

# YEAR 4 - LESSON 4 - CATECHIST GUIDE WK. 1



## 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

**SACRED SCRIPTURE**  
**GN 14:18; EX 16:4; MT**  
**26:17-56; JN 6:22-69;**  
**1 COR 11:23-26**

#### REFERENCES:

CATECHISM OF THE CATHOLIC CHURCH  
no. 1324

CREED	LITURGY	LIFE	PRAYER
nos. 608-12, 619-23	nos. 1322-1419	nos. 2168-95	nos. 2600, 2605, 2611-12, 2624, 2637, 2643

#### Goals: Families will...

- Learn and share about the Sacrament of the Eucharist, which completes Christian Initiation.
- Review from the Old Testament God's Old Covenant with Israel and the Passover.
- Review from the New Testament the Institution of the Eucharist, the first Mass and the New Covenant at the Lord's Last Supper.
- Read about, reflect on and discuss their faith in Jesus and the Eucharist.

#### 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.

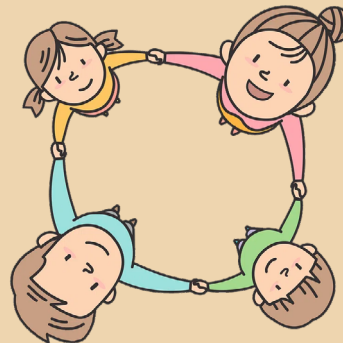


#### ICE BREAKER

##### WHAT'S NEXT?

1. Ask the families to sit in a circle.
2. The first person starts with any word they wish, like "blue."
3. The next person repeats the first word then adds another word which links to the first, like "berry."
4. The next person repeats the previous word, and adds another word link like "pie."

To keep this moving, only allow a few seconds for each new word association.



Adapted from [www.signupgenius.com](http://www.signupgenius.com).



## MATERIALS

- Bibles
- [Last Supper Craft](http://catholicicing.com) (catholicicing.com)
- Crayons, scissors, glue and 2 egg cartons per student



## BACKGROUND RESOURCES FOR CATECHISTS

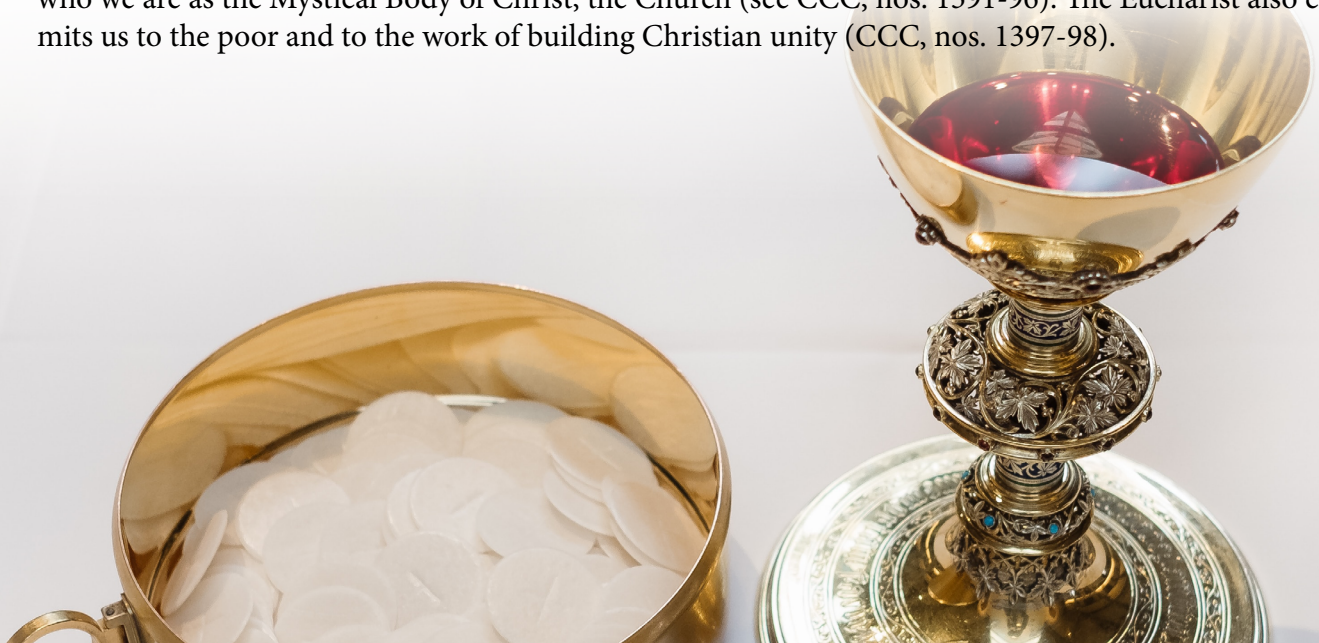
**The Eucharist completes Christian initiation:** As mentioned in the previous lesson, even when Confirmation is received after the Sacrament on the Eucharist during one's youth, both Baptism and Confirmation are ordered to the Eucharist and to an ongoing, eucharistic life of discipleship—hence, the Eucharist still completes one's full Christian initiation into the Church, the Body of Christ.

**The Eucharist is “the source and summit of the Christian life”:** The Eucharist is not only one of the Seven Sacraments, but it is the Sacrament of sacraments (CCC, nos. 1324 & 1330). “The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch” (CCC, no. 1324).

**There are many names for the Eucharist:** “Eucharist” comes from the Greek word meaning “to give thanks” or “thanksgiving.” The “breaking of the bread” is another early expression found in the Acts of the Apostles. See more at CCC, nos. 1328-32.

**The Eucharist is both sacrifice and sacred banquet of communion:** The Eucharist is the sacrifice of the Cross re-presented (made present again). “The sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice” (CCC, no. 1367). The Eucharist is also a sacred banquet or meal directed to communion with the Lord and with each other as one Body in Christ. “The celebration of the Eucharistic sacrifice is wholly directed toward the intimate union of the faithful with Christ through communion” (CCC, no. 1382).

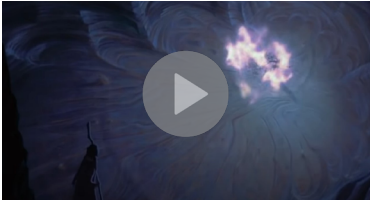
**Many fruits come from Holy Communion:** When received with the proper dispositions and in a state of grace, the fruits of the Eucharist include intimate union with Jesus, separation from sin, strengthening our charity and wiping away venial sins, preserving us from mortal sins, and becoming more and more who we are as the Mystical Body of Christ, the Church (see CCC, nos. 1391-96). The Eucharist also commits us to the poor and to the work of building Christian unity (CCC, nos. 1397-98).



# TEACH

## 1. Hook/Question

The Passover Story for Seder  
(5 min)



## 2. Introduce Topic

We are going to review what we have learned from the Old and New Testaments of the Bible about the Eucharist.

Sacred Scripture teaches us about God's plan to give us the Heart of His Son, Jesus, in the Sacrament of Holy Communion.

## 3. CONTENT

**Review and Explain:** After the first Passover, every year the Jewish people, or Israelites, celebrated the Passover feast as God had told them to do. Fast forward 1,500 years to when Jesus and his Apostles are planning to celebrate Passover together, but this time the feast will do more than re-live the freeing of the Israelites from the Egyptians. This time, at the Lord's Last Supper, Jesus will institute the Eucharist as the sign of the New Covenant that God makes with all people. In this covenant, Jesus himself will be the sacrificial Lamb of God who will redeem us—essentially purchase our freedom from our slavery to sin and its consequence of eternal death—as the Passover lamb had “redeemed” or bought back the lives of the Israelites’ first born. Jesus’ sacrifice rescues us from the powers of sin, death, hell, and the devil and opens the gates of Heaven to us!

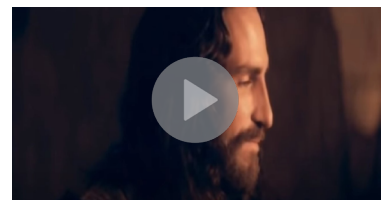
**Read:** [Luke 22:17-20](#)

**Explain:** In year three, we talked about how one might think Jesus would not want to have this meal, but the Scriptures tell us, “When the hour came, he took his place at table with the apostles. He said to them, ‘I have greatly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat again until there is fulfillment in the kingdom of God.’”

**Ask:** Why do you think Jesus “greatly desired to eat this Passover” with the Apostles?

**Explain:** Jesus greatly desired and looked forward to this celebration because it was the very first Mass! It was the first time that He would give His Body and Blood under the forms or appearances of bread and wine to those He loved! He was instituting the Sacrament of the Holy Eucharist. He was making the New Covenant that God had promised, and God would be with us forever. 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.

**Watch:** The Last Supper (3 min) & read the subtitles aloud for children



**Ask:** What did Jesus say and do in the video that is the same as what the priest says and does at Mass?

**Answers:**

1. Washing of hands
2. Bread & wine
3. Words of consecration

## FAMILY CONVERSATION

At the Lord's Last Supper, the Apostles experienced God's love for them in a way that was beyond anything they could have ever imagined. Jesus' offering of His Body and Blood to them left (most of) them speechless, humbled and in awe. At the Sacrament of the Eucharist today, we enter into the same moment with God. As Heaven touches earth at the Consecration, Jesus offers all He is – His Body, Blood, Soul and Divinity – to us as well. His same perfect sacrifice is made present again to us in the Eucharist.

- Why do you believe that Jesus is present in the Sacrament of the Eucharist?
- What is it about Holy Communion that shows that God loves you and wants to be part of your life now and forever?

Family Activity: [Last Supper Craft](#)

## MISSION

# 1

### First, Introduce Mission Activity

Mission Activities are to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

# 2

### Second, Explain Activity

- i. 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.
- ii. Watch the videos about the Sacrament of the Eucharist.
- iii. Parents find items or sacramental(s) that you and your children received at your First Holy Communion. These could be sacramentals, such as a prayer book, rosary, or crucifix/cross, or photos, etc....
- iv. Bring those items to the Week 3 gathering.
- v. Place your Last Supper Craft on your home altar next to your family bible and pray a decade of the Rosary together, meditating on the Fifth Luminous Mystery, *The Institution of the Eucharist at the Last Supper*.

# 3

## Last, Share Your Experience!

Show the families your own First Holy Communion sacramentals, a picture of your home altar with the **Last Supper Craft** you have placed there.

## REVIEW & CLOSE IN PRAYER

Dear God Our Father,  
As we prepare our hearts for Christmas, bring us closer to each other and to Your Son. Give us the grace and strength we need every day. Help us to always trust in You. Come, Lord Jesus, lead all people closer to You. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Adpated from [dynamiccatholic.com](http://dynamiccatholic.com)



## SUPPORTING QUOTES FROM CHURCH DOCUMENTS

**Second Vatican Council, Constitution on the Sacred Liturgy *Sacrosanctum Concilium* (1963), nos. 47-48:**

At the Last Supper, on the night when He was betrayed, our Savior instituted the eucharistic sacrifice of His Body and Blood. He did this in order to perpetuate the sacrifice of the Cross throughout the centuries until He should come again, and so to entrust to His beloved spouse, the Church, a memorial of His death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is eaten, the mind is filled with grace, and a pledge of future glory is given to us.

The Church, therefore, earnestly desires that Christ's faithful, when present at this mystery of faith, should not be there as strangers or silent spectators; on the contrary, through a good understanding of the rites and prayers they should take part in the sacred action conscious of what they are doing, with devotion and full collaboration. They should be instructed by God's word and be nourished at the table of the Lord's body; they should give thanks to God; by offering the Immaculate Victim, not only through the hands of the priest, but also with him, they should learn also to offer themselves; through Christ the Mediator, they should be drawn day by day into ever more perfect union with God and with each other, so that finally God may be all in all.

**Pope St. John Paul II, Encyclical *Ecclesia de Eucharistia* (2003), no. 25:**

The worship of the Eucharist outside of the Mass is of inestimable value for the life of the Church. This worship is strictly linked to the celebration of the Eucharistic Sacrifice. The presence of Christ under the sacred species reserved after Mass – a presence which lasts as long as the species of bread and of wine remain – derives from the celebration of the sacrifice and is directed towards communion, both sacramental and spiritual. It is the responsibility of Pastors to encourage, also by their personal witness, the practice of Eucharistic adoration, and exposition of the Blessed Sacrament in particular, as well as prayer of adoration before Christ present under the Eucharistic species.

It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the "art of prayer", how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear brother and sisters, have I experienced this, and drawn from it strength, consolation and support!

