



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

LIFE OF CHRIST: THE GLORIOUS MYSTERIES

**TOPICS: THE RESURRECTION OF THE LORD,
THE ASCENSION**

GOALS

- Families will share their *Family's Plan for Living the Easter Season*.
- Families will learn about and discuss Jesus' appearance to His disciples on the road to Emmaus and the power of the Eucharist.
- Families will learn about Jesus' Ascension into Heaven.
- Families will create prayers.

MATERIALS

- Bibles
- [Best Coloring Pages for Kids](#) (for Easter and Ascension) to be used anytime during Weeks 1 & 3
- Crayons or colored pencils

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

DESTINATION IMAGINATION

“Each family member thinks of a city or country they would like to visit or have visited. Then they decide upon three clues to help the other members to be able to accurately guess their destination. The trick to this game, however, is that they cannot say their clues out loud – they have to act them out. For instance, if their chosen place is Hawaii, they could do a hula dance. The person at the end of the game who has guessed the most destinations wins!”

Adapted from <https://www.signupgenius.com/>



FAMILY SHARING

(Large Group) Give each family time to share about their *Family's Plan for Living the Easter Season*. Also, ask if they have had a chance to light their Paschal Candles as they prayed together as a family and encourage them to do so through the entire Easter Season.



REVIEW MAIN CONCEPT

This month we are learning about the first two Glorious Mysteries, *The Resurrection of Our Lord* and *The Ascension*.

CONTENT

Explain: At our last gathering, we read about Easter morning. Who did Jesus appear to first?

Answer: Mary Magdalen.

Ask: What did Jesus tell her to do?

Answer: Jesus told Mary Magdalen to go tell the disciples He had risen from the dead and was going to the Father to be glorified.

Explain: We are going to read from Luke 24. This story takes place at the end of that same day, on Easter Sunday.

We read at the beginning that two of Jesus' disciples were leaving Jerusalem and headed to a town called Emmaus, when Jesus walked up to them. Just like Mary Magdalen when she first saw Jesus at the empty tomb, they did not recognize Him.

It is possible that the two disciples were headed back to their homes and their previous way of life. After all, as far as they knew, the holy man whom they had been following had been killed. He was gone. They felt devastated and confused by it all.

Read: [Luke 24:13-27](#)

Explain: It is at this point the disciples do not realize that Jesus is doing something wonderful! He is celebrating the first Mass after His rising from the dead!

We read in verse 17, **Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.**

Ask: Does anyone know to what part of the Mass this verse refers?

Answer: This is the part of the Mass called the Liturgy of the Word, when the Scriptures are read and the priest interprets them for us during the homily.

Read: Luke 24:28-31

Ask: Does anyone know to what part of the Mass this verse refers?

Answer: This is the part of the Mass called the Liturgy of the Eucharist, when Jesus gives us His Body and Blood in Holy Communion.

Ask: What opened the eyes of the disciples, so that they could see that it was Jesus who was with them?

Answer: When they received the Eucharist (when Jesus blessed, broke, and gave the bread to them).

Explain: The grace of receiving the Sacrament of Holy Communion opened the eyes of the disciples and changed the way they saw everything! They could see Jesus, and they were able to understand what Jesus had told them about the Scriptures. They had the grace to know and the courage to do God's will—which for them was to go back to Jerusalem.

Read: Luke 24:32-35

FAMILY CONVERSATION

Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread. Lk 24:35

Jesus wanted to give the disciples His Body and Blood in the Eucharist right away on the very day of His Resurrection, on Easter Sunday! It was as if he couldn't wait to unite His Heart with theirs in Holy Communion! Like the two disciples, we don't always recognize Jesus when He comes to us, but He wants to unite His Heart with our hearts! We too need the grace from the sacraments to see things the way God sees them, which is the way they truly are.



Does the Sacrament of Holy Communion change the way you see things? If so, how?

The Appearance to the Disciples in Jerusalem

Read: [Luke 24:36-48](#)

Watch: [What does the Resurrection mean for us?](#)
Easter 3B (Catholic Kids Media)
(4 min. Begin @ 2:44)



Explain: For 40 days Jesus appeared on and off to the disciples. At the end of the 40 days, Jesus sent them on a mission.

Read: [Matthew 28:16-20](#)

Or

Watch: [What is The Feast of the Ascension of Jesus Christ?](#)
Where is it in the Bible? (3:48)



Read: [Acts 1:3- 12](#)

Explain: Jesus ascended into Heaven to complete His mission as the King of Kings taking his place at the right hand of God the Father. He knew the disciples would need God's grace, so He told them to stay together in Jerusalem. No one was to leave and this time they listened.

The First Community in Jerusalem

Read: [Acts 1:13-14](#)

FAMILY ACTIVITY

Today the first apostles and disciples are in Heaven, so you are called to be Jesus' apostles here on earth now. Jesus has given your family a mission and sends you out to love and evangelize one another and the world around you. This mission is not easy, but Jesus is part of your family and wants to give you His grace, which is God's life, so you can be His witnesses. The first Christian community knew they needed God's strength to fulfill the mission Jesus had given them, so they stayed together and prayed.

You need to have the same spiritual strength, so you need to pray together and receive the grace of the Sacraments too. Start praying together and for one another by creating your own family prayers.



Families sit in a circle.

1. Ask each person to name one “wow” (positive blessing) and one “pow” (prayer need).
2. Let the next person pray one sentence for the blessing and one sentence for the need. Continue on to the next person until everyone has shared a wow and pow and has prayed for someone else.
3. When we pray for someone else, we want to cheer them on and pray for God’s grace for them so that they can overcome the difficulties that they face.
4. Ask family members to continue praying for that person until their next wow-pow. During the Easter Season, families can gather around their home altars, light their Paschal Candles, and wow-pow.

CLOSING PRAYER

**Thank You, Lord, for calling all of us to be Your apostles.
Thank You for sending us out to love one another.
Glory be....**

REMIND

Remind families about the next meeting date and time.

