write them on the board, and circle them:
 - We are all an important part of the Church.
 - The three Sacraments of Christian Initiation are Baptism, Confirmation, and the Eucharist.
 - The Eucharist is the most important sacrament in the Church.
- Ask the children to place the chapter 1 sticker in the correct circle on their treasure maps.



Closing Prayer

- Begin prayer by leading the children in the Sign of the Cross and saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Read, or invite a volunteer to read, the prayer from page 1 of the activity booklet.
- Invite the children to come to you, one by one. Make the Sign of the Cross on each child's forehead as you say: "____, you are an important part of the Church. Spread the love of Jesus in everything that you do." Encourage the child to respond, "Amen."
- Play a piece of music, if time allows, that speaks about being part of the Church, the Body of Christ.
- End by saying: "May God bless us as we continue to learn and grow as followers of Jesus. Amen." Close with a final Sign of the Cross.

Materials Needed

- a large piece of paper or poster board with a full-body outline of Jesus

Materials Needed

- long strips of paper, one for each child, with the phrase, "I can be a good member of the Church by . . ."

Materials Needed

- a computer with Internet access
- a computer projector



Additional Activities

The Gifts We Bring to the Church (15 minutes)

- Invite the children to think of a gift they have that they can use to continue Jesus' mission of love. (*Examples include: be kind, love others, be a good son or daughter, pray for others, help those in need, go to Mass.*) Call on the children, one by one, to stand and name a gift. Then invite them to come up and write their name and gift within the outline of Jesus. Make sure to include your name and a gift as well.
- Show the children all of the different names and gifts just in this room, and invite them to think of the many people throughout the world who are also part of the Church.
- Keep this activity throughout the preparation time for First Eucharist as a reminder to the children that we are all important as members of the Body of Christ, the Church.

Being a Part of the Church (15 minutes)

- Ask the children for examples of how they might finish the sentence, and record several of their responses on the board.
- Encourage the children to think of a way they can be a good member of the Church, and invite them to write it on their slip of paper.
- Ask the children to bring their completed strips of paper to you. Make a circle by joining the ends of a strip of paper together and gluing or stapling them. As other children come forward, make links by joining the circles together. When you are finished, you will have connected links of all of the different ways the children have thought of to be good members of the Church.
- Bring this to the room throughout the time of sacrament preparation so the children can be reminded that, as a Church, we work together to spread Jesus' message of love.

We Are One Body (15 minutes)

- Show the video "The Body of Christ," available on YouTube (3:09).
- Invite volunteers to explain what happened in the video.
- Ask the children to share how they think the video reflects the Scripture reading from First Corinthians.
- Remind the children that we all have different gifts that when shared together can do amazing things, just like our body parts working together help us do things every day.

Jesus Cares for Us



Background Focus

Included among the many dimensions of faith is one that is rooted in the heart and one that is rooted in the head. Both of these aspects are crucial parts of a mature faith and must be held in balance with each other. An exclusive focus on one or the other creates imbalance and a faith that risks being cold and lifeless or superficial.

When preparing children for First Eucharist, it can become easy to keep our focus primarily on making sure the children can articulate an understanding of the Eucharist and the many doctrines and mysteries of faith surrounding it. While this is important, we must also help children connect to the heart of the matter: that is, seeing faith and the Eucharist as ultimately rooted in the incredible love of God, shown in word and action through the person of Jesus.

This chapter begins to look at the Eucharist as an expression of Jesus' deep care and compassion for each one of us. As you journey through this chapter, use it as an opportunity to reflect on how well you balance the head and heart dimensions of faith.

GO (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 2 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet to the group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Chapter 2

Featured Story




Jesus Feeds a Huge Crowd
(John 6:1–15)

Chapter 2

Lesson Goals

- to explain that Jesus cares for us and for all people
- to identify the Eucharist as a way Jesus shows his care for us
- to name the four parts of the Mass

Lesson at a Glance

-  **Go** (10 minutes)
 - Opening Prayer
 - Engage Activity
-  **Seek** (30 minutes)
 - Featured Story
 - Core Learning Activity
-  **Find** (20 minutes)
 - God's Treasure of the Eucharist
 - Lesson Wrap-Up
 - Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 2 activity booklet
- plastic or paper cups, one for each child
- several baskets
- fish-shaped crackers or candies and crackers that resemble pieces or loaves of bread (avoiding any allergens that children might have)
- materials for any of the optional activities you choose

Music Suggestions

- "Bread of Life," by David Glenn (Catapult)
- "I Am the Bread of Life," by Paul McIntyre (Paul McIntyre)

Engage Activity

- Draw a picture of Jesus on the board (even if it is a stick figure).
- Invite the children to brainstorm as many things they know about Jesus as they can. Have them call out their responses, and write their responses on the board around the picture of Jesus.
- Highlight or circle the words “Jesus Loves Us” or “Jesus Cares for Us,” if they have been mentioned by the children. If they have not been mentioned, write them on the board and highlight them in some way.
- Tell the children that today they are going to learn about ways Jesus shows us he cares for us by giving us the gift of the Eucharist.

† Seek (30 minutes)

Featured Story

- Invite the children to find John 6:1–15 in *The Catholic Children’s Bible* (page 1665).
- Direct them to turn the page and place an “I found it!” sticker next to the Featured Story (page 1666). Tell them that the words between the leaves on page 1666 is a shortened version of the Scripture story on the previous page.
- Ask the children to look at the artwork on pages 1666–1667. Invite them to describe what they see in the artwork and to predict what the Bible story might be about.
- Invite a volunteer to read the title on the page, and then read the Bible story to the children or ask one of the children to read it to the group.
- Ask the children several questions to check for comprehension, such as these:
 - How many loaves were there at the beginning? (*five*)
 - How many fish were there at the beginning? (*two*)
 - What did Jesus do in the story? (*Jesus made the five loaves and two fish multiply enough to feed all of the people.*)

Understand It!

- Read Understand It! on page 1667 to the children, or invite a volunteer or volunteers to read.

- Invite the children to summarize what they just heard, asking them key questions about the reading to check for comprehension.
- Review some of these key points with them:
 - Jesus cared for the people and found a way to make sure they were all fed.
 - Jesus could do wonderful things like this because he is God.
 - Jesus feeds people today with the Eucharist, his own Body and Blood, at Mass.
 - The Eucharist is Bread that is Jesus himself, the Body of Christ, and that nourishes our souls and brings us closer to God.
- Explain to the children that another name for the *Eucharist* is *Holy Communion* and that they may hear both of these terms used to refer to the gifts of bread and wine that become Jesus at the Mass. Tell them they will learn more about this later.
- Explore John 6:35 with the children, helping them to make the connection between Jesus as the Bread of Life and the Eucharist.

Live It!

- Invite a volunteer to read Live It! on page 1667, or read it aloud to the group.
- Review the terms *merciful* (showing great love and forgiveness to others) and *Redeemer* (one who helps us be the best we can be) with the children, and pray the prayer together as a group.
- Explain to the children that Holy Communion is a gift Jesus gives us to show that he cares for us, and that when we receive Holy Communion, it helps us become more like Jesus and grow closer to God. Tell them that this prayer is a wonderful prayer about wanting to be more like Jesus.
- Have the children turn to page 2 in the activity booklet and begin to color the frame of the prayer from Saint Richard of Chichester. If they do not finish in the time allotted, encourage them to complete it at home. Tell them that they can hang this piece of paper at home to remind them to pray this prayer daily.

Tell It!

- Ask the children to look at the images in Tell It! on page 1667.

- Encourage several volunteers to stand and summarize the Bible reading for the rest of the children, using the images in Tell It!
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Loaves and Fishes Race

- Arrange the children in two lines. At one end of the lines place a basket full of fish-shaped crackers or candies and crackers that resemble pieces or loaves of bread. Place an empty basket at the other end of each line.
- Invite a child to stand by the basket with the “bread” and “fish” for both lines. The other children in the line should each be given a paper or plastic cup.
- Explain to the children that the child by the basket of “bread” and “fish” will drop either bread or a fish in the cup of the first child in line—just one piece at a time. That child will pass on the bread or fish to the next child in line, and so on, until the last child in line drops the bread or fish into the empty basket at the other end of the line.
- Tell the children that as soon as the first child in line with a cup has passed the bread or fish and has emptied their cup, the person standing next to the basket can place another piece in their cup, and they can pass it along until the last person drops it in the basket at the end of the line. The goal is to be the team with the most bread and fish in the basket at the end of the line when time is called. If a piece falls on the ground, tell the children that they cannot pick it up.
- Make sure both lines understand the rules, and allow a practice round if necessary.
- Say “Ready, Set, Go!” to begin the relay, and give the children about 2 (or more) minutes to pass as many fish and as much bread as they can through the line to the basket at the end. Encourage them and cheer them on.

Process the Activity

- Count the number of fish and pieces of bread that have been passed successfully along the lines, and congratulate both teams for their efforts.

- Tell the children that the filled baskets at the end can remind us of the Bible story and how Jesus multiplied five loaves of bread and two fish to feed a large crowd. Jesus cared so much for the people that he wanted them all to be nourished and fed.
- You might also want to highlight the teamwork that was necessary to successfully complete this activity and tell the children that this is another reminder of the Church and how we all work together to continue to spread Jesus’ love and care to others.

Additional Activity Options

If the core activity above would not work for your group for any reason, you may choose to use any of the Additional Activities on page 27 in its place.

✕ Find (20 minutes)

God’s Treasure of the Eucharist

- Tell the children that, like the huge crowd in the Bible story, Jesus cares for us by feeding and nourishing us in the Eucharist. Ask the children where we receive the Eucharist (*at Mass; in church*). Explain that because of what takes place in the Mass, it is the most important celebration in the Catholic Church.
- Invite the children to share their experiences of Mass. Encourage them to share some of the sights, sounds, prayers, and actions that they witness during Mass. It may be helpful to record their input under the following headings: *See, Hear, Pray, Do*.
- Explain to them that the Mass always includes four main parts. Write the following on the board: *Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*.
- Briefly explain the different parts of the Mass:
 - The **Introductory Rites** is the name for what occurs at the beginning of Mass. It includes a gathering song, a procession, the Sign of the Cross, a welcome from the priest, and a prayer asking for God’s forgiveness.

- The **Liturgy of the Word** is the part of the Mass when we listen to the readings from the Bible, and the priest or deacon helps us understand the Bible readings. We also pray a prayer that expresses what we believe in as Catholics. Then we pray for the Church and for all people.
- The **Liturgy of the Eucharist** is the part of the Mass where the gifts of bread and wine become the Body and Blood of Jesus and we receive Holy Communion.
- The **Concluding Rites** occur at the end of the Mass, where the priest blesses us and reminds us that when we leave, we are called to serve God and others.
- Invite the children to turn to page 3 in their activity booklets. Have the children look at that page and discuss with them the correct answers: *Introductory Rites = the procession, Liturgy of the Word = person reading from the ambo, Liturgy of the Eucharist = a girl receiving Holy Communion, Concluding Rites = priest holding his hand, offering a final blessing.* Encourage them to draw lines to the correct images.

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 2 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the children, and write their answers on the board.
- Ensure that the following points are made, write them on the board, and circle them:
 - Jesus cares for us and for all people.
 - The Eucharist is a way Jesus shows his care for us.

- The four parts of the Mass are Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, and Concluding Rites.
- Ask the children to place the chapter 2 sticker in the correct circle on their treasure maps.



Closing Prayer

Prepare for prayer by asking the children to think of some of the people who show care for them. Tell them that you will ask volunteers to share some of these names in the prayer.

- Begin prayer by leading the children in the Sign of the Cross and saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite the children to briefly name some of the people who care for them, and end by saying: "We thank you, God, for all of the people who show us care and who help us grow to be our very best. We thank you also for the gift of your Son, Jesus, who we are growing to know and love more and more."
- Have the whole group read the prayer in Live It! on page 1667 of *The Catholic Children's Bible*.
- Close with a final Sign of the Cross.



Additional Activities

No Gift Is Too Small (15 minutes)

- Explain that the video the children will see is a version of today's Bible story that someone created to show the importance of sharing our gifts. Show the video "What is your '5 loaves & 2 fishes'?" available on YouTube (4:51).
- Discuss the video, and emphasize how the boy showed kindness in his willingness to share his loaves and fishes. Jesus took that small gift and touched the lives of many people.
- Tell the children that sometimes we may think our acts of kindness don't mean much, but that we never know in what ways our gifts might make a difference or how a simple act might touch the lives of many.
- Pass out the strips of paper, one to each child. Have them write "kindness" on one side of the strip of paper. On the other side, have them think of and write one small act of kindness they will do for someone else. When they have finished, go around the room and staple the two ends of the strip to create a wristband for each child.

Keeping Sunday Holy (15 minutes)

- Remind the children that Sunday is a special day of the week because it (or Saturday evening) is the day when we go to Mass and receive Holy Communion.
- Encourage the children to think of ways that they and their families can keep Sunday holy, and write their ideas on the board. Ideas might include: go to Mass, pray together, spend fun time together, share a special meal, read the Bible together, and visit relatives.
- Pass out blank pieces of paper and crayons or markers, and encourage the children to write "Special Sunday" at the top of the paper. Invite them to draw a picture of one way they and their family can keep Sunday holy.
- Encourage the children to keep this paper at home in a place where they and their family can see it to remind them of the importance of Sunday.

Catholic Mass Trivia Game (15 minutes)

- Preview the trivia game video "Catholic Mass Kid's Trivia Game Part 2 Introductory Rites," available on YouTube (3:42). Make note of all of the actions and items the video is testing. It would be helpful to have the *Book of the Gospels* and the *Roman Missal* available for the children to see.
- Take some time to teach the children the different actions and items involved with the Introductory Rites of the Mass. Be sure to cover all of the questions that will be asked in the video.
- Watch the video together, pausing to ask the children for the answers before revealing the correct answer.
- Invite the children to keep their own personal scores, or keep a general score for the whole group.

Materials Needed

- a computer with Internet access
- a computer projector
- strips of paper to make wristbands
- crayons or markers

Materials Needed

- blank pieces of paper
- crayons or markers

Materials Needed

- a computer with Internet access
- a computer projector

Chapter 3

Featured Story

Jesus Teaches Us How to Be Happy (Matthew 5:1–12)



Background Focus

Eating together is a sign of unity and love. If we think back to some of our most happy and significant moments with family and friends, they often involve food and drink. We may also have direct experience of the importance of making up our differences before we sit down to eat together in order to preserve this sign of unity and love.

When we gather around the table at Mass, we do something similar. We ask for forgiveness and for the prayers and support of the community in the Penitential Act. This helps us prepare to receive the Eucharistic meal with awareness of the great gift that it is and honor the unity and love that it offers to us.

This chapter provides an opportunity to make the connection between being truly happy and being a person who is merciful, pure of heart, and focused on peace. Forgiveness is at the center of each of these key characteristics and is an important part of our preparation to receive the Eucharist with happy and joyful hearts.

Go (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 3 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, “Let us remember we are in the holy presence of God.” Allow about 10 seconds of silence.
- Invite a volunteer to read the prayer on the activity page to the group. Ask all of the children to respond “Amen,” and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Lesson Goals

- to identify three actions that lead to true happiness
- to explain why we want to be in a state of friendship with God when we receive the Eucharist
- to articulate that we ask for God’s forgiveness at Mass to prepare for the Eucharist

Lesson at a Glance

Go (10 minutes)

Opening Prayer

Engage Activity

Seek (30 minutes)

Featured Story

Core Learning Activity

Find (20 minutes)

God’s Treasure of the Eucharist

Lesson Wrap-Up

Closing Prayer

Materials Needed

- *The Catholic Children’s Bible* and chapter 3 activity booklet
- computer and projector, Internet connection (if available)
- blank pieces of 8½-by-11-inch paper, crayons or markers
- materials for any of the optional activities you choose

Music Suggestions

- “The Beatitudes Song,” by The Church at Brook Hills (Brook Hills Music)
- “The Beatitudes,” by The Wonder Kids (Wonder Workshop)

Engage Activity

- If you have access to a computer, projector, and Internet connection, show the following YouTube video to start the lesson: “Pharrell Williams – Happy (*Despicable Me 2* – Lyric Video)” (3:53). If you don’t have access, skip to the next step.
- Write the word *Happy* on the board, and invite the children to think of all of the things that make them happy. Call on children to share their ideas and write key words on the board. If the children focus solely on material objects, challenge them to think of people, events, actions, attitudes, and other things that bring them happiness.
- Tell the children that in today’s Bible story they are going to learn about what Jesus said would bring true happiness, and it might be surprising.

† Seek (30 minutes)

Featured Story

- Invite the children to find Matthew 5:1–12 in *The Catholic Children’s Bible* (pages 1454–1455).
- Direct them to turn the page and place an “I found it!” sticker next to the Featured Story (page 1456). Tell them that the story between the leaves on page 1456 is a shortened version of the Scripture story on the previous pages.
- Ask the children to look at the artwork on pages 1456–1457, and to see how quickly they can find Jesus on page 1457.
- Invite a volunteer to read the title of the Featured Story and the Bible story. Explain to the children that another name for these teachings from Jesus about happiness is the Beatitudes. Then ask the children several questions to check for comprehension, such as these:
 - What does it mean to be merciful? (*being kind to someone who needs help or asks for forgiveness*)
 - What does “pure in heart” mean? (*without sin*)
 - What are some of the things Jesus says will bring happiness? (*desiring to do what God requires, being merciful, being pure in heart, working for peace*)

Understand It!

- Read Understand It! on page 1457 to the children, or invite a volunteer or volunteers to read.
- Invite the children to summarize what they just heard, asking them key questions about the reading to check for comprehension.
- Review these key points with them:
 - Jesus names the ways we should act to be truly happy.
 - He did not just teach us these things; he lived them.
 - Three ways that lead to happiness are: being a helpful and forgiving person, avoiding all sin, and working for peace.
 - When we follow Jesus’ example, we will be truly happy.
- Encourage the children to think of ways they can be merciful, be pure of heart, and work for peace. Invite them to share their ideas with the group.

Live It!

- Invite a volunteer to read Live It! on page 1457, or read it aloud to the group.
- Have the children turn to page 2 in the activity booklet and complete the drawing activity described in Live It!, drawing a picture of someone having mercy, being pure of heart, or working for peace. If they don’t finish their drawing in the allotted time, encourage them to finish it at home.

Tell It!

- Ask the children to look at the images in Tell It! on page 1457.
- Encourage volunteers to describe what is being shown in each picture and whether it is an example of mercy, purity of heart, or working for peace.
- Invite the children to answer the question, “What do each of these actions lead to?” (*true happiness*)
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

The Lesson of Forgiveness

- Hand out a blank piece of paper, one for each child, and distribute crayons or markers. Remind the children that one way we become happy is by being pure of heart and trying our best to avoid sin. Ask the children what we can do when we sin (*ask God for forgiveness in our hearts and through the Sacrament of Reconciliation*).
- Instruct the children to draw either a vertical or a horizontal line dividing their paper in half. Then encourage them to think of a time they acted in a way that didn't show purity of heart, a time when they sinned. Have them think of that experience while they write the word *Sin* on one half of their piece of paper.
- Have the children think of what they learned from that experience. You may need to give them some examples, such as "I won't do that again," "I shouldn't act that way," "When I did that, I felt bad," etc. Encourage them to write what they learned on the other half of the piece of paper.
- Ask the children to tear their pieces of paper in half by ripping the paper along the line they drew as best they can. It doesn't matter if it doesn't rip perfectly. Invite them to crumple up the side that describes how they felt when they sinned.
- Place an empty box or wastebasket in the center of the room or another appropriate place. Then have the children, either one by one or all together, throw their crumpled-up papers into the basket. It doesn't matter if they make it in the basket or not.

Process the Activity

- Invite the children to think about how the activity symbolizes how God forgives our sins and we are given the gift of peace because our sins are forgiven. What remains with us is the lesson and the desire not to sin again.
- Tell the children that when we ask for forgiveness in our hearts and through the Sacrament of Reconciliation, it leads to purity of heart and true happiness.

Additional Activity Options

If the core activity above would not work for your group for any reason, you may choose to use any of the Additional Activities on page 32 in its place.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Ask the children if they remember the four main parts of the Mass (*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*).
- Tell the children that during the Introductory Rites, we pray for God's forgiveness in the **Penitential Act**. Continue with the following information:
 - The Penitential Act gives us a chance to say that we are sorry for our sins and the times we have hurt our friendship with God and others.
 - We promise God in our hearts that we will try to do better.
- Ask the children if they can think of a reason that we pray a prayer for forgiveness at the beginning of the Mass. Explain to them that when we receive the Eucharist, we want to be in a state of friendship with God. Tell them that this prayer helps us prepare to listen to the Bible readings and to receive the Eucharist.
- Tell the children that, as one possibility for the Penitential Act, the priest or deacon might say, "Lord, have mercy." Ask the children if they know how the assembly responds after this (*Lord, have mercy*). Do the same for "Christ, have mercy" (*Christ, have mercy*) and "Lord, have mercy" (*Lord, have mercy*) to mirror the Penitential Act (Roman Missal, page 520).
- Explain to the children that when we receive the Eucharist, we are forgiven our less serious, or venial, sins that weaken our relationship with God. Tell them that receiving the Eucharist strengthens us to resist serious, or mortal, sins that separate us from God.

- Ask the children some questions to check for comprehension, such as these:
 - Why do we pray a prayer for forgiveness at the beginning of Mass? (*It helps us prepare to listen to the Bible readings and to receive the Eucharist.*)
 - What are some of the words we say in the Penitential Act at Mass? (*Lord, have mercy; Christ, have mercy*)
- Invite the children to turn to page 3 in their activity booklets and complete the activity. Give them a few minutes to read the sentences and match the words with the correct sentences. *Answers: 1. Penitential Act, 2. mercy, 3. sin, 4. forgiveness*

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 3 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take time to get input from the children, and write their answers on the board. Ensure that the following points are made:
 - Jesus taught us that there are actions that lead to true happiness. These include being merciful, being pure in heart, and working for peace.

- We want to be in a state of friendship with God when we receive the Eucharist.
 - We ask for God's forgiveness at Mass to prepare for the Eucharist.
- Ask the children to place the chapter 3 sticker in the correct circle on their treasure maps.



Closing Prayer

- Begin prayer by leading the children in the Sign of the Cross, then say, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Direct the children to the Penitential Act on page 2 of *The Order of the Mass and Key Words* booklet. Tell them that this is one of the possible prayers that can be used for the Penitential Act. Pray the prayer together. (Show them how to strike their breast one time lightly with a closed fist at the words "through my fault." Explain that this is an ancient sign of being sorry.)
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.

Materials Needed

- none

Materials Needed

- red construction paper
- heart templates
- scissors, markers, paper clips, and string

Materials Needed

- a computer with Internet access
- a computer projector
- a large piece of paper or poster board with "Oh Happy Day" written at the top
- crayons or markers



Additional Activities

The Living Beatitudes (15 minutes)

- Have the children form small groups of four, and invite each group to create a short skit that demonstrates one of the Beatitudes in action.
- Give the children time to brainstorm and rehearse their skits. Tell them that each person in their group must have a role.
- Call on the groups to present their skits, and ask the rest of the children to identify the Beatitude that is being demonstrated.
- Remind the children that Jesus taught us that these actions lead to true happiness.

A Heart of Forgiveness (15 minutes)

- Give a piece of red construction paper to each child, and invite the children to draw a large heart on the paper using a template that you provide.
- Encourage them to cut out the heart. On one side of the heart, they should write "Ask for Forgiveness," and on the other side, "Offer Forgiveness." If there is time, they can also add other decorations or images to their paper hearts.
- Show the children how to tie a piece of string onto a paper clip, and then attach the paper clip to the heart.
- Tell them that they can hang this forgiveness heart at home to remind them that seeking forgiveness leads to a pure heart and that offering forgiveness is showing kindness, or mercy, to others.

We Are One Body (15 minutes)

- Show the video "Sister Act Oh Happy Day HD," available on YouTube (3:17). Invite volunteers to share how the song and video made them feel.
- Explain to the children that when the song says Jesus taught us how to "fight and pray," it doesn't mean fight as in using violence of any kind. It is an expression that means to stand strong and to stick to our faith, even in bad times.
- Point out to the children that this Gospel song is about the happiness we have because of Jesus and how he taught us to live with happiness and joy.
- Place the large piece of paper or poster board over several desks or on the floor. Tell the children that part of happiness is showing gratitude, or thankfulness, for all of the good things God has given us.
- Invite the children to think of something they are thankful for that has happened today and to write about it or draw a picture on the large piece of paper. Keep this paper or poster board for display throughout the preparation time. Encourage the children to think of things daily to thank God for.

We Give Thanks to God



Background Focus

It has been said that a person with a grateful heart is a person who knows great joy and little sorrow. This doesn't mean that a grateful person doesn't experience sad events in his or her life. It simply means that gratitude helps a person always stay mindful of all that is good and right, even in the midst of pain and sorrow.

If you've ever met a person who is truly filled with gratitude, you know that it can be disarming. Such people challenge the fact that, too often, we get stuck on all that doesn't seem to be working well instead of all of the good that surrounds us. We're not called to blindly ignore the realities of life, but we are called to celebrate and be thankful for all of the good.

This chapter focuses on the praise and thanksgiving we offer God in our lives and, especially, in the Mass. We thank God for all of the blessings we have been given, including the gift of Jesus. Helping children express gratitude and thankfulness prepares them for the wonderful gift of the Eucharist.

GO (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 4 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer in the activity booklet together. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Engage Activity

- Write the following on the board before gathering for the lesson, and cover it with paper: "What are you thankful for?"

Chapter 4




Featured Story

Thank God for All He Has Done for You
(Colossians 3:12-17)

Lesson Goals

- to recognize the importance of being thankful
- to identify Sunday as a special day to honor God
- to understand that we pray, give thanks, and praise God at Mass

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 4 activity booklet
- balloons; blank pieces of paper; and crayons, pencils, or markers
- materials for any of the optional activities you choose

Music Suggestions

- "Lord, I Thank You," by Yancy & Little Praise Party (Yancy Ministries, Inc.)
- "Thank You, Lord," by Shout Praises Kids (David C. Cook)

- Give each child a blank piece of paper, and make sure that each child has something to write with.
- Tell the children that you have written a question on the board, and they will have to create a list of as many things as possible that answer the question. However, they will have only 1 minute to complete the activity. The goal is to make the biggest list they can. **Note:** If the children are set up in groups, you could have them complete this as a group activity with only one piece of paper for the whole group.
- Uncover the question, and encourage the children to write as quickly as they can. Tell them that spelling doesn't count for this activity.
- Set a timer or announce the end of 1 minute, then have the children put their writing instruments down. Invite them to count how many things they have listed, giving themselves one point for each item. Congratulate the child or group with the most items listed.
- Explain to the children that today they will be learning about what it means to be thankful and how we show thanksgiving to God in the Mass.

† Seek (30 minutes)

Featured Story

- Invite the children to open their Bibles and to find Colossians 3:12–17 in *The Catholic Children's Bible* (pages 1864–1865).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1866).
- Ask the children to look at the two main images on pages 1866–1867, and ask them what they think is happening in each. Accept all reasonable responses.
- Invite a volunteer to read the title of the Featured Story and the verses on page 1866.
- Ask the children how many times the Featured Story mentions the words *thankful*, *thanks*, or *thanksgiving* (*three*). Tell them that these Bible verses are talking about qualities that Christians—those who follow Jesus—should have, and thankfulness is an important one.
- Invite the children to share why they think we should be thankful to God. Write some of their responses on the board.

Understand It!

- Invite two volunteers to read Understand It! on page 1867 out loud to the group.
- Ask the children questions about the reading or review these key points with them:
 - We should thank God because he has given us everything.
 - We can say, "Thank you, God," whenever something good happens.
 - At Mass we thank God for Jesus and all he did for us.
- Affirm the responses the children gave for why we should be thankful for God by writing them on the board.
- Tell the children that we have a choice: to be focused on the good things that are in our life or on the bad things. Ask them which they would rather be focused on. Remind them that we can say, "Thank you, God," throughout the day when something good happens. This will help us be grateful and see all of the good things in our lives.

Live It!

- Invite a volunteer to read Live It! on page 1867, or read it aloud to the group.
- Have the children turn to page 2 in the activity booklet and complete the activity. Read the directions to the children, and invite them to check off all of the things they are grateful for.
- Ask them to think of and write one way they can show their thankfulness, or gratitude, through an action.

Tell It!

- Ask the children to look at the images in Tell It! on page 1867, and remind them that we can thank God at all times.
- Invite them to share what the images might be telling us about the different ways we can thank God. Accept all reasonable responses.
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Balloon Thank-Yous

Note: Balloons are used in this activity. If any of the children have an allergy to latex, you should choose a different activity.

- Tell the children to take a minute to think of all of the things they are thankful for.
- Blow up three, or more, different-colored balloons and tie them.
- Explain to the children that they are going to play a game called “Balloon Thank-Yous.” Tell them that you are going to hit the balloons in the air. The goal is to keep the balloons up in the air as long as possible by taking turns hitting them. If a balloon touches the floor, it is out of play. No child can hit the same balloon two times in a row.
- Tell the children that each time they hit the balloon, they must say something they are thankful for, trying not to say the same thing twice. If they forget to say something, the balloon is taken out of play. They must stay in their seats at all times and can’t stand up.
- Count to three, and hit the balloons to the children. Create excitement by encouraging the children as they strike the balloons, making sure they are naming things they are thankful for as they hit the balloons and try to keep them in play.
- Time how long it takes until the last balloon goes out of play. If this happens quickly, restart play and encourage them to try to beat their best time.

Process the Activity

- Invite the children to think about ways the activity shows us how much we have to be thankful to God for. Of course, in real life, we can thank God again and again for the same things.
- Remind the children that telling God we are thankful is important, and it is also important to show our thankfulness and gratitude through our words and actions.

Additional Activity Options

If the core activity above would not work for your group for any reason, you may choose to use any of the Additional Activities on page 37 in its place.

✕ Find (20 minutes)

God’s Treasure of the Eucharist

- Invite the children to turn to pages 2 and 3 in *The Order of the Mass and Key Words activity booklet*. Explain that the Gloria is a **hymn** of praise and thanksgiving that we pray on most Sundays at Mass during the Introductory Rites. Explain that the first two lines are the song the angels sang to the shepherds when Jesus was born. Read the prayer together, introducing any vocabulary that the children might have questions about.
- Tell the children that Sunday is the Lord’s Day—a special day to honor and thank God. Continue with the following points:
 - The word *Eucharist* means “thanksgiving.”
 - During the Mass, we pray, give thanks, and praise God.
 - We thank God for all of the blessings he has given us and we thank him that Jesus is with us.
- Ask the children if they can think of any other ways we honor and praise God through our words or actions at Mass. Explain some of the following actions that express honor and praise:
 - We show respect when we **genuflect** on one knee before the altar when we enter or leave the church. (*You may wish to practice this with the group.*)
 - We stand during the reading of the Gospel to show how important it is.
 - We also praise God by singing different songs, or hymns, during the Mass.

- Ask the children some questions to check for comprehension:
 - Why is Sunday a special day? (*It is the Lord's Day; it is a special day to honor and thank God for all of our blessings; we especially thank God for the gift of Jesus.*)
 - What does the word *Eucharist* mean? (*thanksgiving*)
- Invite the children to turn to page 3 in their activity booklets and complete the activity. Give them a few minutes to think about and write down different gifts from God they are especially thankful for.

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 4 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Ask the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Gather this input from the children, writing their answers on the board.
- Ensure that the following points are made:
 - It is important to express our gratitude and thankfulness.
 - Sunday is a special day to honor God.
 - During the Mass, we pray, give thanks, and praise God.



Closing Prayer

- Direct the children to the Gloria found on page 2 of *The Order of the Mass and Key Words* booklet.
- Model for the children simple gestures they can use when they come to the following specific words in the prayer:
 - *Glory*: Raise arms high into the air
 - *Peace*: Hold hands over heart
 - *Praise*: Hold hands out with upturned palms
 - *Bless*: Fold hands prayerfully
 - *Adore*: Bow
 - *Glorify*: Raise arms high into the air
- Begin prayer by leading the children in the Sign of the Cross and then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Pray the Gloria together, adding the gestures if you wish.
- Play a piece of music, if you have time, that supports the focus of the lesson, or a sung Gloria that your parish uses at Mass.
- Close with a final Sign of the Cross.



Additional Activities

Gratitude Envelopes (15 minutes)

- Distribute one envelope to each child and one or two pieces of blank paper.
- Tell the children that they should write “Be Thankful!” on the outside of the envelope. They can decorate the envelope with crayons or markers.
- Have them cut the blank paper into strips that are big enough to write on.
- Invite them to think of several things they are thankful for and to write them on separate strips of paper. When they have finished, ask them to place the strips in their envelope.
- Encourage them to keep their gratitude envelopes to remind them to always be thankful. When they think of more things they are thankful for, they can write them on another strip and add it to their envelope.

Lovely Noise (15 minutes)

- Prepare in advance for this activity by watching the video “Lovely Noise,” available on YouTube (4:08). This will help you learn and teach the motions to the song. Be sure to watch the demonstration with the youth group following the tutorial.
- Invite the children to find Psalm 107:8–9, and ask a volunteer to read the verses. Tell the children that there are many places in the Bible where we are reminded how important it is to thank God.
- Play the YouTube video “Lovely NOISE” (3:09) for the children (this version is different than the instructional video). Invite them to learn the words to the chorus and to sing along.
- Teach the children the motions for the song and have them practice. Then play the video again and encourage them to move and sing along.

Write a Thankful Song (15 minutes)

- Break the children up into four groups, number each group, and give each a blank piece of paper.
- Play the song for the children, pointing out how there are spaces in the song after “You are . . .” Tell the groups that they are to come up with three great qualities of God. You may want to ask volunteers for examples of what they might write, such as: *wonderful, loving, cool*.
- Give the groups a few minutes to decide on three qualities that will finish the “You are . . .” sentence. Then explain to the groups that when you point to them, they will shout out the three qualities of God they came up with, one by one, filling in the spaces in the song.
- Start with group 1 and point to indicate when they should shout a quality to fill in each of the three spaces. Then move to groups 2 through 4 in the same manner, so that all the spaces are filled with wonderful qualities of God. It doesn’t matter if the different groups come up with the same words.
- Explain how this is a song of praise and thanksgiving in which we celebrate how wonderful God is to us.

Materials Needed

- blank envelope for each child
- blank paper
- scissors
- crayons, markers, or pencils

Materials Needed

- a computer with Internet access
- a computer projector

Materials Needed

- download of song “Thank You Lord,” by Jeff Johnson, from the *What Do You Smell Like?* album
- blank paper
- crayons, markers, or pencils

Chapter 5

Featured Story

Jesus Wants Us to Hear and Accept His Word
(Mark 4:1–20)



We Learn from the Bible

Lesson Goals

- to identify God's Word as the readings and teachings in the Bible
- to describe the importance of preparing our hearts for God's Word
- to recall that we hear God's Word at Mass in the Liturgy of the Word

Lesson at a Glance

Go (10 minutes)

Opening Prayer
Engage Activity

Seek (30 minutes)

Featured Story
Core Learning Activity

Find (20 minutes)

God's Treasure of the
Eucharist

Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 5 activity booklet
- permanent markers, soil, clear plastic cups, grass (or other) seeds, spray bottle full of water, scoop or spoon for the soil, scoop or spoon for the seeds, wet napkins
- materials for any of the optional activities you choose

Music Suggestions

- "Thy Word," by Cedarwood Worship for Kids, Vol. 2 (Cedarwood Music, LLC)
- "Open My Eyes," by James David Carter (WLP)

Background Focus

The Parable of the Sower (Mark 4:1–20) presents one of those uncomfortable challenges that Jesus often issues. It is a message that, perhaps, brings forth the difference between hearing and listening.

Hearing the Good News is easy. It simply involves paying attention to the words that are being said. It may even involve agreement with what is being said. Listening, on the other hand, seems to imply something deeper. It includes not only the act of hearing, but also some real sense of reflection and integration into one's life.

This chapter focuses on the importance of listening to God's Word and taking care that our hearts are "good soil" in which it can be rooted. As we listen to God's Word at Mass, it is good for all of us to challenge ourselves to see if we are just hearing the readings or if we are really listening.

Go (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 5 activity booklets and locate the prayer on the page.
- Begin prayer by leading the group in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Invite a volunteer to read the prayer for the group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Engage Activity

- Create two columns on the board, and label one “Listening” and the other “Not Listening.”
- Ask the children to share how they know when someone is really listening to them. Encourage them to think of the words or actions of someone who is listening (*eye contact, nodding head, asking questions, etc.*). Write their responses on the board under “Listening.” (Note that in some cultures, direct eye contact of a child with an adult is considered disrespectful. The child will listen with eyes cast down, especially when being corrected.)
- Invite the children to share the words or actions of someone who is not listening to them (*moving around, not looking at them, talking while they are talking, etc.*). Write these responses under the correct column.
- Tell the children that in today’s lesson they will learn about the importance of listening and how we listen to and learn from the words of the Bible during Mass.

✚ Seek (30 minutes)

Featured Story

- Invite the children to open their Bibles and to find Mark 4:1–20 in *The Catholic Children’s Bible* (pages 1532–1533).
- Direct them to turn the page and place an “I found it!” sticker next to the Featured Story (page 1534).
- Ask the children to look at the images on pages 1534–1535, and invite them to tell what they think is happening in the pictures.
- Invite a volunteer to read the title of the Featured Story, and tell the children that this story is often called the **Parable** of the Sower. Explain that parables are stories that Jesus told to teach important lessons.
- Read the Featured Story to the children and help them with the new vocabulary. Ask them several questions to check for comprehension, such as these:
 - What happens to the seeds that fall on rocky ground? (*they give up*)

- What happens to the seeds that are planted among the thorn bushes? (*they don’t bear fruit*)
- What happens to the seeds planted in good soil? (*they bear fruit*)

Understand It!

- Explain to the children that the seeds and the different kinds of soil in the story stand for something else—Jesus is not really talking about seeds and soil. Invite them to share what they think seeds and soil might represent. Accept all answers. If the children don’t guess correctly, tell them they will find out in the reading.
- Ask the children to form pairs, with one child reading the first paragraph and the other child reading the second paragraph in Understand It! on page 1535.
- Tell the children that you will now ask some questions, and they should discuss the answers with their partner before raising their hands.
- Ask the following questions to check for comprehension:
 - What do the seeds stand for? (*God’s Word*)
 - What do the different kinds of soil stand for? (*our hearts*)
 - What kind of soil do we want our hearts to be? (*good soil*)
- Invite volunteers to share what they think *God’s Word* is. Explain to them that this is a name for the readings and teachings in the Bible. The Bible is also called Sacred Scripture.

Live It!

- Invite a volunteer to read Live It! on page 1535, or read it aloud to the group. Explain to the children that this is a fun drawing activity they can do at home with their family.
- Have the children turn to page 2 in the activity booklet and complete the activity. Read the directions to the children, and invite them to circle one good act they will do today.

Tell It!

- Ask the children to look at the images in Tell It! on page 1535.
- Encourage several volunteers to stand and summarize the Bible reading for the group, using the images in Tell It! to guide their retelling.

- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Hearts of Good Soil

- Prepare in advance by setting up one or more activity stations with all of the supplies: permanent markers, soil, clear plastic cups, grass (or other) seeds, a spray bottle full of water, a scoop or spoon for the soil, a scoop or spoon for the seeds, wet napkins.
- Invite the children to gather around the activity station or stations and to take turns getting a plastic cup and putting their initials on the bottom. Have them fill their cups three-quarters full with soil. Once everyone has done that, invite them to take turns placing a small amount of grass seed on top of the soil. Then have them take turns spraying the seeds and soil with water.
- Tell the children that they will leave their cups at the activity station for now. If the cups can remain in the classroom, find a place near light where they can stay. If the cups must go home with the children, help the children put plastic wrap over the top of the cup and a rubber band around it to hold the plastic wrap in place.

Process the Activity

- Ask the children if the soil being used is rocky soil, soil with thorn bushes, or good soil. (*good soil*)
- Tell them that their cups and seeds can be a reminder of how we are to make sure our hearts are “good soil” where God’s Word can grow in us. Encourage them to care for the seeds by giving them a bit of water and keeping them near light over the next week or so.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 42 in its place.

✕ Find (20 minutes)

God’s Treasure of the Eucharist

- Remind the children of the four main parts of the Mass, or ask if they can recall them. (*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*) Write each of these on the board.
- Explain to the children that the Liturgy of the Word is the part of the Mass where we hear God’s Word in the Bible. Tell them that Sacred Scripture is a guide for our lives and that we look to them for guidance about how to be faithful to God as a follower of Jesus.
- Review some basics about the Bible, such as how it is made up of the Old and New Testaments and that the New Testament includes the four Gospels—Matthew, Mark, Luke, and John—as well as letters written to the early Church by some of Jesus’ first followers.
- Tell the children that we hear several different Bible readings during the Liturgy of the Word. Write the name of each on the board and explain in these or similar words:
 - First Reading: This is usually from the Old Testament and reminds us of God’s love for us.
 - Responsorial Psalm: This is a reading or song of a psalm from the Old Testament.
 - Second Reading: This is a reading from one of the New Testament letters that were written to the early Church.
 - Gospel Reading: This New Testament reading tells us about Jesus and his teachings.
- Explain to the children that there are a lot of words in the different readings in the Liturgy of the Word and that they might not be able to understand all of them. Assure them that this is okay, but that they should listen anyway. Tell them that they will understand more as they grow and learn.
- Help the children understand that after the readings, the priest or deacon speaks to help us understand God’s Word and how to follow it. Ask the children if they know the name of this talk that the priest gives. (*homily*)

- Invite the children to turn to page 3 in their activity booklets and complete the activity. Give them a few minutes to color in the letters marked with an X to reveal the word *Bible*.

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 5 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made:
 - God's Word is another name for the readings and teachings in the Bible.
 - It is important to prepare our hearts for God's Word.
 - We hear God's Word at Mass in the Liturgy of the Word.

- Ask the children to place the chapter 5 sticker in the correct circle on their treasure maps.



Closing Prayer

- Direct the children to the words the priest or deacon says after the Gospel reading, found on page 3 of *The Order of the Mass and Key Words* booklet. Tell them that at the end of the Bible reading, you will read the part of the deacon or priest and they will respond, "Praise to you, Lord Jesus Christ" (Roman Missal, page 525).
- Begin prayer by leading the group in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Read Mark 4:16–20 (page 1534 of *The Catholic Children's Bible*).
- Conclude by saying, "The Gospel of the Lord," and help the children respond, "Praise to you, Lord Jesus Christ" (Roman Missal, page 525).
- Close with a final Sign of the Cross.



Additional Activities

Materials Needed

- none

Simon Says (15 minutes)

- Read a shortened version of the parable to the children (Mark 4:1–9), making sure to emphasize the last verse.
- Prepare for this activity by reviewing the rules of the classic game Simon Says. View the first few minutes of “Simon Says as a Teaching Tool.mov,” available on YouTube (20:04).
- Explain the rules of the game to the children and lead them in several rounds, making each round a little more difficult. Change the classic rule and have children stay in the game even after they make mistakes. This helps them better learn from their mistakes.
- Talk about the game with the children after several rounds, and discuss what made it fun and what made it challenging.
- Ask the children what the game might have to do with today’s lesson. Remind them that to do well in the game, they had to really listen. When we hear God’s Word, we have to be listening so that our hearts can become “good soil” and the words can help us grow and bring good into the world.

The Sower Skit (15 minutes)

- Read a shortened version of the Parable of the Sower to the children (Mark 4:1–9).
- Tell the group that they are going to create a skit of the parable, using all of the different elements in the story.
- Invite the children to brainstorm some of the different parts they might act out: seeds for three different soils, birds, sun, rocks, thorn bushes, good soil.
- Work together as a group to decide who will play which parts and the best ways to represent them. Practice this several times, with a child acting as the narrator reading the story.
- Consider arranging a time when the children can show this skit to another group or class.

A Parable Video (15 minutes)

- Read the longer version of the Parable of the Sower (Mark 4:1–20) to the children, pausing throughout to ask questions and check for understanding.
- Show the YouTube video “Kidz Church: The Parable of the Sower” (4:37). Prepare the children by telling them that the person narrating the story has an accent so they will have to listen closely.
- Distribute blank pieces of paper, and invite the children to draw a scene from the parable to remind them of this story from Jesus.
- Invite volunteers to share their drawings with the group and to explain what part of the story their drawing represents.

Materials Needed

- none

Materials Needed

- a computer with Internet access
- a computer projector
- blank paper and crayons or markers

We Are United in Faith



Background Focus

It can become easy for prayers that we regularly recite by heart to become words that we repeat almost as if on auto-play. We pray them correctly and with good intention, but we can lose touch with the deeper meaning of the words or the significance of praying them with others.

The Profession of Faith at Mass is one of those instances. Our statement of faith represents such a beautiful and significant moment in the Mass, but perhaps it can benefit from renewed attention. If we look around the Church as we focus on the meaning of the words we are saying, we will surely be awed by the significance of the unity of faith we are proclaiming.

This chapter teaches the importance of Christian unity and how the Profession of Faith helps us declare and celebrate that unity. As the children continue to learn this proclamation of faith, make sure to celebrate it as a time when they now proclaim for themselves a faith that was proclaimed for them at Baptism.

Go (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 6 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, “Let us remember we are in the holy presence of God.” Allow about 10 seconds of silence.
- Read the prayer for the group. Invite all of the children to say “Amen,” and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Chapter 6




Featured Story

Jesus Prays That His Followers Will Be United
(John 17:9–23)

Lesson Goals

- to express that Jesus wants his followers to be united in faith
- to identify that praying the Nicene Creed together is a sign of our unity
- to recognize the core beliefs expressed in the Nicene Creed

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God’s Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children’s Bible* and chapter 6 activity booklet
- five 3-by-5-inch cards and a marker
- material for three blindfolds
- materials for any of the optional activities you choose

Music Suggestions

- “This I Believe (The Creed) [Live],” by Hillsong Worship (Hillsong Church T/A Hillsong)
- “Profession of Faith,” by Tom Booth (OCP)

Engage Activity

- Invite the children to share what the word *unity* means. *(Accept all reasonable responses.)*
- Ask them to think of a group of people—such as a sports team, a club, the Church, or a group of friends—and to share some of the signs that a group has unity. *(Accept all reasonable responses, such as they work together, they share the same goal, they believe the same things, they respect each other, etc.)*
- Tell the children that in today’s lesson they will learn about the importance of unity in the Church and some of the ways we show our unity in faith.

Seek (30 minutes)

Featured Story

- Invite the children to find John 17:9–23 in *The Catholic Children’s Bible* (pages 1694–1695).
- Direct them to turn the page and place an “I found it!” sticker next to the Featured Story (page 1696).
- Ask the children to look at the images on pages 1696–1697, and invite them to point out the different things they notice.
- Invite a volunteer to read the title and the Featured Story, and then ask the children to share what they think it means when Jesus prays that all of his followers will be one. *(It means that he wants all Christians to be unified / have unity.)*
- Remind the children of the different characteristics of unity that they mentioned earlier. Show them how these characteristics apply to Christians as well.

Understand It!

- Invite two volunteers to read Understand It! on page 1697 and ask the children to summarize the key points. Make sure they cover the following:
 - Jesus doesn’t want anything to keep us from loving one another.
 - When we are one, we will not hurt one another with words or actions.
 - Other people will notice our love and joy.

- Remind the children of the first lesson they had about the Body of Christ, in chapter 1. Tell them that the image of one body with many different parts is another way to recall our unity as baptized Christians. Explain that we are all different, but we are united because we share the same faith—we all follow Jesus and share in his mission of love.
- Invite the children to get into groups of two or three. Have them turn to page 2 in the activity booklet and complete the activity. Read the directions to the children, and invite them to unscramble the words to discover the phrase. *Answer: United in Faith*

Live It!

- Ask a volunteer to read the directions to Live It! on page 1697, or read them aloud to the group.
- Invite the children to pray the prayer together.

Tell It!

- Ask the children to look at the images in Tell It! on page 1697.
- Encourage several volunteers to stand and summarize the Bible reading for the group.
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

United in Faith

- Prepare in advance five 3-by-5-inch cards with one of the following phrases written on each card: *God the Father, God the Son (Jesus), God the Holy Spirit, The Church, Life in Heaven.*
- Tell the children that as Christians, we are united in many things that we believe. Write the following on the board and explain that these are some key beliefs we share: *God the Father, God the Son (Jesus), God the Holy Spirit, The Church, Life in Heaven.*
- Move the desks or chairs to the walls to create a large, free space in the room, or do this activity in a place where there is free space. Stand each of the five cards, folded in tent fashion, on the floor around the space.

- Invite four children to form a line with each child placing their hands on the child in front of them. Explain that they are going to have to work together to collect at least two of the cards on the floor, but that they will do so without speaking.
- Tell them that the first three children in line will be blindfolded, but the last child will be able to see. The seeing child will direct the line to move by using different hand signals. When the seeing child gives a direction to the next child in line by use of hand signals, then that child gives the same direction to the next child, who in turn gives a signal to the first child in line. This directs the first child about how to move. The goal is to direct the first child in the line to pick up two of the cards.
- Explain the following signals:
 - Pushing down on child's right shoulder with the right hand means walk to the right.
 - Pushing down on child's left shoulder with the left hand means walk to the left.
 - Tapping twice with both hands on both shoulders means stop and pick up the card in front of you.
- Blindfold the first three children and conduct a practice round, making sure everyone understands the rules.
- Time the actual round to see how long it takes to pick up two cards. Once the first team has finished, invite four more children to play. Continue until all of the children have had a chance or time runs out. Congratulate all of the teams for their efforts.

Process the Activity

- Invite the children to explain how this activity reminds us how important unity is. Tell them that each group was made up of individuals, but they became one/unified to be more effective in accomplishing their goal.
- Recall for the group that the Bible story reminds us that we are called to become one, to be united in faith. We are called to love and support each other and celebrate that we share the same faith.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 47 in its place.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Tell the children that going to Mass is a sign of unity, and knowing that Catholics in our local community and around the world are going to Mass on Sunday helps us remember how we are all connected in faith.
- Explain that another sign of unity in the Mass is the Profession of Faith that happens in the Liturgy of the Word after the homily. During the Profession of Faith, we proclaim a **creed**, which is a statement of our shared beliefs.
- Help the children understand that there are two creeds that can be used in Mass, the Nicene Creed and the Apostles' Creed. Explain that in each creed, we proclaim our belief in God the Father, God the Son (Jesus), God the Holy Spirit, the Church, and life in Heaven.
- Invite the children to turn to page 4 in *The Order of the Mass and Key Words* booklet to see the Nicene Creed. If you have time, you can read the prayer to the children, stopping to explain certain vocabulary and meanings.
- Assure the children that they will continue to grow to understand the full meaning of this prayer, but that it states our common beliefs as Catholics and shows our unity.
- Invite the children to turn to page 3 in their activity booklets and complete the activity. Give them a few minutes to number the statements of faith in the correct order that they appear in the Nicene Creed. *Answers: 3, 1, 4, 2*

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 6 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and ask volunteers to share some of the key things they learned.
- Gather input from the group, and write their answers on the board.
- Ensure that the following points are made:
 - Jesus wants his followers to be united in faith.
 - Praying the Nicene Creed together is a sign of our unity.
 - The Nicene Creed expresses our belief in God the Father, God the Son (Jesus), God the Holy Spirit, the Church, and life in Heaven.
- Ask the children to place the chapter 6 sticker in the correct circle on their treasure maps.



Closing Prayer

- Direct the children to find the Profession of Faith (Nicene Creed) on page 4 of *The Order of the Mass and Key Words* booklet.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Proclaim the Nicene Creed together.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.



Additional Activities

Teamwork Ruler Race (15 minutes)

- Divide the children into groups of four, and give each group a ruler.
- Invite all of the groups to move to one side of the learning space.
- Explain that each person in the group can use only one finger to support the ruler and that they must work together to move the ruler to the other side of the room. If the ruler falls, they must start over from the beginning.
- Count down to start the activity. Cheer the children on and encourage them to work together. If you find the activity is too easy for the group, you can consider reducing the number of group members to three or even two. This makes the activity more challenging.
- When the activity is finished, invite the children back to their seats and talk about how good teamwork and team unity helped them reach the goal. Remind them that Jesus prayed that all Christians would be one and would be together in unity.

Hula Hoop Pass (15 minutes)

- Divide the group in half, and have each half stand together as a team in a straight line, each team member holding the hand of the person next to them.
- Hang a hula hoop on the arm of a child at the end of each line. Explain that the goal is to be the fastest team to move the hula hoop to the other end of the line without letting go of hands.
- Start the activity, and let the children talk together to figure out how to move the hula hoop down the line of children without letting go of hands.
- Complete the activity by talking about how the teams were made up of individuals who were united together. Stress the importance of unity, communication, working together toward the same goal, etc., to make connections with the unity of the Church.

Unity Makes Us Strong (15 minutes)

- Show the video “Team Work – The Smart Way,” available on YouTube (1:22), which contains three short segments.
- Ask the children how the three segments show the importance of teamwork and unity. Tell the children that we are not alone in our beliefs but are part of a large, worldwide Church that is united in faith.
- Complete the “Being a Part of the Church” additional activity in chapter 1, if you did not already do this. If you did, make sure to have the chain present as a reminder to the children about the importance of everyone being together in unity, which makes the Church strong.
- Encourage the children to share times when they have experienced unity in groups and times when they might not have experienced unity. Explore the difference and discuss which is better for the Church. Tie this back in to Jesus’ prayer that all of his followers might be one.

Materials Needed

- a ruler for each group of four children

Materials Needed

- two hula hoops

Materials Needed

- a computer with Internet access
- a computer projector
- paper and crayons or markers

Chapter 7

Featured Story

The Last Supper
(Mark 14:12–26)




We Celebrate the Gift of the Eucharist



Lesson Goals

- to recognize that Jesus gave the gift of the Eucharist at the Last Supper
- to identify that the bread and wine become the Body and Blood of Jesus at Mass
- to recall that the Eucharist strengthens us to follow Jesus more closely

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 7 activity booklet
- created script for guided meditation
- paper; crayons or markers
- materials for any of the optional activities you choose

Music Suggestions

- "Bread of Life," by Catholic Kids Worship (Catapult)
- "The Table," by Chris Tomlin (sixsteprecords/Sparrow Records)

Background Focus

The consecration of the bread and wine at Mass is the most solemn moment of the entire liturgical celebration. This is when the bread and wine, through the power of the Holy Spirit, become the Body and Blood of Christ. Not changing in form but in substance, the Eucharist becomes the true and Real Presence of Jesus, not merely a symbol of it.

The gift of the Sacrament of the Eucharist is the gift of Jesus himself, promising to be with us always (Matthew 28:20) and to strengthen us as his disciples. It is a truly awesome gift we receive each time we go to Mass.

This chapter teaches about the Eucharist and its beginning at the Last Supper. Although the changing of the bread and wine to the Body and Blood of Jesus can be challenging for children to fully grasp, it is helpful to remind them that Jesus gave us this gift of himself and that the Church has been celebrating the Eucharist ever since the Last Supper.

Go (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 7 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer together as a group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Engage Activity

- Ask the children to share anything they know or have heard about the Last Supper. Encourage them by asking them questions such as these:
 - Why is it called the Last Supper?
 - Who was there?
 - What happened?
- ✚ Accept all reasonable responses, but leave unanswered questions or errors in details for later discovery.
- Tell the children that they will read about the Last Supper in today's lesson and will see how the Last Supper is connected to the Eucharist we receive each Sunday.

Seek (30 minutes)

Featured Story

- Invite the children to find Mark 14:12–26 in *The Catholic Children's Bible* (pages 1559 and 1562).
- Direct them to turn to page 1560 and place an "I found it!" sticker next to the Featured Story there.
- Ask the children to quickly search for how many candles are in the images on pages 1560 and 1561 (*four*).
- Invite a volunteer to read the title and the Featured Story, review any new vocabulary, and then ask several questions to check for comprehension, such as these:
 - What did Jesus say after he took bread, gave thanks, broke it, and gave it to his disciples? (*This is my body.*)
 - What did Jesus say after he took a cup, gave thanks, and handed it to the disciples? (*This is my blood . . .*)

Understand It!

- Read Understand It! on page 1561 to the group, and then ask them to summarize the reading. Emphasize the following points:
 - Jesus gave us the Eucharist at the Last Supper.
 - At every Mass, the bread and wine become Jesus' Body and Blood.
 - The Eucharist strengthens us to follow Jesus more closely.

- Answer any questions the children may have about the reading and about the bread and wine becoming Jesus' Body and Blood. Tell them that we trust in Jesus' Word and that the Church has been celebrating the Eucharist ever since Jesus created the sacrament at the Last Supper.

Live It!

- Ask a volunteer to read the directions to Live It! on page 1561, or read them aloud to the group.
- Have the children turn to page 2 in the activity booklet and complete the prayer activity.
- Move around the room to help the children with their prayers and with spelling, etc.
- Invite several volunteers to read their prayers aloud to the group.

Tell It!

- Invite the children to look at the images in Tell It! on page 1561.
- Ask them to recall what Jesus said when he took the bread and the cup and gave them to his disciples. (*He said, "Take it. This is my body" and "This is my blood which is poured out for many, my blood which seals God's covenant."*)
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Last Supper Guided Meditation

- Create a guided meditation in which the children are sitting with the disciples at the Last Supper. Develop a script in advance, based on the Bible story, that you can read so that the children can use their imagination to experience the story.
- Prepare your meditation using descriptors and questions, such as the following, that encourage the children to imagine the scene as if they were there:
 - Imagine that it is dark outside and that you are sitting in the room with Jesus and the disciples. The room is only lit by candlelight. Look around the room. (*pause*) What do you see? (*pause*) What do you hear? (*pause*) Can you smell the scent of smoke from the candles?

(pause) What does the floor feel like? (pause)

- Look at Jesus and the disciples. (pause) What do they look like? (pause) Are they silent or are they talking to each other? (pause)
- Suddenly the room gets quiet and the disciples turn their attention to Jesus. (pause) He takes a piece of bread from the table and says a prayer of thanksgiving to God (pause) . . .
- Continue to develop a script that will lead the children in a way that helps them witness the event as if they are sitting there with Jesus and the disciples, watching their actions and reactions.
- Begin the guided meditation by explaining the process to the children. Tell them that they are going to go on a journey of imagination and are going to sit around the table with Jesus and the disciples at the Last Supper. Invite them to gently close their eyes and take some deep, relaxing breaths.
- Read the guided meditation script slowly, adding both short and long pauses so the children can have time to imagine themselves in the story. At the end of the story, invite the children to slowly open their eyes.

Process the Activity

- Ask the children to share what they saw, heard, smelled, felt, and so on, and what it was like to be sitting with Jesus and the disciples at the Last Supper.
- Invite the children to draw a picture of something they remembered from the story, and then invite volunteers to share their drawings with the group.

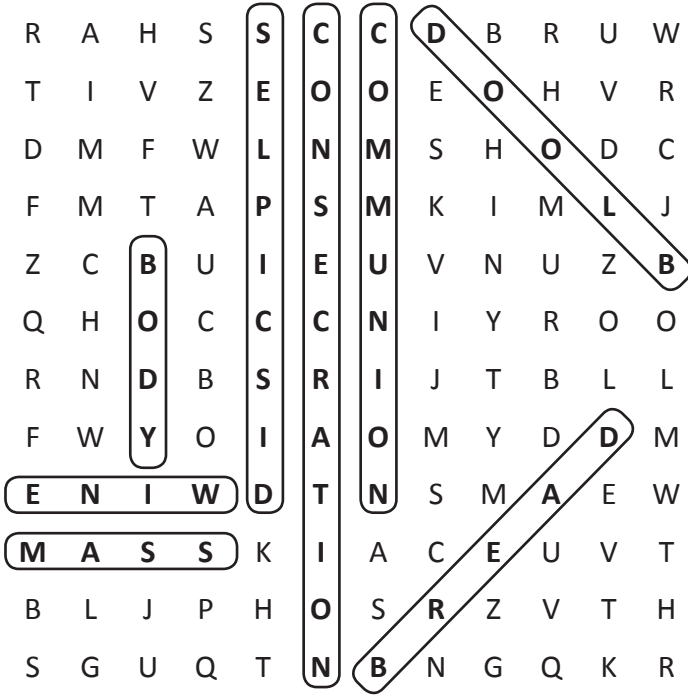
Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 52 in its place.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Ask the children if they remember the different parts of the Mass (*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*). Write these on the board.
- Invite the children to turn to the **Eucharistic Prayer** on page 5 of *The Order of the Mass and Key Words* booklet. Remind the children that the Liturgy of the Eucharist follows the Liturgy of the Word and it begins with people bringing the gifts of ordinary bread and wine to the altar.
 - After the gifts are brought forward, the priest leads the assembly in the Eucharistic Prayer.
 - The Eucharistic Prayer is a prayer in which we give thanks to God for the gift of his Son, Jesus, and for all of the blessings in our lives.
- Invite several volunteers to read the words of the Preface Dialogue and the Acclamation if you have time.
- Tell the children that the **consecration** is when the bread and wine, through the priest's words and actions and the power of the Holy Spirit, become the Body and Blood of Christ. Point out that the priest uses the words of Jesus from the Last Supper during this time.
- Explain that after the consecration, we proclaim the mystery of our faith (show the children the Memorial Acclamation on page 6 of *The Order of the Mass and Key Words* booklet).
 - We then conclude the Eucharistic Prayer with the Great Amen.
 - When we say *amen*, we are saying yes to the gift of the Eucharist.
- Invite the children to turn to page 3 in their activity booklets and complete the word-search activity. Remind them that the words can appear forward, backward, up and down, or diagonally. You may wish to have them complete this in small groups. *Answers on next page.*



- Ask the children to place the chapter 7 sticker in the correct circle on their treasure maps.



Teacher Note: This content is presented in a child-friendly way in the *God’s Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 7 to supplement your presentation. Or use the concluding points under “Things to Remember” to wrap up the lesson before prayer.

Closing Prayer

- Begin prayer by leading the children in the Sign of the Cross, then saying, “Let us remember we are in the holy presence of God,” followed by a few seconds of silence.
- Invite several volunteers to read the short prayers they created in their activity booklets on page 2 after they receive Holy Communion.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Conclude with a quick, spontaneous prayer or the prayer on page 4 of the activity booklet.
- Close with a final Sign of the Cross.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made:
 - Jesus gave the gift of the Eucharist at the Last Supper.
 - The bread and wine become the Body and Blood of Jesus at Mass.
 - The Eucharist strengthens us to follow Jesus more closely.



Additional Activities

Materials Needed

- long tablecloth
- plates, napkins, and cups
- bread or crackers
- juice

Materials Needed

- yellow or light-colored construction paper
- crayons

Materials Needed

- craft templates
- scissors
- glue
- colored markers

Last Supper Artwork (15 minutes)

- Create a long “table” in the room by putting desks together or by spreading a long tablecloth on the floor. Invite volunteers to set the table with plates, napkins, and cups for each child. Assign other children to place a piece of bread or crackers (check for allergies in advance) on each plate and pour some juice into each cup.
- Enjoy a quick snack together and talk about how you are sitting around a table together like Jesus did with his disciples at the Last Supper.
- Ask the children several questions about meals at their homes, such as: What time do you eat? Where do you usually eat? What is your favorite food? What prayer do you say before eating? What is your favorite part about dinnertime with your family?
- Encourage the children to recall that the meal we share at Mass is like the meal Jesus shared at the Last Supper. At Mass, the bread and wine become the Body and Blood of Jesus.
- Complete the snack time by inviting other volunteers to help clean up and move any furniture back in place if necessary.

Sitting at the Table (15 minutes)

- Remind the children that at Mass, the bread and wine become the Body and Blood of Jesus. They are no longer ordinary bread and wine.
- Distribute a piece of yellow or light-colored construction paper to each child.
- Invite the children to fold the paper in half so it creates a booklet. On the front page on the top, have them write “Ordinary Bread.” On the next page, have them write “Body of Christ.” On the third page, have them write “Ordinary Wine.” On the last page, have them write “Blood of Christ.”
- Tell the group that they are going to use their crayons to draw a picture of each of these things. Invite volunteers to come up to the board and share what they might draw as examples. (*slice of bread for ordinary bread; host with cross on it for Body of Christ; grapes or bottle of wine for ordinary wine; chalice for Blood of Christ*)
- Allow the children time to complete their drawings, and encourage them to put their name on their booklet.

Recreating the Table (15 minutes)

- Prepare by printing templates, one for each child, from the blog www.craftingthewordofgod.com. Search for “The Lords Supper,” and select the activity that was posted on June 10, 2013.
- Allow time for the children to color, cut, and then construct the tables, offering help when necessary.
- Tell them that this can be a reminder to them of the Last Supper, where Jesus started the Sacrament of the Eucharist, which they are preparing to receive.

We Pray as Jesus Taught Us



Background Focus

Prayer is an essential part of a life of faith, and the Catholic Church has a rich tradition of prayer and a variety of forms and expressions that can guide us in this area. As people learn differently, it is also true that they are likely attracted to and utilize some forms of prayer more than others.

Children seem to be natural pray-ers and are generally open to the variety of prayers that we might introduce them to. Using this time of curiosity and openness to expose them to different ways of praying can prepare them for a rich journey of prayer throughout their lives.

This chapter focuses on the prayer Jesus taught to his disciples, the Our Father. Learning the words and meaning of the Our Father can help children participate more fully in the Mass and have yet another prayer option for their personal prayer lives.

GO (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 8 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer for the group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Engage Activity

- Lead a brief, general discussion about prayer. Ask the children to describe what prayer is, and invite them to share how they pray, where they pray, and when they pray.
- Tell the children that they will learn about a special prayer that Jesus taught us, a prayer they probably already know.

Chapter 8




Featured Story

Jesus Teaches Us How to Pray (Matthew 6:5–13)

Lesson Goals

- to express that the Our Father was taught to the disciples and us by Jesus
- to identify the meaning of the different parts of the prayer
- to recognize that we pray the Our Father at every Mass to prepare us to receive the Eucharist

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 8 activity booklet
- materials for any of the optional activities you choose

Music Suggestions

- "Our Father," by Christ Music Kids (Christ Music Kids)
- "Our Father," by Covenant Worship & Covenant Kids Worship (Covenant Worship)

f Seek (30 minutes)

Featured Story

- Invite the children to find Matthew 6:5–13 in *The Catholic Children's Bible* (page 1459).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1460).
- Ask the children to look at the images on pages 1460–1461, and invite them to point out the different things they notice.
- Invite a volunteer to read the title and the Featured Story on page 1460, review any new vocabulary, and ask the children if the prayer Jesus taught sounds familiar to them.

Understand It!

- Invite the children to look at the Our Father prayer in Live It! on page 1461. Explain to the group that these are the words we use to pray this prayer today. Lead the children in reading the prayer together.
- Read Understand It! on page 1461 to the children, explaining the meaning of the different parts of the Our Father. Stop after each part, making sure the children follow which part of the prayer is being explained.
- Read the different parts of the prayer randomly, and ask the children to recall the meaning of each part.

Live It!

- Tell the children that it is helpful to learn this prayer by heart. Explain that when we don't know what else to pray or say to God, we can say this prayer in our hearts at any time and in any place.
- Invite the children turn to page 2 in the activity booklet and complete the fill-in activity. Encourage them to try to complete it first without looking at their Bibles or prayer books and doing their best at spelling.
- Give them some time to complete the activity. If children are stuck after a few minutes, have them open their Bibles or prayer books for help.
- Correct the prayer together, asking volunteers to share their answers.

Tell It!

- Invite the children to look at the images in Tell It! on page 1461.
- Ask them to share which parts of the prayer are represented by the images and which parts of the prayer are not represented by the images.
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Hand Motions for the Our Father Prayer

- Create five groups, and assign each group a part of the Our Father:
 1. Our Father, who art in heaven, hallowed by thy name;
 2. thy Kingdom come, thy will be done on earth as it is in heaven.
 3. Give us this day our daily bread,
 4. and forgive us our trespasses, as we forgive those who trespass against us;
 5. and lead us not into temptation, but deliver us from evil.
- Tell the groups that they are to come up with hand motions that can go along with their part of the prayer. Explain that they need to practice this together, as they will teach this to the other groups in the room.
- Write the Our Father on the board if the children do not yet have it memorized.
- Give the groups some time to decide what hand motions they will use and to practice these together. Walk around and help the groups come up with motions if they need help.
- Invite each group, in order, to stand and demonstrate their hand motions while saying their part of the prayer. After each group has finished, begin again, this time having the group teach the hand motions to the rest of the children.
- Practice as a large group until all of the motions are memorized.

Process the Activity

- Encourage the children to use these hand motions to help them memorize the Our Father, if they have not yet done so.
- Tell the children that you will revisit these motions at your next gathering to see if they still remember them.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 56 in its place.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Explain to the children that we pray the Our Father, which is also known as the Lord's Prayer, at every Mass to prepare our hearts to receive Jesus in the Eucharist.
- Tell them that the Our Father sums up everything that Jesus taught us. Because of this, it is the perfect prayer for the Church to pray together.
- Help them understand that as they read more of the Bible, they will keep hearing about the **Kingdom of God**, which Jesus also mentions in the Our Father. Continue with the following:
 - The Kingdom of God is the power of God's love ruling over the world and our lives.
 - In the Our Father, we ask God to make his Kingdom grow—on earth and in our lives.
- Invite the children to turn to page 3 in their activity booklets and complete the matching activity.
- Ask volunteers to share their answers with the group. *Answers: 2, 1, 3, 5, 4, 6, 7*

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 8 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Ask the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Gather input from the group, and write their answers on the board.
- Ensure that the following points are made:
 - The Our Father was taught to the disciples and us by Jesus.
 - Each part of the prayer has special meaning.
 - We pray the Our Father at every Mass to prepare us to receive the Eucharist.
- Ask the children to place the chapter 8 sticker in the correct circle on their treasure maps.



Closing Prayer

- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite the children to turn to the Lord's Prayer on page 6 of *The Order of the Mass and Key Words* booklet if they have not yet memorized the Our Father.
- Pray this prayer together, encouraging the children to use the hand motions they learned earlier if you did this activity.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.



Additional Activities

Materials Needed

- large craft sticks with parts of the Our Father written on them in marker
- small plastic bags

Materials Needed

- device to record video
- a computer with Internet access
- a computer projector

Materials Needed

- a computer with Internet access
- a computer projector

Our Father Sticks (15 minutes)

- Prepare for this activity by writing parts of the Our Father on large craft sticks. When the entire prayer is completed and on separate sticks, place all of the sticks together in a small, plastic bag. Complete three or four additional groups of sticks and bags, depending on the size of your group.
- Arrange the children in small groups, and tell them that you are going to have a race to see which group can put the Our Father in order the fastest by arranging the sticks.
- Give each group a bag of sticks, and tell them that when you say “go,” they can open their bags and begin.
- Play this game several times by having the groups place the sticks back in the bags, then racing again when you say “go.”

Sitting at the Table (15 minutes)

- Prepare for this activity by watching the following video, available on YouTube, in advance: “Children Pray the Lord’s Prayer” (:52). You may choose to show this to the children or not. If you do show it, explain that some other Christians use slightly different words for the Our Father.
- Record individual children saying parts of the Our Father. If they do not have this prayer memorized, you can write it on the board for them to read.
- Make several recordings and ensure that all of the children get recorded.
- Edit this video or have someone edit it for you to create the Our Father with the different children in the video. You may need to create two or more versions to include all of the children in your group.
- Play the video the following week for the children and show it to the parents at a meeting or related gathering.

Recreating the Table (15 minutes)

- Show the video “Lord’s Prayer Drama,” available on YouTube (8:52), to the group.
- Invite the children to share what they thought about the video and what they think it was trying to teach.
- Explain to them that when we pray, we must do more than just say the words. We need to think about what we are saying and try our very best to live a good and holy life.

Jesus Is Present with Us Now



Background Focus

Relationships are nourished and strengthened by good communication, shared and expressed love, and quality presence. Our relationship with Jesus is not unlike others in our lives. Although we don't encounter Jesus in the same way as we do other people, he offers us a chance to have a relationship with him through communication, love, and presence.

The special presence of Jesus in Word and Sacrament is an incredible gift to us and to all of the Church. It is the way we continue and strengthen our relationship with him.

In this lesson, we read about the two disciples on their way to Emmaus. Their hearts burned as they discovered that the Risen Jesus was present with them. May our hearts and the hearts of all those preparing for the Sacrament of the Eucharist burn with joy as we celebrate the gift of our own encounter and relationship with Jesus.

GO (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 9 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Invite a volunteer to read the prayer for the group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Chapter 9




Featured Story

Two Disciples Meet the Risen Jesus (Luke 24:13–35)

Lesson Goals

- to explain that the Risen Jesus is with us today in a special way
- to recognize what occurs during the Communion Rite
- to identify the proper way to receive Holy Communion

Lesson at a Glance

-  **Go** (10 minutes)
 - Opening Prayer
 - Engage Activity
-  **Seek** (30 minutes)
 - Featured Story
 - Core Learning Activity
-  **Find** (20 minutes)
 - God's Treasure of the Eucharist
 - Lesson Wrap-Up
 - Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 9 activity booklet
- note cards
- materials for any of the optional activities you choose

Music Suggestions

- "E-U-C-H-A-R-I-S-T," by Mary Zitnik (Ponditz Records, Inc.)
- "In Remembrance of Me," by Cheri Keaggy (Sparrow Records)

Engage Activity

- Invite the children to recite the Our Father using the hand motions they learned last week.
- Explain to the children that you are now going to play a game of “pass it on.” If the children are seated in rows, explain that the last person in each row is going to think of one thing Jesus might say to us if he were standing here in this room today.
- Tell the children that the last person in the row will whisper to the child in front of them what they think Jesus would say. That child will whisper to the child in front of them, and so on, until it reaches the child in the front. Explain that you will ask each child in the front to share what they heard.
- Change the rules if the children are in groups. Have one person in the group begin and whisper to the next child and so on until it reaches the last member of the group. Ask this child, in each group, to share what she or he heard.
- Tell the children that they will learn in this lesson about how Jesus continues to be present to us today.

Seek (30 minutes)

Featured Story

- Invite the children to find Luke 24:13–35 in *The Catholic Children’s Bible* (pages 1643 and 1646).
- Direct them to turn to page 1644 and place an “I found it!” sticker next to the Featured Story there.
- Ask the children to look at the images on pages 1644–1645 and describe what they see. Invite them to guess why the two people look surprised.
- Explain to the children that this story takes place after Jesus died, was buried, and the tomb was found empty. Invite a volunteer to read the title and the Featured Story.

Understand It!

- Read Understand It! on page 1645 to the group or ask two volunteers to read it.
- Ask the children to summarize what is being said, and also ask the following questions to check for comprehension:

- Why were the disciples sad? (*They thought Jesus was gone forever.*)
- What happened when Jesus blessed and broke bread and gave it to the two disciples? (*They recognized that the stranger was Jesus.*)
- What does this story tell us about Jesus and us? (*He is risen and is with us.*)

Live It!

- Invite the children to turn to page 1 in the activity booklet and complete the drawing activity.
- Ask a volunteer to read Live It! on page 1645, and invite the group to respond to the questions.
- Tell the children that although we don’t see Jesus in the way the two disciples did in the story, we know Jesus is present to us today through other people, through his Word in the Bible, and in the Eucharist.

Tell It!

- Ask the children to look at the images in Tell It! on page 1645.
- Invite the children to find a partner and then use the images to retell the Bible reading as best they can.
- Encourage several volunteers to stand and summarize the Bible reading for the group, using the images in Tell It!
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapter.

Core Learning Activity

Act It or Draw It

- Divide the children into two teams, and tell them that you are going to play a game called “Act It or Draw It.” Explain that in this game, the two groups will take turns trying to guess a word that is related to the Mass and the Eucharist.
- Tell them that you will choose a person from the first team to come forward, and you will show that person a word written on a card. Explain that the chosen team member can choose to either act out the word or draw pictures on the board to get their team members to guess the word. Their goal is to get their team to say the word in 60 seconds.

- Start the game by selecting a child from the first team. Show them the word written on the card, and ask them if they want to “act it” or “draw it.” Time them for 60 seconds, encouraging their group to make guesses.
- Continue with the second team, and play as many times as you can. Add up the correct guesses for each team at the end.
- Use words such as the following: *Jesus, bread, wine, Mass, love, pray, Bible, priest, sing, church*. If you want to make the game easier for the children, have them come up with the words for the game.

Process the Activity

- Remind the children that Jesus is present in the Mass. Tell them that like the story of the two disciples who broke bread and then recognized that Jesus was present with them, we also break bread at Mass and meet the Risen Jesus.
- Explain that they are now going to learn more about the part of the Mass when we receive Holy Communion, the Body and Blood of Jesus.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 61 in its place.

✕ Find (20 minutes)

God’s Treasure of the Eucharist

- Explain that we receive the Eucharist during a part of the Liturgy of the Eucharist called the Communion Rite. Tell them **Holy Communion** is another name we use for the Body and Blood of Christ. Continue with the following points:
 - *Communion* means “unity” or “oneness,” and receiving the Eucharist strengthens our unity with Jesus and with the Church.
 - The Communion Rite begins with the Lord’s Prayer, or Our Father, which we pray in unity with the Church.
 - We then offer one another a sign of peace, which is also a sign of our unity.

- Teach the children the process for receiving Communion:
 - We make a short bow from the waist as we approach the priest or minister who is distributing the Body of Christ and the Blood of Christ.
 - We can receive the Host, which is another name for the consecrated bread, in our hands (with the left hand placed palm up in the right hand) or on our tongue.
 - The minister of Holy Communion will say, “The Body of Christ,” to which we respond, “Amen” (Roman Missal, page 669). We then receive the Host in our palm or on our tongue. If we take Holy Communion in our hands, we take the Host from our palm with the right hand. We then consume the Host.
 - When we receive from the cup, we bow again. The minister will say, “The Blood of Christ,” to which we respond, “Amen,” (Roman Missal, page 669) and take a small sip from the cup.
- Tell the children that after we have received the Eucharist, we stand and sing, or kneel and sing, and then pray silently.
- Use pages 6–7 of *The Order of the Mass and Key Words* booklet to point out the different parts and prayers of the Communion Rite.
- Invite the children to turn to page 3 in their activity booklets and complete the Communion Rite ordering activity. You can decide if they can refer to *The Order of the Mass* booklet or if you want them to try the activity first without looking. *Answers: Amen, Host, Prayer, Peace, Holy, Body, Blood*

Teacher Note: This content is presented in a child-friendly way in the *God’s Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 9 to supplement your presentation. Or use the concluding points under “Things to Remember” to wrap up the lesson before prayer.

Lesson Wrap-Up

- Ask the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made:
 - The Risen Jesus is with us today in a special way.
 - The Communion Rite begins with the Lord's Prayer, includes the sign of peace, and is the part of Mass during which we receive Holy Communion.
 - We respond "Amen" after the minister of Communion says, "The Body of Christ," and, "The Blood of Christ" (Roman Missal, page 669). We consume the Host and take a small sip from the cup.
 - Ask the children to place the chapter 9 sticker in the correct circle on their treasure maps.



Closing Prayer

- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite the children to turn to page 6 in *The Order of the Mass and Key Words* booklet. Tell them that the "Invitation to Communion" is the final prayer of preparation to receive Holy Communion. In it, we ask that we may be ready to receive the Eucharist.
- Tell the children that you will say the words of the priest, and then they will pray the assembly's part together.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.



Additional Activities

First Communion Banners (15 minutes)

- Prepare in advance for this activity by having all of the elements for the banners precut so that the children can focus on placing and gluing them to the banner.
- Complete an image search online for examples and ideas for symbols by typing in “First Communion Banners.”
- Have the children add their names by using a marker or fabric paint. You may also precut letters for all of their first names.
- Use these banners as additional decorations for the church on First Communion day.

Holy Communion Practice (15 minutes)

- Search for “Sacraments 101: Eucharist (how we receive),” available on YouTube (4:46), and watch it together. Even though this is targeted to a bit older age-group, the children can learn about the dos and don’ts of how to receive Communion.
- Explain to the children that they will now practice receiving Communion; however, you will not be using consecrated hosts or wine. Invite volunteers to recall what *consecrated* means.
- Remind the children that this is just practice and that you are going to be pretending. Distribute the “bread” and invite another adult volunteer to distribute the “wine.” Have the children line up as they would in church to come to receive.
- Focus on the words of the priest or minister, the “Amen” response of the children, and the actions involved. You may want to practice this several times until the children are comfortable.

Trivia Game: Communion (15 minutes)

- Search for the video “Catholic Mass Kid’s Trivia Game Part 8 Receiving Communion,” available on YouTube (2:18). Preview the video, and make note of all of the actions and items the video is testing.
- Take some time to teach the children the different actions and items involved with receiving Communion. Be sure to cover all of the questions that will be asked in the video.
- Watch the video together, pausing to ask the children for the answers before revealing the correct answer.
- Invite the children to keep their own personal scores, or keep a general score for the whole group.

Materials Needed

- small cloths or felt banners
- precut Eucharistic symbols
- glue and markers

Materials Needed

- a computer with Internet access
- a computer projector
- unconsecrated hosts and unconsecrated wine or small crackers and juice
- a small plate for bread and a chalice or cup for the wine

Materials Needed

- a computer with Internet access
- a computer projector

Chapter 10

Featured Story

Jesus Washes the Disciples' Feet (John 13:1–17)

Lesson Goals

- to describe how Jesus showed us that we should serve others
- to recognize some big and small ways we can serve others
- to identify the Concluding Rites as the part of the Mass where we are sent forth to share God's love with others

Lesson at a Glance

- Go** (10 minutes)
Opening Prayer
Engage Activity
- Seek** (30 minutes)
Featured Story
Core Learning Activity
- Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 10 activity booklet
- crayons, precut pieces of paper for service coupons
- a large bowl, a water pitcher, a gallon of water, a towel
- materials for any of the optional activities you choose

Music Suggestions

- "Serve One Another in Love," by God Prints (Sparrow Records)
- "Every Move I Make," by Shout Praises Kids (Integrity Music)

We Are Sent Forth to Share Love



Background Focus

Jesus gives us a powerful example by washing the disciples' feet at the Last Supper. This action leaves no question about our role and responsibility to others. Service, outreach, kindness, and charity are all marks of Jesus' followers.

The Concluding Rites in the Mass call us to go forward and be messengers of God's love to the world. Having been nourished by the Word and the Eucharist, we are strengthened to live as we are called to, reaching out and serving others through word and action.

In this lesson, the children will examine ways that they can continue Jesus' mission of Good News through acts of love and kindness. As we help them explore how they can live a life of Christian service, we, ourselves, are living out this important call by serving the children and sharing God's awesome love with them.

Go (10 minutes)

Opening Prayer

- Invite the children to turn to page 1 in their chapter 10 activity booklets and locate the prayer on the page.
- Begin prayer by leading the children in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Invite a volunteer to read the prayer for the group. Invite all of the children to say "Amen," and then close with another Sign of the Cross. Have the children put their activity booklets away for now.

Engage Activity

- Ask the children to share what the word *kindness* means.
- Write the heading "Kindness to Me" on the board, and ask the children to think of and share examples of times when others have been kind to them.

- Write the heading “Kindness to Others” on the board, and encourage the children to think of and share examples of times they have been kind to others.
- Tell the children that today they will learn how we are called to show love and kindness to others.

+ **Seek (30 minutes)**

Featured Story

- Invite the children to find John 13:1–17 in *The Catholic Children’s Bible* (page 1685).
- Direct them to turn the page and place an “I found it!” sticker next to the Featured Story (page 1686).
- Ask the children to look at the images on pages 1686–1687 and describe what they see.
- Explain to the children that this story takes place on the same night as the Last Supper. Invite a volunteer to read the title and the Featured Story on page 1686.

Understand It!

- Invite two volunteers to read the content in Understand It! on page 1687 out loud to the group.
- Ask the children questions about the reading or review some of the following key points with them:
 - Jesus did a servant’s work when he washed the disciples’ feet.
 - Jesus was showing us that we should serve other people.
 - Jesus wants us to help without being asked.
- Remind the children of the acts of kindness they listed earlier on the board. Explain that all of these are examples of how we can serve others.

Live It!

- Ask a volunteer to read Live It! on page 1687. Then invite the children to turn to page 2 in the activity booklet to complete the activity.
- Distribute crayons to each child. Invite the children to write down three actions of service they might do for family members, writing one action in each of the designed boxes in their activity booklets. Assist the children as necessary.

- When they have finished, distribute three slips of precut paper to each of the children. Have the children complete the “Service Coupon” activity described in Live It! by writing “Service Coupon” on one side of each slip of paper, and transcribing one of the actions of service onto the other side.
- Remind them that there are many different ways that we can serve, or help, people.

Tell It!

- Ask the children to look at the images in Tell It! on page 1687.
- Encourage several volunteers to stand and summarize the Bible reading for the group, using the images in Tell It!
- Have the children use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Tell them that they can keep any remaining stickers to be used at a later time as they explore the Bible by themselves.

Core Learning Activity

Serving Others

- Place a large bowl, a plastic water pitcher with water inside, and a towel on a desk in a prominent place in the room. To help the children handle the water pitcher, place only a small amount of water in it. Keep a gallon of water nearby to add water to the pitcher as needed.
- Explain to the children that they are going to do something similar to what Jesus did. They are going to pour water on one another’s hands and then dry them off as a symbol of their willingness to serve, or be kind to, others.
- Demonstrate by asking a volunteer to come up to the bowl and place their hands over it. Pour a small amount of water on their hands, and then use the towel to dry their hands.
- Invite another child to come up, and have the child whose hands you just “washed” wash the hands of the next child. After each child gets his or her hands washed, have them wash the hands of the next child, and so on.
- Play some quiet instrumental music during this time, and encourage the children to think about how we are called to serve others.

- Continue until everyone has had a chance to wash and be washed. The last child in the room should wash your hands.

Process the Activity

- Ask the children to share how it felt to have their hands washed and to wash the hands of others.
- Remind them that Jesus showed us that we should not always think of ourselves and what we want but that we should think of others and show love and kindness to others through our words and actions.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the Additional Activities on page 65 in its place.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Invite the children to turn to page 7 in *The Order of the Mass and Key Words* booklet. Point out the final part of the Mass, the Concluding Rites. Invite three volunteers to read the three parts of the Concluding Rites.
- Explain that in the Concluding Rites, the priest blesses us and sends us forth to be Christ for the world. Tell the children that after we have received the Eucharist, we are united with Jesus and are called to go out and do good things: tell others about God's love, help people in need, show kindness to everyone, and forgive people when they make a mistake.
- Remind the children, using the following or similar words, that the Eucharist strengthens us to live as God calls us to live:
 - Through the gift of the Sacrament of the Eucharist and all of the sacraments, we become more like Jesus.
 - We join our Christian brothers and sisters in sharing God's love and making a difference in the world through our words and actions.
- Invite the children to turn to page 3 in their activity booklets and complete the activity. Tell the children that they can use some of the examples that are on the board, but encourage them to think of other words and actions as well.

Teacher Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have the children read all or parts of chapter 10 to supplement your presentation. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

- Invite the children to think back over all of the different things they did in this lesson, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made:
 - Jesus showed us that we should serve others.
 - We can serve others in many different ways.
 - The Concluding Rites occur at the end of the Mass where we are sent forth to share God's love with others.
- Ask the children to place the chapter 10 sticker in the correct circle on their treasure maps.



Closing Prayer

- Begin prayer by leading the group in the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite the children to turn to the **Dismissal** on page 7 in *The Order of the Mass and Key Words* booklet.
- Tell the children that you will say the words of the priest, and then they will pray the assembly's part together.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Use the words of the Dismissal to conclude your prayer.
- Close with a final Sign of the Cross.



Additional Activities

Acts of Kindness (15 minutes)

- Invite the children to think of small acts of kindness that anyone can do on a daily basis, such as smiling, saying hello, opening the door for someone, complimenting someone, etc.
- Hand out the strips of paper, and have each child write one act of kindness on the strip of paper.
- Have the children fold their strips of paper and then drop them in the basket or bowl in the front of the room.
- Mix up the folded strips of paper, and then invite the children, one by one, to come up and take a folded strip of paper.
- Explain that their mission is to complete that act of kindness by the end of the day. You may choose to allow the children to share their acts of kindness or keep them secret.

Love One Another (15 minutes)

- Invite the children to find 1 John 4:7–8 in *The Catholic Children's Bible*. Tell them that this letter was written to a group of Christians by an early follower of Jesus.
- Search for "The Rizers- 1 John 4:7 (Let Us Love One Another)," available on YouTube (3:23), and show the music video to the group.
- Distribute the red construction paper, scissors, and markers. Invite the children to cut out a big heart from the construction paper. Give them an example or template that they can trace.
- Explain that they will write, "Let us love one another. 1 John 4:7," on the heart.
- Encourage them to put these hearts in their home in a place where they will see it every day. Tell them that this will help them remember our call to love and serve others.

Change the World (15 minutes)

- Show the following video to the group: "Kid President – How to Change the World (a work in progress)," available on YouTube (3:44).
- Talk with the children about what they heard in the video. Tell them that every single person can do something to change the world, no matter how small.
- Invite them to brainstorm some of the things they would like to change in the world. Make a list on the board.
- Encourage them to think of things they can do to help make a difference in some of the areas listed on the board. Help them to see the connection between global issues, such as war, and the small things they can do that can help: pray, write letters to political leaders, raise money, donate to related causes, work to be a person of peace in their own actions, etc.
- Remind them that local, small acts of love and kindness make a difference. Invite them to write down one thing they will do immediately to start changing the world in a positive way.

Materials Needed

- a basket or bowl
- strips of paper
- markers

Materials Needed

- a computer with Internet access
- a computer projector
- red construction paper
- scissors
- markers

Materials Needed

- a computer with Internet access
- a computer projector



The Order of the Mass

On Sundays we gather as a community to celebrate the Eucharist. Although there are many parts to this celebration, it is one unified act of worship in which we give thanks and praise to God.



1. The Introductory Rites

In the Introductory Rites, we gather together and prepare ourselves to celebrate the Eucharist.

1. Entrance Chant

We stand and sing a hymn. The priest, along with others who will serve at the Mass, process to the altar.

2. Greeting

We make the Sign of the Cross. The priest welcomes us. The priest prays that God will give us blessings in the Mass. There are other similar greetings from which the priest can also choose.

Priest: In the name of the Father, and of the Son, and of the Holy Spirit.

People: Amen.

Priest: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

People: And with your spirit.

3. The Penitential Act

We pray to God to have mercy on us, with these or similar words.

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in
what I have failed to do,
(We strike our breast as we say the following
two lines.)
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Lord Have Mercy

Priest: Lord, have mercy.

People: Lord, have mercy.

Priest: Christ, have mercy.

People: Christ, have mercy.

Priest: Lord, have mercy.

People: Lord, have mercy.

Priest: May almighty God have mercy on us,
forgive us our sins, and bring us to everlasting life.

People: Amen.

4. Gloria

On most Sundays, we praise God by praying or singing the Gloria.

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

5. Collect (Opening Prayer)

The priest invites us to pray. We pause for a moment of silent prayer that helps us remember that we are in the presence of God. Then the priest says a prayer and we respond.

Priest: Let us pray. . . .

People: Amen.



II. The Liturgy of the Word

The Liturgy of the Word is the part of the Mass when we hear God's Word proclaimed. Hearing and reflecting on God's Word helps make us ready to receive the Body and Blood of Christ during the Liturgy of the Eucharist.

1. First Reading

We listen closely to a reading from the Old Testament or the Acts of the Apostles. At the end of the reading, we say:

Reader: The word of the Lord.

People: Thanks be to God.

2. Responsorial Psalm

The cantor or reader sings or says the verses of a psalm from the Old Testament, and we give the response.

3. Second Reading

Again we listen closely to a Scripture reading. This reading is from the letters in the New Testament or the Acts of the Apostles. At the end of the reading, we say:

Reader: The word of the Lord.

People: Thanks be to God.

4. Alleluia or Gospel Acclamation

We stand for the Gospel Acclamation. On most Sundays, we sing, "Alleluia!" which means "Praise the Lord."

5. Gospel Reading

We listen closely to a reading from the Gospels proclaimed by the priest or deacon. Before we hear the Gospel reading we say:

Priest or deacon: The Lord be with you.

People: And with your spirit.

Priest or deacon: A reading from the holy Gospel according to . . .

People: Glory to you, O Lord.

We all make the Sign of the Cross on our forehead, lips, and heart.

After the reading we respond:

Priest or deacon: The Gospel of the Lord.

People: Praise to you, Lord Jesus Christ.

6. Homily

The priest or deacon talks to us about the Scriptures and their meaning for our lives.

7. Profession of Faith

We stand and profess our faith by praying either the Nicene Creed or the Apostles' Creed.

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
(We bow as we say the following two lines.)
and by the Holy Spirit was incarnate
of the Virgin Mary,
and became man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver
of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic
Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection
of the dead
and the life of the world to come. Amen.

8. Universal Prayer (Prayer of the Faithful)

We pray for the needs of the Church and people everywhere.



III. The Liturgy of the Eucharist

The Liturgy of the Eucharist is the core of the Mass. The gifts of bread and wine are brought to the altar and we give thanks to God. The gifts of bread and wine become the Body and Blood of Christ, and those who are prepared to do so receive Holy Communion.

1. Presentation and Preparation of the Gifts

Altar servers prepare the altar for the gifts, and members of the assembly bring the gifts of bread and wine to the altar. We usually sing during this preparation.

The priest holds the bread above the altar and prays:

Priest: Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.

People: Blessed be God forever.

The priest holds the chalice filled with wine above the altar and prays:

Priest: Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.

People: Blessed be God for ever.

The priest then prays and we ask God to accept our gifts:

Priest: Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

People: May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

2. Prayer over the Offerings

The priest prays over the gifts of bread and wine, and we respond "Amen."

3. The Eucharistic Prayer

This is the Church's great prayer of thanksgiving. The priest leads the prayer, and the assembly prays the responses.

Preface Dialogue

We give thanks to God by singing or saying:

Priest: The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

Then the priest sings or says the Preface of the Eucharistic Prayer.

Acclamation (Holy, Holy, Holy)

With the priest we sing or say:

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

The priest then praises God, and prays for the needs of the Church. Then he recalls what Jesus did and said at the Last Supper.

Consecration

Taking the bread the priest prays:

Priest: Take this, all of you, and eat of it, for this is my Body, which will be given up for you.

The priest holds up the consecrated bread, or Host, which, through the priest's word and actions and the power of the Holy Spirit, is now the Body of Christ.

The priest takes the wine and says the words of Jesus:

Priest: Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins.

Do this in memory of me.

The priest holds up the consecrated wine, which through the priest's words and actions and the power of the Holy Spirit, is now the Blood of Christ.

Memorial Acclamation

Priest: The mystery of faith.

People: When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again. (Other similar acclamations can also be used.)

The priest asks God the Father to remember the Church throughout the world and help us all grow in love and unity. He finishes by holding up the Body and Blood of Christ and singing or praying:

Priest: Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.

People: Amen.

4. The Communion Rite

The Communion Rite is the name for the part of the Liturgy of the Eucharist that begins with the Lord's Prayer. During the Communion Rite, those who are prepared can receive Holy Communion, the Body and Blood of Christ. The word *communion* means "unity" or "oneness."

The Lord's Prayer

We pray to God the Father with the prayer that Jesus taught us.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

After the priest prays a prayer to grant us peace and freedom from distress, we pray:

For the kingdom,
the power and the glory are yours
now and forever.

Sign of Peace

We are invited to share a Sign of Peace with one another.

Priest: The peace of the Lord be with you always.

People: And with your spirit.

Priest: Let us offer each other the Sign of Peace.

The Breaking of the Bread (Lamb of God)

The priest breaks the Host. During this we sing or say:

Lamb of God, you take away the sins
of the world,
have mercy on us.
Lamb of God, you take away the sins
of the world,
have mercy on us.
Lamb of God, you take away the sins
of the world,
grant us peace.

Invitation to Communion

The priest holds up the Body of Christ and invites us to receive Holy Communion.

Priest: Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

People: Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.

Communion

The priest receives Holy Communion. We then receive Holy Communion:

Priest: The Body of Christ.

People: Amen.

We may also be invited to receive the Blood of Christ:

Priest: The Blood of Christ.

People: Amen.

We return to our seats and pray quietly, giving thanks for the gift of the Eucharist.

Prayer after Communion

The priest prays a prayer after everyone has received Holy Communion. We respond "Amen."



IV. The Concluding Rites

We are blessed and dismissed by the priest.

1. Greeting

The priest invites us to pray.

Priest: The Lord be with you.

People: And with your spirit.

2. Final Blessing

The priest offers us a final blessing.

Priest: May Almighty God bless you,
the Father, and the Son, and the Holy Spirit.

People: Amen.

3. Dismissal

The priest or deacon dismisses us, inviting us to serve God.

Priest or deacon: Go forth, the Mass is ended.

People: Thanks be to God.

We sing a closing hymn and the priest and other ministers process out.



Eucharist Key Words

B

Baptism the sacrament that gives us new life in Christ and makes us members of the Church

C

Concluding Rites the final part of the Mass, during which we are blessed and sent forth

Confirmation the sacrament that seals us with the gift of the Holy Spirit and strengthens our relationship with Jesus and the Church

consecration when the bread and wine are changed into the Body and Blood of Jesus, with his soul and his divinity, through the power of the Holy Spirit and the actions of the priest

creed a statement of our beliefs

D

Dismissal the part of Mass where the priest or deacon dismisses us, inviting us to serve God

E

Eucharist the sacrament that nourishes us with the Body and Blood of Jesus Christ

Eucharistic Prayer the Church's great prayer of thanksgiving to the Father. It includes the consecration of the bread and wine. Through the power of the Holy Spirit, at the consecration, the bread and wine become the Body and Blood of Jesus.

G

genuflect to touch one knee to the floor as an act of adoration in the presence of Jesus in the Eucharist

H

Holy Communion the Body and Blood of Jesus, which we receive in the Eucharist

hymn a song we sing during the Mass

I

Introductory Rites the beginning part of the Mass, during which we are welcomed and we pray for God's mercy

K

Kingdom of God the power of God's love reigning over the world and our lives

L

Liturgy of the Eucharist the second main part of the Mass, during which we praise and thank God, the bread and wine are changed into the Body and Blood of Jesus, and we receive Holy Communion

Liturgy of the Word the first main part of the Mass, during which the Word of God is proclaimed

M

Mass the celebration of the Eucharist

P

parable a type of story told to teach important lessons

Penitential Act a prayer in the Mass in which the Church community asks for God's forgiveness

S

sacraments seven holy signs that Jesus gave to the Church, which give us a share in God's life. The Seven Sacraments are Baptism, Confirmation, the Eucharist, Penance and Reconciliation, Anointing of the Sick, Matrimony, and Holy Orders.

Sacraments of Christian Initiation the Sacraments of Baptism, Confirmation, and the Eucharist, which begin our lives in the Church

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