

Faith Lesson Plan and Faith Activity

Signs of Grace (You are Loved) Session 6- The Liturgy of the Mass

Grade 2

Doctrinal Content

(CCC 1328-1332 & 1346-1347 & 1356-1369)

Objectives

- The Liturgy of the Mass is our public worship and participation in the work of God
- The Last Supper and the sacrifice of Jesus on the Cross are made present in the Liturgy of the Mass
- The Mass is celebrated on Sunday because that is the day Jesus rose from the dead. AS Christians we have the gift and obligation to attend Mass every Sunday
- At Mass we participate in the one sacrifice of Jesus on the Cross, and we partake of the Body and Blood of Christ, which nourishes our souls
- Each Mass us a participation in the heavenly liturgy, where we are actually worshipping with all the angels in heaven

Let Us Pray

Make the sign of the cross.

Say: Heavenly Father, I believe that you are the source of all blessings. Thank you for the gift of your Son, Jesus. Thank you for the gift of your Holy Spirit. Thank you for making me your child and a member of the Body of Christ. Please prepare me to worship and adore you in the Liturgy of the Mass, and to receive Jesus in Holy Communion. I ask this in Jesus's name. (student guide pg 75)

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.

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

New Memory Verse

“Remember the sabbath day, to keep it holy.” (Exodus 20:8)

Let's Watch

Watch: The Mass is Awesome. <https://watch.formed.org/signs-of-grace/season:2/videos/you-are-loved-ep-6> (3:40)

Ask: *(encourage the Children to answer)*

How is the Mass kind of like a time machine? Because the sacrifice of Jesus on the Cross is really made present to us through the power of the Holy Spirit. We are not just watching something, but rather participating in God's plan of salvation.

How can we give ourselves to God at Mass? By participating in the prayers, singing, and offering our whole lives to Jesus in a special way when we receive the Eucharist. When we give ourselves to Jesus, he is able to make us more like him.

Other than the people in the pews, who else is present at Mass? All of the angels and saints in Heaven are present at Mass.

Let's Learn About Our Faith *(Student Guide pg 78-79, 81)*

Say: At the Last Supper, Christ instructed his Apostles to "do this in remembrance of me." Since that time, Christians have celebrated the Liturgy of the Mass. **LITURGY** is our public worship and participation in the work of God. In the Liturgy of the Mass, we come together to worship as a Church, which is the Body of Christ. In the Mass, God's work through Christ is made present, and allows us to join ourselves to his work (like a time machine that takes us to heaven when Jesus ate the Last Supper, died on the cross, and rose from the dead so we can participate in these events)

Because the one time, perfect sacrifice of Jesus is made present, the Mass is a sacrifice. We can join our own sacrifices to Jesus's on the cross. The Mass is also a participation in the worship of God in Heaven. This means that in the Mass, those on earth are celebrating the Liturgy together with the angels and saints in Heaven.

The Mass is the most perfect way to worship and adore God the Father for all his blessings. We thank him and praise him especially for the salvation he has given us through his Son and for the gift of the Holy Spirit.

The Liturgy of the Mass has 2 main parts, but they are part of one act of worship:

- The LITURGY OF THE WORD, in which the Word of God in scripture is proclaimed.
- The LITURGY OF THE EUCHARIST, in which we offer prayers of thanksgiving to God the Father for all his blessings, especially the gift of Jesus. In the Liturgy of the Eucharist, the bread and wine are consecrated and become the Body and Blood of Christ, which we receive in Holy Communion

As a community, we say or sing many parts at the Mass. Music plays an important role in the Mass because sacred music helps us to worship God. In fact, St. Augustine said that when we sing we pray twice!

WHY GO TO MASS ON SUNDAY?

As if receiving Jesus in the Eucharist and Worshiping God with the angels and saints in Heaven were not enough of a reason to want to go to Mass on Sunday, there is another reason. In the Old Testament God commanded his people to celebrate the Sabbath. It was a day of prayer, joy, and rest. But the Sabbath of the New Covenant is Sunday. It is the **LORD'S DAY**, the day of the Resurrection.

The Lord's Day is a day of joy and rest from work, and is a day for Christian families to spend together. The Eucharist is the center of our celebration of the Lord's Day each Sunday. As Catholics, we have an obligation to go to Mass every Sunday unless we are sick or unable to get to church. We must also go to Mass on **HOLY DAYS OF OBLIGATION**. These are special days, like Christmas, when we celebrate important events in the life of Jesus, Mary, and the saints. We must go to Mass on Sunday or a Holy Day of Obligation unless there is a serious reason, like you are sick.

Ask: *(encourage the Children to answer)*

What are the 2 parts of the Mass? The Liturgy of the Word and the Liturgy of the Eucharist

What is a Holy Day of Obligation? Feast days that celebrate special events in the life of Jesus, Mary, and the saints. Catholics are required to attend Mass on these special days.

Key Words

Liturgy: The words and actions that we use when we worship God and celebrate the sacraments

Liturgy of the Mass: is comprised of the Liturgy of the Word and the Liturgy of the Eucharist

Liturgy of the Word: The first part of the Mass, in which the Word of God in scripture is proclaimed

Liturgy of the Eucharist: The second part of the Mass in which the bread and wine become the Body and Blood of Christ

Lord's Day: Another name for Sunday because the Lord rose from the dead on Sunday. We must always go to Mass on Sundays, unless there is a serious reason

Holy Days of Obligation: Feast days that celebrate special events in the life of Jesus, Mary, and the saints. Catholics are required to attend Mass on these special days.

Faith Activity- Cathedral - Practice Receiving Communion