

Faith Lesson Plan and Faith Activity

Signs of Grace (You are Loved) Session 4 & 5- The Sacrament of the Eucharist & Receiving the Eucharist

Grade 2

Doctrinal Content

(CCC 1322-1344 & 1391-1405; CCC1378-1388 & 1390-1398)

Objectives

- Real Presence means that the entire Person of the risen Jesus Christ is really present Body, Blood, Soul, and Divinity in the Eucharist
- Jesus unites himself with us and gives us grace when we receive the Sacrament of the Eucharist worthily
- Jesus says that his body is true food and his blood is true drink that will give us eternal life. He is the true bread from Heaven
- Every tiny piece of the Host and every drop of the precious blood is Jesus- body, blood, soul, and divinity. The Eucharist is the risen body and blood of Jesus
- Receiving the Eucharist at Mass is so important that we should do some special things to prepare our bodies and our souls. We do this through fasting from food and drink 1 hour before receiving Holy Communion. We prepare our souls by going to Confession if we have committed a mortal sin
- We must always show proper reverence when receiving Jesus in the Eucharist
- We receive special graces when we receive the Eucharist: our union with Christ and his church are strengthened, our Baptismal graces are increased and renewed, our venial sins are forgiven, and we grow in love for God and others

Let Us Pray

Make the sign of the cross.

Say: Dear Jesus, I believe that you are the true Bread from Heaven. I believe that you are really present, Body, Blood, Soul, and Divinity in the Sacrament of the Eucharist. Please prepare my heart to be united to you in Holy Communion. May your Body and Blood which I will soon receive in Holy Communion, keep me from every sin and every evil. Give me the strength to follow you always and never let me be separated from you. Amen. (Adapted from Student guide pg 47 & 61)

Pray the Act of Contrition

Make the sign of the cross.

Memory Verse Review

Encourage each child to recite from memory the verse from last week. Give a reward when appropriate effort is given to reciting the memory verse.

“Jesus fasted forty days and forty nights, and afterwards he was hungry” (Matthew 4:2)

New Memory Verse

“For my flesh is true food indeed, and my blood is true drink indeed.” (John 6:55)

Saint of the Day - Saint Tarcisus (3rd Century); Feast Day August 15th; Patron of First Communicants & Altar Servers (*Student guide pg 57*)

Display the following.



- Saint Tarcisus was a 12-year-old roman boy who would serve as an altar server at Mass in the Catacombs during one of the Christian persecutions.
- He was attacked and martyred while carrying the Eucharist to give to Christians who were in prison for their Faith.
- Those who killed him tried to take the Eucharist from him, but St. Tarcisus protected Jesus in the Eucharist and no one could take the Eucharist from his hands even after he died until his body was taken to a priest.

Let's Watch

Watch: The Most Special Meal. <https://watch.formed.org/signs-of-grace/season:2/videos/you-are-loved-ep-4> (4:11)

Ask: (*encourage the Children to answer*)

How is Jesus true food for our souls? Jesus is really present in the Eucharist, and when we receive Jesus we are filled with grace that helps us on our journey toward Heaven. Just as we cannot go on a long journey without food, the journey toward Heaven is very difficult without the grace that Jesus offers us in the Eucharist.

Why is the Eucharist such a special meal? Because we really receive Jesus.

What are some things that we can do to show respect at Mass? Answers will vary. Sit still, pay attention, say the responses, pray after communion, dress appropriately, etc.

Let's Learn About Our Faith *(Student Guide pg 50-52)*

Say: Jesus said that he would give us his true Body and his true blood to eat and drink. We know that the bread and wine at Mass really become the Body, Blood, Soul, and Divinity of Jesus because Jesus told us this is true. This means that, once consecrated, every piece of the **HOST** and every drop of the Precious Blood is really the whole Body, Blood, Soul, and Divinity of Jesus. This means that whether you receive a single crumb of the Eucharist or were to receive the huge Host that the priest shows us during Mass you receive the same amount of Jesus, All of Him.

We receive many graces when we receive Jesus in the Eucharist. We are forgiven of our venial sins and made stronger to resist sin in the future. We are drawn closer to Jesus and his Church. We are able to love God and others more. Even if we cannot receive Jesus in the Eucharist, we can always make a **SPIRITUAL COMMUNION**. This is a special prayer in which we tell Jesus how much we want to be united with him and ask him to come into our hearts in a special way

After Holy Communion, anything remaining in the chalice is consumed by the priest, the deacon, or extraordinary ministers of Holy Communion. However, any consecrated Hosts- the bread that has been changed into the Body of Christ- that were not received by the people are kept in the **TABERNACLE**. This is the special box-like container, often made of gold, where the Hosts are kept outside of Mass.

Remember when we visited the Cathedral and the Chapel, we learned that out of respect and reverence to Jesus we **GENUFLECT** (kneel on our right knee) toward the Tabernacle when we enter or leave a pew or walk in front of the Tabernacle. This is to show our belief and love of Jesus in the Eucharist.

Key Words

Host: A small wafer or piece of unleavened bread that is consecrated in the Eucharist; it comes from the Latin word *hostia*, which means victim of a sacrifice

Spiritual Communion: A prayer in which we tell Jesus how much we want to be united with him and ask him to come into our hearts in a special way, even when we cannot receive him in Holy Communion

Tabernacle: An ornate, box-like container where the Eucharist is reserved for prayer and adoration out of the Mass. Jesus is present in the Tabernacle, which is found in every Catholic church

Genuflect: To bend the right knee to the floor or ground as a sign of love and respect

Let's Watch

Watch: Jesus is Really Present. <https://watch.formed.org/signs-of-grace/season:2/videos/you-are-loved-ep-5> (3:30)

Ask: *(encourage the Children to answer)*

In what ways does Jesus want to be your best friend? He loves us more than anyone else could ever love us. Not only did Jesus create us out of love and save us from our sins, but he wants to be as close as possible to us every day. The Eucharist shows us in a special way just how much Jesus wants to be our best friend and be close to us because Jesus makes himself really present in the Eucharist so we can receive him at every Mass.

Why is Mass so amazing? Because we really get to enter into what Jesus did at the Last Supper when he gave himself to us totally in the Eucharist. The Mass is amazing because the Angels and Saints gather with us as one family of God to worship God and Jesus in the Eucharist- Heaven and Earth come together at every Mass.

Let's Learn About Our Faith *(Student Guide pg 64-66)*

The Eucharist is so important because it is the Body and Blood of our Risen Lord, Jesus Christ. Because it is so important, we need to do some special things to get ready to receive Jesus in the Eucharist. When we receive Holy Communion, we are united to Jesus, and so we need to be in a **STATE OF GRACE**. Committing a **MORTAL SIN** takes us out of a state of grace and breaks our relationship with Jesus, so we must be truly sorry and receive forgiveness for any mortal sins in the Sacrament of Reconciliation before we receive the Eucharist. Being in a state of grace when we receive the Eucharist shows respect and **REVERENCE** and prepares us to be fully united with Jesus.

Another way we prepare ourselves for Holy Communion is by keeping the **EUCCHARISTIC FAST**. This means we do not eat or drink anything (except water and medication) for at least one hour before we receive Communion. This helps us to learn to be hungry for Jesus. It also reminds us that Jesus is the most important food.

We show reverence by how we receive Jesus in the Eucharist. You can receive the Host on your tongue or in your hands. When you receive the Host on your tongue you must open your mouth and stick out your tongue a little so that the priest, deacon, or minister can place the Host on your tongue. When you receive the Host in your hands, place one hand under the other to create a little throne because we are receiving the King. Once the Host is placed in your hand, carefully pick it up with your other hand and place it in your mouth. Be careful not to drop the Host.

In the Eucharist, Jesus comes under both the appearance of bread and wine. However, when you receive the blood of Christ under the appearance of wine or the Body of Christ under the appearance of bread, you are united fully with Christ. This means if you only receive the Host or only receive from the chalice, you are still receiving Jesus: Body, Blood, Soul, and Divinity.

Key Words

State of Grace: The state of having God's Divine Life within us

Mortal Sin: A serious sin that separates us from God and results in the loss of sanctifying grace

Reverence: To show respect, especially for things that are holy

Eucharistic Fast: The rule that we must not eat or drink anything (except for water or medicine) for at least one hour before receiving Holy Communion

Let's Do Activities (Student guide pg 68)

Display & Complete the Following

Session 5
Receiving Holy Communion

 **Let's Do Activities**

God's Special Gift

Your First Holy Communion is the most important way to grow close to Jesus!

Follow the path and choose the steps you should follow when you are getting ready to receive the Eucharist at Mass. Fill in the circle next to each step with a smiley face if it is a good choice that brings you closer to the Eucharist or a sad face if the choice does not prepare you for this special time with Jesus.

Then draw a line following the correct path to receive the Eucharist.

START I examine my conscience...
I have a mortal sin - I go to Confession as soon as I can ☹️
I only have venial sins 😊

Go to Mass every Sunday 😊
Only go to Mass if I feel like it ☹️
Then I... Eat a snack right before Mass ☹️
Fast for one hour before Holy Communion 😊
Today is Sunday, so I...

At Mass I... Take a nap ☹️
Say a prayer before Communion 😊
Next I... Chew gum and look around as I walk to Communion ☹️
Walk to Communion reverently 😊

Receive Communion on my tongue or make my hands like a throne for Jesus ☹️
Grab the Eucharist out of the hands of the priest ☹️
Then I...

I go back to my seat and I... Sit and think about TV or video games ☹️
Kneel and say a prayer of thanksgiving after Communion ☹️
When Mass is over I... Go in peace to love and serve the Lord 😊
Forget all about Jesus ☹️
SHARE THE GOOD NEWS

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Do you recall the memory verse?

“For my flesh is true food indeed, and my blood is true drink indeed.” (John 6:55)

Faith Activity- Practice 1st Communion Song (If time permits)

<https://youtu.be/3kAb3PHzRO0?t=1> (Stop @ 2:36)

Jesus, My Lord, My God, My All

- 1. Jesus, my Lord, my God, my All, How can I love thee as I ought?
And how revere this wondrous gift, so far surpassing hope or thought.
Sweet Sacrament, we thee adore,
Oh, make us love thee more and more.
Oh, make us love thee more and more.**
- 2. Had I but Mary’s sinless heart to love thee with, My dearest King,
Oh with what bursts of fervent praise
Thy goodness, Jesus, would I sing.
Sweet Sacrament, we thee adore,
Oh, make us love thee more and more.
Oh, make us love thee more and more.**
- 3. Thy Body, Soul and Godhead, all, O mystery of love divine.
I cannot compass all I have,
For all thou hast and art are mine.
Sweet Sacrament, we thee adore,
Oh, make us love thee more and more.
Oh, make us love thee more and more.**