

YEAR 4 - LESSON 4 - FAMILY GUIDE WK. 2



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

FAMILY AT-HOME MISSION ACTIVITY

God loves us and knows how much we need Him.

He gives us the 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.

Step 1: As a family, together, watch one or more of the videos below:

For tweens & teens & parents:

- [Eucharist 101](#) | Catholic Central (7:22)
- [The Shocking Reality of the Eucharist](#) | Ascension Presents (8:15)
- [Are Catholics Cannibals?](#) (3:15)

For younger children:

- S2 - 1st Holy Communion Retreat - [The Liturgy of the Eucharist](#) (8 mins)
- HOLY KIDS: Eucharist Series | E1- [The Last Supper](#) (5 mins)
- [The Eucharist For Little Children](#) (2005) | Full Movie (20:38) | Jennifer Naimo | Fr. Donald Lomasiewicz

For parents – Planning for the Christmas Season:

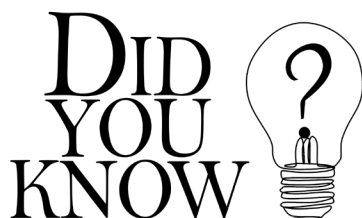
- [Celebrating the Christmas Season](#)
- [Christmas HD](#)

Step 2: Get ready to share about your family's plan to celebrate the Birth of Christ on Christmas Day and during the whole Christmas Season at Week 3's gathering of families.

Step 3: Find First Holy Communion items or sacramental(s) that were received by each family member at his/her First Sacrament of Holy Eucharist. These could be sacramentals, such as a prayer book, rosary, or crucifix/cross, or even the First Holy Communion clothing and photos. Bring those items to the Week 3 gathering.

Step 4: Take a picture of your family practicing your favorite Advent or Christmas tradition together around your home altar.

Step 5: Gather in your prayer space/around your home altar as a family. Place your **Last Supper Craft** on your home altar next to your family bible. Take a moment to be silent with God, and then let each family member share his or her special intentions. Then end by praying a decade of the Rosary together while meditating on the Fifth Luminous Mystery, *The Institution of the Eucharist at the Last Supper*.



Bethlehem and the Eucharist: The meaning of “Bethlehem” is “the house of bread.” Mother Mary laid the baby Jesus in a manger, a place where animals eat from (“manger” also coming from the Latin “manducare,” meaning “to eat”). These beautiful signs anticipated what Jesus would make clear in His public ministry, that He Himself is the Bread of Life, the Bread come down from Heaven for the life of the world. Already, the great gift of the Eucharist is being revealed in the Christmas mystery. Already, God the Father is seeking us out through His Son who became little for our sake. As your family celebrates Christmas, give thanks for the greatest gift we could ever receive, Jesus Himself whom we are privileged to receive in the Eucharist.

Eucharistic Revival: Consider praying this prayer as a family.

A Prayer for Eucharistic Revival



Come Holy Spirit!

Open our hearts, minds, and every part of our lives to You.

Inspire and transform us during this time of Eucharistic Revival.

Help us encounter Jesus and adore His Real Presence in the Eucharist—Body, Blood, Soul, and Divinity.

Lead us to see the Face of Christ in every person we meet.

Remind us that, in Christ, we are beloved sons and daughters of the Father.

Through, with, and in Jesus, set our hearts on fire with the power of the Gospel.

Amen.

