



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### GOD'S SAVING LOVE FOR US: LITURGY AND THE SEVEN SACRAMENTS

#### TOPIC: THE SACRAMENTS OF CHRISTIAN INITIATION: EUCHARIST

#### MATERIALS

- Items for having a Christmas party/celebration with treats, Christmas carols, and games.
- Items for collection that families bring, such as food or small gifts for the homeless, elderly or others in need.

#### BACKGROUND RESOURCE FOR CATECHISTS

[Why The Eucharist is “the Source and Summit” of Christianity](#) by Tom Nash

#### Goal(s):

- Families will reflect on and share about their experiences and sacramentals from their own First Holy Communion.
- Families will share a photo of themselves around their home altar or prayer space, practicing their favorite Advent or Christmas tradition.
- Families will explain why it is their favorite tradition, as well as how they will celebrate the Birth of Christ on Christmas Day and during the whole Christmas Season.

#### OPENING PRAYER

Lord Jesus Christ,  
We entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples.  
Amen.



#### ICE BREAKER

##### *Penguins*

1. Have enough sheets of paper for everyone in your group (these are the blocks of ice) and spread them around on the floor of your room.
2. Have everyone get on a block of ice, one per block.
3. When you start music or blow a whistle, “penguins” jump off their blocks and waddle around like penguins (arms stuck to sides) till the music stops and they must get back on a block of ice.
4. While music is playing, remove a block of ice.
5. Remember to tell participants that they must not hover around any certain ice block or they are out. Last penguin standing wins! [signupgenius.com](http://signupgenius.com)



# REVIEW MAIN CONCEPT

God loves us and knows how much we need Him. He gives us Himself in the Sacrament of the Holy Eucharist so we are able to see Him, feel Him and receive Him sacramentally and, therefore, tangibly into our bodies and hearts, to be as close to Him as possible. In the Eucharist, we are forgiven, loved and made new! God too desires this intimacy with us! In the Eucharist, Jesus gives us His whole self—Body, Blood, Soul, and Divinity.



## CONTENT

**Watch:** Sacraments 201: Eucharist (what we believe) 9 min



## FAMILY CONVERSATION

**What do you remember most about your First Holy Communion and about how you felt when receiving Jesus for the first time? Why did you feel that way?**

1. Model, remind, and help families to feel comfortable, by first answering the above question.
2. Briefly show examples of your First Holy Communion sacramentals and explain why they are special to you.
3. Invite the family members to show the sacramentals and photos from their own Sacrament of First Holy Communion and explain why they are special to them.

**Watch:** Pope invites Catholics to celebrate “true Christmas” (2 min)



## FAMILY CONVERSATION

Each family shares a photo of themselves around their home altar or prayer space practicing their favorite Advent or Christmas tradition. Then families explain why it is their favorite tradition, as well as how they will celebrate the Birth of Christ on Christmas Day and during the whole Christmas Season.

# CELEBRATE CHRISTMAS!

## Celebration Ideas:

- Have a Christmas party/celebration with treats, Christmas carols, and games for the second half of your December gathering.
- Ask families to bring in food or small gift items for the homeless, elderly or others in need.

## PRAY

*Awaiting Baby Jesus Advent Prayer:*

My heart is beating, filled with joy, awaiting Mary's baby boy. For with this child, we embrace the birth of God's most precious grace. Baby Jesus, soon to come! For us comes the Promised One. Baby Jesus, God's own Son, You will be the Chosen One to lead our flock into salvation.

Our eternal life awaits. The birth of Jesus brings us nearer Heaven's holy gates. Sing with joy, and count the days, for soon to come, the Lord we'll praise. Rejoice that Jesus will soon arrive, the Messiah and our faith alive. Amen.

## REMIN

Remind families about the next meeting date and time.

