



Jesus Gives Us Himself

Engage: Page 135

- ▶ Ask your child to imagine being in certain situations, such as not being included or a close friend moving away. **Ask:** *What might you need most?* (Possible answers: comforting words, love, someone to listen, time, help)
- ▶ Read aloud the title and discuss the text in the box on page 135. **Say:** *When we are in need, we often turn to friends and family for love and support. They give of themselves in many ways. Jesus sacrificed himself so that he may always be with us. He is present with us and nourishes us through the Eucharist.*
- ▶ Pray aloud the prayer together. Pray aloud the Sign of the Cross.

Explore: Pages 136–137

- ▶ Ask your child to describe experiences with celebrations. **Ask:** *What kinds of things might be part of a celebration?* (Possible answers: food, conversation, dancing, decorations, laughter, storytelling, singing, sharing, traditions)
- ▶ Invite your child to read aloud the article title A New Passover on page 136. Then read aloud the first two paragraphs. **Say:** *We celebrate for many reasons and in many ways, but ultimately, a celebration is a time to share and commemorate something important.*
- ▶ Read aloud the section Jesus' Last Meal. Reinforce that Jesus knew he was going to be put to death. At the Last Supper, he gave traditional Passover items a new and special meaning. Use the Glossary to discuss the meaning of *Last Supper*.
- ▶ Read aloud Do This in Memory of Me. Explain that Jesus' words revealed his sacrifice. He was giving himself to us. **Say:** *By remembering Jesus' words when he instituted the Eucharist, we acknowledge his presence in our lives today.*
- ▶ Ask your child to read aloud Past Meets Present. Discuss the Institution Narrative and its importance during the Mass. Invite your child to read aloud the definition of *Institution Narrative* in the Glossary.
- ▶ On page 137 have your child read aloud the section Food for the World and then look up the definition of *transubstantiation* in the Glossary. Reinforce that at the consecration, the bread and wine truly become the Body and Blood of Jesus Christ. **Ask:** *How is the Eucharist more than a simple recollection of the Last Supper?* (We receive Christ in the Eucharist. We give thanks and go out in the world as his humble servants.)
- ▶ Read aloud the section Sunday and Beyond. **Ask:** *Why do we celebrate the Eucharist at Mass on the Lord's Day?* (Possible answers: We gather our family in prayer and rest from work. We echo the actions of Jesus and the Apostles.)
- ▶ Read aloud the Sacred Art feature. Discuss the meaning of the idea that we bring all our hungers to the table of the Lord. Guide your child to understand that we look to our faith for love, support, and guidance and that we receive all that we need.
- ▶ Use the Study Corner as a quick review of the article.



Explore: Pages 138–139

- ▶ Discuss the convenience of getting food from a fast food restaurant. **Ask:** *What are some problems with fast food?* (low nutritional value, high fat and salt content) Explain that sometimes a fast food meal satisfies our appetites, but we are missing something.
- ▶ Take turns reading aloud the first two paragraphs of the article *Jesus and the Eucharist* on page 138. **Ask:** *What are some things that one might hunger for other than food?* (Possible answers: love, acceptance, companionship, forgiveness, happiness)
- ▶ Continue reading aloud the sections *Food to Celebrate* and *Food to Share*. Ask your child to read aloud the definition of *Real Presence* in the Glossary. Be sure that your child makes the connection between the reception of the Eucharist and service to others. **Say:** *We live the Eucharist each day by caring for and serving others.*
- ▶ Take turns reading aloud *Together at the Table* on page 139. **Ask:** *Why do we receive Holy Communion often?* (It is spiritual nourishment.) Explain that we should be in a state of grace and free of mortal sin before receiving the Eucharist.
- ▶ Have your child read aloud the section *Reverencing the Body of Christ*. Together read aloud Matthew 25:31–46 in the Bible. Ask your child to summarize what Saint John Chrysostom means in relation to the Gospel of Matthew. Explain how this teaching applies to your lives. Discuss the meanings of *liturgy* and the *Mystical Body of Christ*.
- ▶ Bring the article discussion to a close. **Ask:** *How do I best honor Jesus' command to "Do this in memory of me"?*
- ▶ Use the Study Corner as a quick review of the article.

Reflect: Pages 140–141

- ▶ Read aloud the title on page 140. Read together the paragraphs in the left column. Have your child read aloud the definition of *Pharisees* in the Glossary. **Say:** *Jesus taught his followers to share.* Explain that as Catholics, we pray at meals to thank God for the gift of food and to remind ourselves to share this abundance with others.
- ▶ Pray together *Petitions: Jesus Fills Us*. Pray aloud the Sign of the Cross. Have your child read aloud the Scripture verses. Pray aloud each Leader part slowly and reverently. Together pray the All parts. At the conclusion, pray together the Lord's Prayer.
- ▶ Look at page 141. Read aloud the introductory text of *Where Do I Fit In?* Then take turns reading aloud *Lifting Burdens*. **Ask:** *What important lesson in faith do we find in the woman's words?* (Possible answers: The woman found something to give even when she had nothing; we can give even when we feel poor and empty. We live a Spiritual Work of Mercy when we act as a consoling presence for someone.)
- ▶ Invite your child to complete the *Mystical Body of Christ* activity. Challenge him or her to think of two possible responses for each scenario.

Respond: Page 142

- ▶ Read aloud the directions in *What's What?* Have your child complete the crossword puzzle independently, using details from the text.
- ▶ Review the terms you learned in this session in *Say What?*
- ▶ Read aloud *Now What?* After your child completes the activity, encourage him or her to assess himself or herself on a daily basis to see if goals were met during the week. Together pray the Sign of the Cross.
- ▶ Invite your child to access a 3-Minute Retreat at www.loyolapress.com/retreat.