

## The Sacrament of the Eucharist

### Engage: Page 139

- ▶ Together find pictures in magazines or online of families sharing meals. Ask: *What is different about each of these celebrations?* (There are different foods and different events.) *What is the same?* (People are enjoying a meal together.)
- ▶ Read aloud the session title. Say: *The Eucharist is an important meal we share with our family of faith. In this session, we will learn more about this sacrament.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Luke 22:14–20 from your Bible. Then say: *The Gospel of the Lord.* Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Say: *We want those we love most to be present with us. God is present to us through his Son, Jesus, and through the Eucharist.* Invite your child to read aloud the paragraphs on page 139. Ask: *What do we remember when we celebrate the Sacrament of the Eucharist?* (Jesus' sacrifice) Say: *Let's give thanks to God for giving us his Son, Jesus.* Pray aloud the prayer together. Conclude by praying *Amen.*

### Explore: Pages 140–141

- ▶ Discuss different traditional foods that might be served during your family celebrations or those of friends. Ask: *Why are some foods important to families?* (Foods can be family recipes and may be part of a family's ethnic heritage.)
- ▶ Have your child read aloud We Celebrate on page 140. Ask: *What do we pray before we eat?* (a blessing thanking God for his many gifts)
- ▶ Read aloud the Did You Know? feature. Say: *We believe that Christ is present in the Eucharist by the power of his Word and his Spirit.*
- ▶ Read aloud Jesus Invites Us on page 141. Ask: *Why does the Holy Spirit help us gather as a community on the Lord's Day?* (to remember Christ's sacrificial Death and Resurrection) *What do we do to honor the Lord's Day?* (We attend Mass. We avoid unnecessary work or causing others to do work. We give our full attention to worshipping God and caring for others.)
- ▶ Read aloud The Lord's Day and have your child complete the activity.
- ▶ Read aloud the Reading God's Word feature. Say: *When we receive the Body of Christ in Holy Communion, we receive the strength to live as God wants us to live.*

**Art Exploration: Page 142**

- ▶ Find in a magazine, in a book, or online a picture of Jesus feeding the five thousand.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including what is happening.
- ▶ Say: *The story of Jesus feeding the five thousand is an example of Jesus' compassion for his disciples.*
- ▶ Read aloud the introduction and discuss the question on page 142.
- ▶ Read aloud Jesus Feeds the Five Thousand. Look up the word *compassion* in the Glossary. Say: *Compassion is a feeling of sympathy or sorrow for someone in need.* Ask: *How does this story portray Jesus' compassion?* (Jesus showed compassion by feeding the hungry people.)
- ▶ Read aloud Show Compassion and give your child time to complete the activity.
- ▶ Invite your child to imagine that he or she is an eyewitness to the feeding of the five thousand. Have your child write a news report of what he or she saw. Encourage your child to deliver the news report to your entire family.

**Reflect: Pages 143–144**

- ▶ Read aloud God Provides. Invite your child to focus his or her attention on Jesus.
- ▶ Pray aloud the prayer slowly. Pause after each sentence to give your child time to use his or her imagination. Conclude by praying the Sign of the Cross together.
- ▶ Read aloud Holy Days of Obligation on page 144. Say: *On these six days, we celebrate the great things that God has done for us. The holy days of obligation are so important that the precepts of the Church call us to go to Mass on these days.*
- ▶ Read aloud Celebrate Our Faith. Have your child draw a picture that represents one of the holy days of obligation and then tell you about the picture.

**Respond: Page 145**

- ▶ Ask your child to read aloud the Faith Summary on page 145. Review the Word I Learned. Read aloud Ways of Being Like Jesus. Say: *Sharing your food is a way to be like Jesus. It is also a way to show compassion.* Then invite your child to complete the activity.
- ▶ Pray aloud the prayer with your child. Then pray the Sign of the Cross together.

**With My Family: Page 146**

- ▶ Read aloud With My Family on page 146. As a family, complete the page and plan to do the activity. Finally, pray the family prayer. Say: *May Jesus' example guide our way every day. Let's follow his lead.*