

The Mass and You



Lesson Themes in Class



Jesus Founded the Church

We learn how Jesus is the foundation of the Church



Disciples

We learn that we become Jesus' disciples when we know, love and serve God



Activities

We learn the Eucharist and the Mass



Having a better appreciation for the Eucharist, children are now prepared to explore the Mass and appreciate the importance of weekly participation in the liturgy. God commands us to keep holy the Lord's day because He knows we need Him. He wants us to stay close to Him and be united with Jesus in the Eucharist. Children should be taught to go to Mass with expectation that God will speak and act in their lives. Children can be encouraged to take a journal to Mass each week and write down how they encountered God. Sharing these encounters in class will encourage others to do the same. Add a comment to help kids understand how the Eucharist connects them to the body of Christ in the assembly and the world.

Becoming Disciples at Home:

1

PARENTS

Describe to your child that the Church is a praying and worshipping community

2

CHILD

Attend Mass on Sundays with your family. Listen for the 2 parts of the Mass: the Liturgy of the Word, and the Liturgy of the Eucharist

3

FAMILY

Talk about how Jesus is present at Mass in the Scriptures, Eucharist, priest, and all people (CCC 1088)