

St. Laurence Catholic Parish
Elementary Children's Faith Formation (CCE)
Week 7 Lesson Plan
(Home Study Version)



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?

PARENT CATECHIST PREPARATION

To prepare for this week's lesson:

- Establish a dedicated time and comfortable learning space for your family discovery session.
- Create a [Prayer Table](#) (or check out [How to Make a Prayer Table for Kids](#)) in a special corner of your home.
- 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.
- Reflect upon a favorite Scriptural passage about The Lord's Supper or the Eucharist that you would like to share with your children and why it is important to you, or consider any one of the following:

[MARK 14: 22-24](#), [LUKE 22: 14-20](#), [MATTHEW 26: 26-30](#), [1 CORINTHIANS 11: 23-26](#),
[JOHN 6: 1-13](#), [JOHN 6: 47-50](#), [ACTS 2:42](#)

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](#)

EUCCHARIST. 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.

Supplies you may want to have on hand before beginning the Lesson:

- A *Catholic* family or children’s Bible (go to **USCCB** for approved Bible translations)
- An electronic device with reliable internet access
- Sticky notes
- Art/craft or any unlined paper
- Crayons, markers and pencils
- (*Optional*): Materials necessary for any of the craft ideas selected during the EXTEND segment of the lesson



OPENING PRAYER

Begin your discovery session today with your child or children in prayer. Gather together in your dedicated prayer space and ask your 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 of the **COMMON PRAYERS BY GRADE** or the **OUR FATHER** together. Conclude by praying the **SIGN OF THE CROSS**.

ENGAGE

(Mental warm-up)

Say, “Today, we are going to discover how attending Mass every Sunday can help us grow to love Jesus Christ more deeply. I want to share with you one of my favorite passages from the 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 your child or 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 discovery space. (For younger children, you may act as the ‘scribe’). Retain the sticky notes to have an understanding of what your child or children already know or don’t know. This will be helpful as you move along through today’s lesson.
- ❖ To facilitate thinking and discussion, use some of the following prompts: Think about a traditional meal that we 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...*

EQ “Essential Question”

(This question serves as a cognitive bookend for your child or children – i.e., it is the targeted “so what” or “take-away” of the lesson being presented that your child should be able to articulate at the end of your session today).

Share and post a physical representation of the lesson’s EQ in your study space:

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

EXPLAIN (Either guided with your assistance or working independently, have your child or children review their relevant grade-level material – listed below - and complete the workbook activities. *Empower older children by allowing them to mentor younger siblings*):

Kinder: *Call to Faith, Chapter 16: pg. 137 (Holy Signs) and Chapter 18 (Eucharist)*

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. 142-143 (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)*

EXTEND

(As a family, gather back together and have each child share, in turn, share what they learned about the most important form of prayer, which is participation in the *Eucharistic Liturgy*, or the Holy Mass. Together as a family, come up with a list of *at least three new things* that you 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, or make and play with a [LAST SUPPER PLAYDOUGH MAT](#)

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.**

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

- **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 family's formation about this topic? Check out these additional resources which can be used at the Parent Catechist's discretion, if desired:

- ***Parent 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](#)
(See craft images below)



● **Picture Books:**

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



● **Object Lessons:** [TRANSUBSTANTIATION](#)

Revised 3/31/26