

St. Laurence Catholic Parish
Elementary Children's Faith Formation (CCE)
Week 8 Lesson Plan



Unit 2 – How do we get to know and love Jesus Christ?

EQ #2: How does going to Mass help me know and love Jesus Christ?

CATECHIST PREPARATION

To prepare for this week's lesson:

- Prepare your adult heart and mind by watching one of the following videos ahead of the lesson: [BISHOP BARRON ON THE REAL PRESENCE OF CHRIST IN THE EUCHARIST](#) or [THE HOUR THAT WILL CHANGE YOUR LIFE](#) and by reading the article [ST JUSTIN MARTYR ON THE ANCIENT MASS](#) to place what we celebrate each week into context.

As Catholics, we believe in the *real presence* of Jesus Christ in the Holy Eucharist. Have questions? Please visit the USCCB's [REAL PRESENCE FAQs](#) for answers to commonly asked questions, or check out pgs. 341-358 of the [CATECHISM OF THE CATHOLIC CHURCH](#) and watch [BISHOP BARRON ON CATHOLICS MISUNDERSTANDING THE EUCHARIST](#). As Fr. Drew has been known to say, "No one would ever leave the Catholic Church if they *truly* understood what the Eucharist is."

As an aside, keep in mind that contrary to what some of our Protestant brothers and sisters are taught and perhaps some Catholics might believe, the Catholic Mass *is rich in Scripture*. Besides the readings, responsorial Psalm and Gospel proclaimed during the *Liturgy of the Word* at every Mass, the prayers and responses of both the congregants and the clergy *throughout* the Mass are based in Scripture. In fact, there are over 100 references to Scripture throughout the Rite. For two great summaries on this topic, go to [WHO SAYS CATHOLICS DON'T HEAR THE BIBLE AT MASS?](#) or [THE MASS IN SCRIPTURE](#). Note that in the Catechism of the Catholic Church, each page is footnoted with Scriptural references or papal writings supporting each faith statement, practice or belief.

Bible which refers to what we experience at Mass and how it began ... (*Read your favorite passage from the Bible about prayer and explain WHY it is important to you or your favorite passage*) ... You know, when we attend Mass each Sunday we are participating in a special type of celebration and prayer with our families, friends and other Catholics.”

EXPLORE

(Pre-assessment of faith concepts)

Ask/Discuss, “What do you know about what happens at Mass and why we celebrate it?”

- ❖ As the children share their ideas, have them jot a few down on a sticky note (with their name) and then place them on the wall in your classroom space. (For younger children, you may have to act as the ‘scribe’). Retain the sticky notes to have an understanding of what the children already know or don’t know. This will be helpful as you move along in your lessons.
 - ❖ To facilitate thinking and discussion, use some of the following prompts: Think about a traditional meal that you celebrate together each year as a family (i.e., Thanksgiving, Christmas, Easter, Birthday celebrations, etc.). Why do we celebrate these meals together? Who normally attends these gatherings to celebrate with us? What type of food is served? What makes the meal and gathering so special? What is the same in the meals at these celebrations? What is different? What is your favorite part of these gatherings? How are any of these celebrations similar to our celebration of and participation in weekly Mass? *Plus any others you can think of...*
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EQ “Essential Question”

(This question serves as a cognitive bookend for the children – i.e., it is the targeted “so what” or “take-away” of the lesson being presented. If your learners can articulate a relevant answer to this question by the end of the session, you have done your job. 😊)

Share and post the physical representation of the lesson’s EQ in your classroom

(Note: Each classroom is equipped with a set of *EQ posters* corresponding to those posted on the weekly *Lesson Schedule*):

How does going to Mass help me know and love Jesus Christ?

EXPLAIN (Either as a class guided with your assistance, or working independently -or in groups- have the children review their relevant grade-level material – listed below - and complete the workbook activities, where applicable).

Grade 1: * *Alive in Christ, Chapter 19 (We Give Thanks)*

Grade 2: *Alive in Christ, Chapter 16 (Gather to Worship)*

Grade 3: *Alive in Christ, Chapter 5 (The Church Celebrates)*

Grade 4: *Alive in Christ, Chapter 9: pg. 142-145 (Honoring God) and Chapter 17: pg. 236-239 (The Seven Sacraments)*

Grade 5: *Alive in Christ, Chapter 5 (Prayer and Worship) and Chapter 16 (Gathered as One)*

***NOTE:** We are aware that some of our lower Elementary learners have been delayed and are not all reading ready. As the Catechist or class facilitator, your role is to help your learners understand or connect with the *content* of the weekly lesson. You can convey the assigned weekly content from the *Alive in Christ* textbook in a variety of creative ways that are appropriate and effective for your learners and does not involve the class taking turns reading from the student text. Review the content *beforehand*, and feel free to introduce other methods of conveying it or more specifically adapting it to your learners. Some suggested ideas can include the use of any of the following, many of which are available on campus. Just ask a staff member. These are:

- *Story Books*
- *Felt Board Creation Figures* to tell the stories
- *Role-playing/Skits*
- *Manipulatives*
- *Costumes/Dress-up*
- *Puppets*

If you have any questions or need suggestions, be sure to reach out to a staff member. Be sure to also check out the supplemental resources at the end of this Lesson Plan outline for additional ideas.

EXTEND

(Gather back together and invite children to share, in turn, what they learned about the most important form of prayer, which is participation in the *Eucharistic Liturgy*, or the Holy Mass. Affirm positive answers and interject grade-level learning targets into the discussion, where applicable. As a class (or in groups), come up with a list of *at least three new things* that the children learned, were surprised by or think others should know about celebrating or attending Mass. Then, *extend the lesson together by completing at least one of the activities* provided below).

Lower Elementary:

- **Video** Watch [THE BREAD AND WINE AT MASS](#), [HOLY KIDS: EUCHARIST SERIES](#) or [THE EUCHARIST FOR LITTLE CHILDREN](#)
- **Crafts** Complete the [LORD'S SUPPER CRAFT](#) , [LAST SUPPER BREAD & WINE](#) or the [LORD'S SUPPER PAPER BAG ACTIVITY](#)
- **Activity:** Write Jesus *Thank You* notes for the gift of the Eucharist which we celebrate at every Mass, make and play with a [LAST SUPPER PLAYDOUGH MAT](#) or play "Mass" with a *My Pop Out Mass Kit* (see below in supplemental resources-4 on hand) guided by this fun video [LET'S PLAY MASS WITH FR. TIM](#) using this resource.

Upper Elementary:

- **Video** Watch the [WHAT IS THE EUCHARIST?](#) , [THE MIRACLE OF THE EUCHARIST](#) or [ON THE ROAD TO EMMAUS](#) video
- **Crafts** Make the [JESUS IN THE EUCHARIST CRAFT](#), [EUCHARIST UNITES HEAVEN & EARTH](#) , [LEARNING ABOUT THE LAST SUPPER CRAFT](#) , [JESUS IN THE MONSTRANCE](#) or [ROAD TO EMMAUS CRAFT](#)
- **Activity:** Perform [THE LAST SUPPER SKIT](#) together as a class or write Jesus *Thank You* notes for the gift of the Eucharist which we celebrate at every Mass.

EVALUATE/REFLECT

Restate today's Essential Question (EQ) – *How does going to Mass help me know and love Jesus Christ?*

- **Summarize what's been learned during this lesson, emphasizing those concepts which may have been missed or misunderstood in the EXPLORE step above and keeping a mind's eye on the grade-level learning targets for this Unit.**

Say, "Going to Mass is like sharing a special meal with our family. It is a "sacred" meal, a holy meal, deserving of our respect. It is actually the *highest form of prayer* that we can participate in as Catholics. For some of the reasons we discussed about why we celebrate special meals with our own family, Catholics attend Mass each Sunday and on Holy Days of Obligation: to praise and thank God for all He has given us, to gather with others in prayer, and to share in a "sacred" meal...The Holy Eucharist. In fact, the word "Eucharist" means "thanksgiving."

In the Holy Eucharist, Jesus shows us just how much he loves us by turning the Bread and the Wine offered by the community into his very own Body and Blood to feed and nourish us. Just as the food served at a family meal nourishes our bodies, makes us grow stronger and keeps us alive, the Body and Blood of Jesus Christ which we receive at Mass not only nourishes us so that we can live good and holy lives, but also keeps us ready for eternal life with God. This spiritual food is the only food which we can eat as human beings that actually *consumes us* (i.e., makes us *a part of it*) rather than us consuming it (i.e., it becoming a part of us). We 'fast' for at least one (1) hour before attending Mass by not eating or drinking anything, so that our bodies are emptied of everything except Jesus before we receive Him in the Eucharist. During the Holy Sacrifice of the Mass, the separation (or veil) between Heaven and earth is removed as the Communion of Saints in Heaven celebrate this special meal along with us saints in the making right here on earth.

As we explored in the Scripture passage I shared with you earlier today, the Mass (or the *Eucharistic Liturgy*), began as a special meal that Jesus celebrated with his friends, the Disciples. This special meal is called the Last Supper which occurred on Holy Thursday, the day before Jesus died. Every Sunday, we attend a meal just like the Last Supper *at Mass*. Just as Jesus took, blessed, broke and gave the Bread to his friends at the Last Supper, he does so with us at every Mass through the power of the Holy Spirit and the help of the priest (who 'stands' in Jesus' place). During the *consecration* (or special prayer and actions of the priest), the bread and wine *become* Jesus' Body and Blood. As Catholics, we believe that Jesus is *truly present* with us in the Eucharist. And so, when

- **Say,** “Think back to the passage that I read from the Bible at the beginning of our lesson today. What about this special prayer time we spend together every Sunday, called the Mass, was reflected in that Scripture? *(Discuss together, affirming appropriate answers and reinforcing lesson teaching points).*
- **Separately reflect on these questions:** *What do you like about Mass? What is hard for you about Mass? How is praying at Mass different than praying at home? Why should we want to go to Mass each week? How can we better participate in this very special form of prayer and better show Jesus our gratitude for His sacrifice celebrated in the Eucharist?* *(After some reflection time, have the children turn and share their answers with a partner or the class).*

Gather together in your dedicated prayer space and ask the children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and recite a favorite prayer, choose one from the [COMMON PRAYERS BY GRADE](#), pray the [GLORY BE](#) or ask the children to offer up their [INTERCESSORY INTENTIONS](#). Conclude by praying the [SIGN OF THE CROSS](#).



- **What We Pray:** *The Act of Humility* is a Catholic prayer that we pray before receiving Jesus in the Holy Eucharist every Sunday at Mass. In this prayer, we acknowledge our unworthiness before God and we show reverence to Him. We know that He can heal us from all of our sins and help us to live better lives. Read the story of *The Healing of a Centurion's Servant* in [MATTHEW 8: 5-10](#). What strikes you about the attitude of the Centurion and how/why he approached Jesus in the story? Do his words sound familiar to you? How do his words and actions teach us about the appropriate way to approach Jesus in the Holy Eucharist? Why?

Priest: “Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.”

- **Saint of the Week:** In his recent beatification by Pope Francis, Blessed Carlo Acutis, has moved one step closer to canonization (i.e., declaration as a Saint) by the Catholic Church. Known to say, *‘The Eucharist is my highway to Heaven,’* this young man developed a special relationship with Jesus Christ in the Holy Eucharist during his short life. Research the life of Carlo Acutis by reading [BLESSED CARLO ACUTIS](#) or watching [50 FACTS ABOUT CARLO ACUTIS](#) and learning how he used his special gifts to document

[EUCCHARISTIC MIRACLES](#) around the world. Find out how this modern-day Saint-to-be lived his life to bring others closer to Jesus in [MOTHER'S LITTLE SAVIOR](#).

What do you think Blessed Carlo Acutis meant by, 'The Eucharist is my highway to Heaven'? Do you agree? How can you, as a kid, be inspired by Blessed Carlo Acutis in your own journey towards Heaven?

Want to learn more about Eucharistic Miracles? Check out [THE SCIENCE OF EUCCHARISTIC MIRACLES](#).

Want to extend your lesson in class or at home about this topic? Check out these additional resources which can be used at the Catechist's discretion, if desired:

- **Catechist Preparation Videos/Resources:** [THE VEIL REMOVED](#), [THE HOUR THAT WILL CHANGE YOUR LIFE](#), [THE MYSTERY OF THE MASS](#), [BISHOP BARRON ON THE REAL PRESENCE OF CHRIST IN THE EUCHARIST](#), [AREN'T ALL CHURCHES THE SAME?](#), [BISHOP BARRON ON CATHOLICS MISUNDERSTANDING THE EUCHARIST](#), [WHAT IS THE HOLY EUCHARIST?](#), [THE REAL PRESENCE OF JESUS CHRIST](#), [ST JUSTIN MARTYR ON THE ANCIENT MASS](#), [GOD SHOWS HIS LOVE FOR US IN THE EUCHARIST](#), [ON THE ROAD TO EMMAUS](#)
- **Lesson Plans/Resources:** [WAYS TO TEACH ABOUT THE EUCHARIST](#), [LITURGY OF THE EUCHARIST LESSON PLAN](#), [THE REAL PRESENCE ACTIVITY BOOK](#), [TRANSUBSTANTIATION](#) (older students), [CELEBRATING THE MASS LESSON PLANS](#), [TEACHING ABOUT THE MASS](#), [COMMON PRAYERS & PRACTICES - MASS RESPONSES](#), [THE RELIGION TEACHER](#)
- **Videos:** [THE VEIL REMOVED](#) (Older kids - 7:16), [THE EUCHARIST](#) (Older kids - 6:38), [WHAT IS THE EUCHARIST?](#) (2:19), [ON THE ROAD TO EMMAUS](#) (7:37), [THE MIRACLE OF THE EUCHARIST](#) (2:27), [WHAT IS REAL PRESENCE?](#) (2:01), [WHAT IS HOLY MASS?](#) (5:21), [TEACHING THE MASS](#) (17:23), [WHAT HAPPENS AT MASS?](#) (3:29), [BROTHER FRANCIS TEACHES ABOUT THE MASS](#) (6 short videos totaling 2:24), [CATHOLIC MASS EXPLAINED](#) (19:58), [THE CATHOLIC MASS EXPLAINED](#) (Animated-6:08), [REMEMBERING WHAT THE MASS IS ABOUT](#) (:42), [THE HOLY MASS](#) (Animated-20:10), [I WAS THERE: THE HOLY MASS](#) (Animated-20:59), [GOD'S STORY: THE LAST SUPPER](#) (3:57), [HOW DO WE KNOW THAT JESUS IS IN THE EUCHARIST?](#) (3:25)
- **On FORMED.org:** Brother Francis: *The Bread of Life, Celebrating the Eucharist* (approx. 28 min.) **To Access this video for free, please check out the [INSTRUCTIONS FOR ACCESSING FORMED](#).**
- **Activities/Crafts:** [JESUS IN THE EUCHARIST](#), [JESUS IN THE EUCHARIST CRAFT](#), [REAL PRESENCE OF JESUS ZIG ZAG CRAFT](#), [ROAD TO EMMAUS CRAFT](#), [MONSTRANCE CRAFT](#), [HOW TO DRAW THE EUCHARIST](#), [EUCHARIST UNITES HEAVEN & EARTH](#), [LORD'S SUPPER CRAFT](#), [LAST SUPPER BREAD & WINE](#), [LAST SUPPER CHALICE](#), [CATHOLIC MASS ACTIVITIES](#), [CATHOLIC ICING](#), [ENCOURAGING KIDS TO KNEEL](#), [SCRIPTURE MEMORY FROM THE MASS](#), [HOW TO CRAFT A MASS KIT](#), [ENCOURAGING KIDS TO KNEEL](#), [CATHOLIC MASS ACTIVITIES](#), [MASS ITEM MATCHUP](#), [CATHOLIC MASS OBJECTS FLASHCARDS](#) (free download), [ACTIVITIES FOR EXPLORING THE MASS](#), [CATHOLIC ICING](#), [MASS SCAVENGER HUNT](#), [I FOUND IT!](#), [CATHOLIC MASS REFLECTION BOOKLET](#) (free download), [PARTS OF THE MASS MATCHING ACTIVITY](#), [MY MASS WORKSHEET](#), [CATHOLIC MASS BINGO](#), [PARTS OF THE MASS BINGO](#), [HOLY EUCHARIST BINGO](#), [MASS](#)

EXPLAINED CRAFTS, MASS REVIEW GAME, PEOPLE AT CHURCH GAME, CHURCH TITHING BANK, CHURCH FAMILY, TEACHING CHILDREN ABOUT THE CHURCH

(See craft images below)



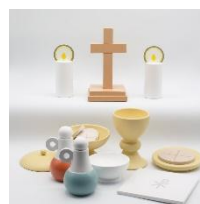
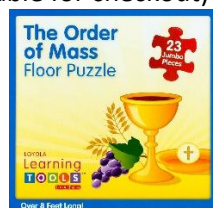
• **Manipulatives:**

- My Pop Out Mass Kit (4 sets are available for checkout)

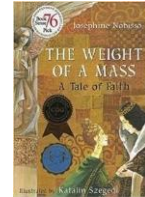
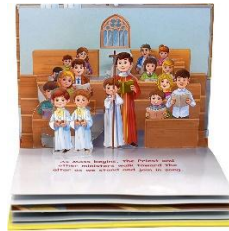
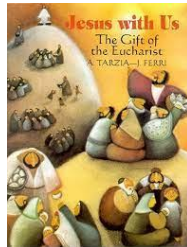
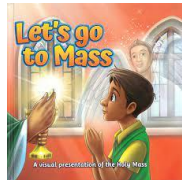
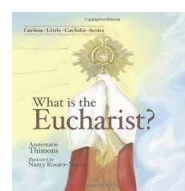
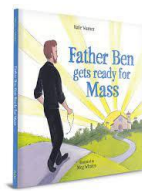
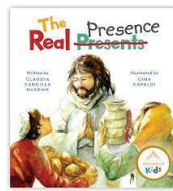
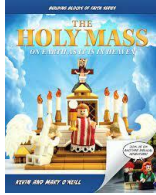
Check out this fun video [LET'S PLAY MASS WITH FR. TIM](#) using this resource



- The Order of the Mass Floor Puzzle (2 available for checkout) and the Wooden Mass Kit Playsets (4 available for checkout)



- **Picture Books: (check with staff on copies available)**
 - *The Holy Mass: On Earth as it is in Heaven (Lego book)* by Kevin & Mary O'Neill (x1)
 - *Jesus and the Miracle of the Mass* by Gracie Jagla (x1)
 - *The Real Presence* by Claudia Cangilla McAdam (x1)
 - *Fr. Ben Gets Ready for Mass* by Katie Warner (x1)
 - *What is the Eucharist?* By Annemarie Thimons (x1)
 - *Let's Go to Mass* by Herald Entertainment (x1)
 - *Jesus with Us: The Gift of the Eucharist*, by A. Tarzia (x2)
 - *My Pop-Up Mass Book* by Catholic Book Publishing (x1)
 - *The Weight of a Mass* by Josephine Nobisso (x1)



- **Object Lessons:** [TRANSUBSTANTIATION](#), [STRONG TOGETHER](#), [GOD FIRST](#)

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