

Fifth Grade: Lesson 11

The Eucharist Nourishes Us

Lesson Objective:

This lesson is an in-depth study of the sacrament of Eucharist. Having a better appreciation for the grace and power of Baptism and Confirmation, children are invited to explore the mystery of Christ's presence in the Eucharist. The Bread of Life discourse in John 6 is helpful in explaining the real presence. Catechists should remind the children about the centrality of the Eucharist in the Catholic faith and the immense privilege it is to receive the Body and Blood of Christ. The presentation of this lesson should provoke in the children a desire to receive the Eucharist regularly.

Learning Outcomes: Students will ...

- Explain Eucharist as an action of thanksgiving (CCC 1359-1361).
- Relate the story of the Last Supper to the Eucharist (CCC 1337-1340).
- Discuss the aspects of the Eucharist as both a meal and a sacrifice (CCC 1339-1340, 1362-1372).
- Discuss the meaning of transubstantiation (CCC 1376).5.
THEO.SAC.4List and explain the signs and symbols of the Eucharist (CCC 1333, 1412).
- Explain why the Eucharist is the source and summit of Catholic life (CCC 1324-1327) and why God wants us to attend Mass weekly.

Materials Needed:

- Prayer space items, Bibles, pencils, crayons or colored pencils,
- Copies needed: Research the Jewish Roots of the Eucharist, How Does the Eucharist Nourish Us, Eucharist Bingo Game (time permitting) or just the questions from the game to use as an end of class review.

As Students Enter Class:

- In their journals or on a blank sheet of paper, ask students to reflect on what the Eucharist means to them. If they are “stuck”, offer prompts, such as: Do you think Christ is truly present in the Eucharist that you receive at Mass? Is it important to receive Jesus weekly? Why or why not?

Beginning of Class:

- Gather around your prayer space and review the items you have on your table. Ask questions and/or remind students about the relevance of each item. Pray the Our Father together.

Lesson Order	Implementation Ideas
<p data-bbox="203 243 467 275">Lesson 11 Video</p> <p data-bbox="203 394 574 426">Gifts of the Holy Spirit:</p> <p data-bbox="203 474 331 506">Wisdom</p> <p data-bbox="203 512 436 543">Understanding</p> <p data-bbox="203 550 350 581">Fortitude</p> <p data-bbox="203 588 331 619">Counsel</p> <p data-bbox="203 625 380 657">Knowledge</p> <p data-bbox="203 663 282 695">Piety</p> <p data-bbox="203 701 391 732">Fear of God</p>	<p data-bbox="634 243 1084 275">This video is 8:30 in length.</p> <p data-bbox="634 321 1409 468">Highlights: Last week we learned how the Sacrament of Confirmation is our own personal Pentecost, when we receive the Holy Spirit. The Holy Spirit has gifts to share with you.</p> <p data-bbox="634 514 1344 583">Question: Do you remember the gifts of the Holy Spirit?</p> <p data-bbox="634 630 1403 892">Today we are going to talk about the Holy Eucharist, which is the 3rd Sacrament of Initiation. Everything we do as Catholics comes back to the Eucharist. Through the Eucharist, we are fed the body and blood of Christ. It is important for you to learn the different names we have for the Eucharist.</p> <p data-bbox="634 938 1390 1085">Jesus died on the cross and gave His earthly body to us, so that we may live forever with God in Heaven. This is what it means when we say Jesus is our Savior.</p> <p data-bbox="634 1131 1365 1278">When we reflect about what Jesus did for us, when we look at Him on the cross, we realize what a privilege it is receive Him in the Eucharist.</p> <p data-bbox="634 1325 1409 1822">Holy Eucharist means thanksgiving. The Mass is a thanksgiving to Christ for being our Savior. Another term we hear for Holy Eucharist is The Lord's Supper. This reminds us how Jesus brought forth the new covenant, when he introduced the new words at the Passover meal he ate with the Apostles on Holy Thursday. When we receive Holy Communion, we enter into the new covenant that Jesus gave us. This means we become one with Jesus. Sometimes we call the Mass and the Eucharist the Holy Sacrifice. This is reflective of the fact that Jesus is our Paschal lamb and he gives Himself to us.</p>

When we receive Holy Communion, we show Jesus great reverence when the consecrated host is present. The bread and wine truly become the body and blood of Christ at consecration.

Next, Carla reads Luke 22:14-20: Passover/The Last Supper (page 1636). Meaningful pictures are on the screen while this is being read.

QUESTION: What stood out to you from this Bible passage?

Allow time for some discussion. Encourage students to understand that at the Last Supper, Jesus said:

- This is my body.
- This is my blood.
- Do this in memory of me.

After Jesus was crucified and died on the cross, Jesus rose on the third day. For 40 days after that He instructed the Apostles. Then, he told them to go back to Jerusalem and He will send the Holy Spirit upon them. So, the Apostles went back to the place where they celebrated the Last Supper. That is where the Holy Spirit came upon them, which we call Pentecost.

Jesus the risen Lord was with the Apostles when they went throughout the world to spread the good news. What gift do you think the Apostles shared with the newly baptized people?

The Holy Eucharist! Once again, Jesus was there giving Himself to the newly baptized. Jesus is still with us today whenever we receive Holy Communion.

Transubstantiation: The miracle that takes place during consecration of the host. The bread and wine actually change substance and becomes the actual body and blood of Christ. That is how

	<p>important the New Covenant is for us, as Catholics. Jesus is the only way to Heaven.</p> <p>Apostolic Succession:</p> <p>Jesus -- Apostles -- Bishops -- Priests</p>
Eucharist: What We Believe	<p>This video is 9:19 in length. It is from Busted Halo and is well done. If time is concerning, you could stop this video at 4:15.</p> <p>Highlights:</p> <p>Transubstantiation: Changes the substance on an imperceptible level.</p> <p>It is NOT TRANSFORMATION: Changing the outward appearance.</p> <p>Analogy: When an ordinary man's first child is born, he becomes a father, both in name and essence. He looks the same, but is substantially difference from who he was before the baby was born. He will now, always be a father.</p> <div> <p>“For what you see is simply bread and a cup - this is the information your eyes report.</p> <p>But your faith demands far subtler insight: the bread is Christ's body, the cup is Christ's blood.”</p> <p><i>-- St. Augustine (Sermon 272)</i></p> </div>

Holy Communion at Mass, is more than a reenactment of the Last Supper.

**In the Eucharist Christ
gives us the very body
which he gave up for us
on the cross,
the very blood which he
poured out for many for
the forgiveness of sins.**

***-- Catechism of the Catholic Church
(1365)***

While we gather around a table, like a meal, we give thanks for the ultimate gift of Christ sacrificing His life on the cross so we can have eternal life in Heaven. We are not just remembering the Last Supper; we are reencountering Christ on the cross.

The video addresses gluten and alcohol issues and how this is addressed. Good reminder, that since we believe the consecrated host and wine both contain the body, blood, soul, and divinity of Christ, it is perfectly acceptable to receive only one of them.

The video then moves into mortal and venial sins at 5:01 into the video.

**CAN YOU RECEIVE COMMUNION IF YOU
COMMITTED A SIN?**

Mortal sins are very serious sins. You should not receive communion with a mortal sin on your soul. You need to go to confession first.

Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent.

-- Catechism of the Catholic Church (1857)

Venial Sins are addressed at the beginning of Mass, when we say, Lord, Have Mercy.

At 6:22 in the video it addresses the following question:

Why can't my non-Catholic friends receive communion when they go to Mass?

The Church believes we need to be in communion before receiving Communion. In communion with God, with the Church, and with one another.

Receiving Holy Communion

This is also a Busted Halo video and is 6:36 in length. However, you can begin it at 2:15 into the video. If you don't have the time to show the video, make sure you share the fact that we RECEIVE Holy Communion, which means we don't take it with our fingers from the Priest, he has to place it in our palm first. If receiving by tongue, don't bite it. Let it rest on your tongue, close your mouth, and dissolve.

Think of it like this: we make a throne for Jesus, by placing our right hand under our left hand.

	We also need to remember to be reverent, respectful when receiving Communion.
Adoration of the Blessed Sacrament	This video is 4:26 in length. You can begin at 2:24, which is when the explanation of what is Adoration. Beautiful pictures accompany this explanation.
Research the Jewish Roots of the Eucharist Activity	<p>You will need Bibles and pencils, crayons or colored pencils to complete this activity.</p> <p>You will read Exodus 12 and Luke 22: 1-12.</p> <p>Consider reading them out loud as a class, then allow students time to reflect and complete their paper. Provide time for students to share their work.</p>
How Does the Eucharist Nourish Us Activity	<p>Read Matthew 26:26. What does it say about the Last Supper and what connections can you make to the Eucharist.</p> <p>This can be done orally as a class discussion or in writing.</p>
Choose a Prayer	This handout has been used in previous sessions and you may not need to use it today.
Eucharist Bingo Game	<p>Time permitting, you can play this Bingo game. You will need to assemble ahead of class.</p> <p>Since we typically don't have enough class time to complete all the activities, the questions from this activity can be used as review questions at the end of class. If you would like, you can pass out candy or something else for correct answers.</p>
Closing Prayer	Consider modeling a prayer of thanksgiving to Jesus for dying on the cross for our sins. Thank Jesus for being present to us in the Eucharist.