

## Grade 4: Lesson 5: Finding Jesus at Mass

### Lesson Objective:

These outcomes continue to build on the previous lesson. The Mass is explored in the context of nourishing a life of discipleship with Jesus. Children should not only understand the parts of the Mass, but also be led to explore the relevance for their lives. The children should be taught how to enter into the Mass and how the Eucharist keeps them connected to Christ. In addition, children should be taught to approach Mass with expectation knowing that God wants to give them something in each liturgy (a word for their lives, grace for a difficult situation, etc.) In this context, weekly Mass attendance can be approached as not wanting to miss what God wants to give us.

### Learning Outcomes:

- Recognize sacraments as encounters with Jesus that help maintain their friendship with Him (John 14:16-18).
- Understand the way in which Christ can be personally encountered in the liturgy (CCC 1084-1090).
- Explain the parts of the Mass as the Introductory Rite, the Liturgy of the Word and Liturgy of the Eucharist (CCC 1348-1372).
- Explain the meaning of the major prayers of the liturgy (Penitential Rite, Confiteor, Gloria, Sanctus, Lamb of God, Our Father, and the responses).

### Materials Needed:

- Prayer space, pencils, crayons or colored pencils, construction paper, scissors and glue
- Copies for today: People at Mass (choice) or Parts of the Mass (choice) Prayer Journal Page (choice), LANE Kids Order of the Mass (choice) if you are doing it all together or individually

### As Students Enter Class:

- Suggestion: Have an activity ready such as, The Four Parts of the Catholic Mass, for students to begin coloring and thinking about. They don't have to put them in order just yet. Use this as an anticipatory set for today's lesson.

### Beginning of Class:

- Gather around your prayer space and pray a traditional Catholic prayer. Consider praying the Our Father, Hail Mary and the Glory Be, as a precursor to today's lesson.

Lesson Order	Implementation Ideas
Lesson 5 Video	<p>This video is 5:32 in length. There are good visuals that accompany the information shared.</p> <p><b>Highlights:</b> Review that last week we learned the word Kerygma and that it means we proclaim Jesus is our Lord and Savior and by following Him and His teachings, we can have eternal life in Heaven. We also talked about CHOOSING to follow Jesus through our thoughts, words, and actions. (Consider stopping here and share examples of how we choose to follow Christ). Today we will learn more about nourishing our life of Discipleship with Jesus. Carla uses a seed analogy: in order to grow a plant, we nurture the seed with soil, water, and sunlight. In order for us to grow closer to Jesus, we need to nurture our relationship with Him. We do this in several ways:</p> <ul style="list-style-type: none"> <li>• Receiving our sacraments, Baptism, Holy Eucharist, Reconciliation; attending Mass weekly and participating in the prayers and songs.</li> </ul> <p>Through the Sacraments, God gives us grace to deepen our relationship with Him. The Holy Eucharist is how Christ feeds us. Through Mass, often called Liturgy, Christ is present in His Word. We need to understand that Christ is actually present in the Sacraments. Remember Jesus said, where 2 or 3 are gathered together in my name, there am I in the midst of them.</p> <p>When you go to mass, God really wants to give you something during each Liturgy. For example, you may need strength to handle a difficult situation at home or at school; or God may need to tell you something, which is why it is so</p>

	<p>important to listen to the readings and discern what Jesus is trying to share with you. The more you actively participate in your faith by participating in Mass, attending classes, volunteering, the more you will feel like Jesus is your friend.</p> <p>You became a member of the Catholic Church when you were Baptized. All of us can volunteer to serve in the Church.</p> <p>Activity Suggestion: Brainstorm T-Chart list of people who volunteer and serve in the church, such as Greeters, Organist, Cantor, Choir, Lector, Priest, Altar Servers. On the left side is the list of people and on the right side write what they do. Remind students that they can volunteer as Altar Servers.</p> <p>The more you participate and understand the Mass, the closer you draw yourself to Jesus.</p>
What is Holy Mass Video	<p>This video is well done and lasts 5:22. It explains at a nice pace, with good visuals, the following basic truths:</p> <ol style="list-style-type: none"> <li>1) Sacrifice – Precious gift for God to express that God is important to us. He takes first place in our lives. It is in our human nature to express what we feel inside (hence, we offer a sacrifice).</li> <li>2) What kinds of sacrifices are in our religion? The OT had many different sacrifices and the purpose of all those sacrifices was to express to God that He was held in the highest place and thus restored proper order (made up for sins of man). BUT, when Jesus died on the cross and gave his life for the atonement of the sins of mankind, he restored the proper order between God and man. His loving obedience outweighs the sinful disobedience of man. Since Jesus' sacrifice is completely perfect, no further sacrifice is required.</li> <li>3) What is the Holy Mass? Did you know that technically we refer to Mass as the Sacrifice of the Mass? But, it's</li> </ol>

	<p>not a new sacrifice. Remember Jesus' death on the cross is the one and only true sacrifice we need. However, during Mass, Jesus' sacrifice is made present to us when the Priest changes the bread and wine (consecration) into the body and blood of our Lord, Jesus Christ. Jesus is truly present each and every mass.</p> <p>When the priest consecrates the bread and wine, he separates them and prays for each one. This separation signifies Jesus' death. So, what happens each Mass is the sacramental representation of Christ's death on the cross.</p> <p>Wow Catechists – that is a lot of important information for our students to process. Offer some question/answer or general discussion time after presenting this video. If students are quiet, consider reminding them how many different sacrifices man made to God in order to atone for their sins during the Old Testament. We are truly blessed that Jesus came to Earth for us so we can receive our sacraments of Baptism, Holy Eucharist, Reconciliation, in order to grow closer to God and to live righteously. Since Mass is making present for us, Jesus' sacrifice and death on the cross, we must understand that Mass is truly a holy time. How blessed are we that we can celebrate Holy Mass every week.</p>
What are the Parts of the Mass Video	<p>This video is 2:45 and is also filled with great information. We have two parts to the Mass: Liturgy of the Word and Liturgy of the Eucharist.</p> <p>Liturgy of the Word: Readings from the Bible; the Word of God based on what God has revealed to us through salvation history. We get to know God even deeper. The readings from the Bible help us learn to live a good and upright life in Christ.</p> <p>Liturgy of the Eucharist: is the Word of God but is the Word of God Incarnate: The flesh of Jesus is</p>

	<p>truly present on the altar with the bread and wine.</p> <p>500 years ago, St. Therese of Avila and St. John of the Cross spent most of their time pondering our Christian life. They observed 3 stages in our spiritual life:</p> <ol style="list-style-type: none"> <li>1) Purification – Beginning of Mass</li> <li>2) Illumination – Readings</li> <li>3) Union with God – Receive Jesus in Holy Communion</li> </ol> <p>Since they went to daily mass and spent a great deal of their time praying, they realized the same 3 stages occurred in the Mass. (see above)</p>
Movement Break	<p>This is a good time for students to stretch or move around a bit.</p> <p>Consider completing the People at Mass activity sheet or the Parts of the Mass cut and paste at this point in class.</p>
The Catechism: 4 Ways Christ is Present in the Mass	<p>This video is approximately 3:30 in length. Please note the narrator speaks quickly and somewhat monotone. Students may not relate to the information presented. However, the art used in the video to coincide with the spoken word is beautiful and different than other art students have seen so far. <u>One idea</u> is to have no volume but show the video, encouraging students to be the detectives to determine how Christ is present in the mass using the pictures as their guide, along with their own knowledge. You can start and stop the video as students come up with answers. <u>Another idea</u> is for you to watch this video and take notes, and then provide a guided meditation of sorts, while students look at the pictures.</p> <p>Here are the 4 ways Christ is present in Mass:</p> <ol style="list-style-type: none"> <li>1) When we gather together in prayer and song</li> <li>2) Through the priest and the consecration of the bread and wine into the Body and Blood of Christ</li> <li>3) Through the word of God that is read to us</li> </ol>

	4) Through the supernatural presence of Christ when we take Communion
Intro to Activities	You will not need to show this. One of today's activities is an Order of the Mass Sorting. You could do this as a whole group and glue it on a larger piece of paper or students can do it on their own. You will need construction paper to attach the strips. If you choose the whole group activity, I suggest you have the strips cut out ahead of time and then randomly pass them out to your students. This would provide a nice discussion and review of the parts of the mass
The Prayer Journal Page	The suggestion in the intro is to take it to church and write notes about what God is telling them. If you feel your students will do this, then please pass it out. If not, and you are keeping a prayer journal in class, you may provide some quiet time for students to reflect on today's lesson. What is their take away or what stuck with them? Did they learn something new or interesting? The goal here is to encourage a few minutes of reflection.
Closing prayer	Invite students to the prayer space. Remind them that Jesus said, when two or three are gathered in my name, then I am with them. (Matthew 18:20). Invite students to offer intentions for someone who needs prayers, or offer a prayer of thanksgiving.