

YOU ARE LOVED – LESSON PLANS

Session 1 – Preparing the Way for Christ

OBJECTIVES

1. God saves his people Israel by delivering them from slavery through the Passover event and by feeding them with manna in the desert.
2. Passover is one of the most important sacrifices for the Jewish people, and God wanted them to remember this saving event every year.
3. Sacrifice is offering something to God in atonement for sin or in thanksgiving for God's great gifts.
 - Jesus offered himself as a sacrifice so that our sins could be forgiven.
4. The most important way we offer sacrifice to God is by attending Mass where we can unite our lives to Jesus' sacrifice on the Cross.
5. Today, every Catholic Church has a Tabernacle where the Eucharist is reserved for prayer and adoration outside of Mass.
 - Jesus is truly present in the Tabernacle.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- How is this different than Confirmation?
- Review schedule, book, webpage
- watch & discuss
 - You are Loved chapter video
- read & discuss
 - pg 5
- Tell the story of Abraham – Moses using the *pdf link on the website* so the children understand where the Passover happened in the timeline of salvation history.
- read & discuss (use Q&A from website if need) *view pdf link on website as you read*
 - pgs 6-7
 - pg 8-10
 - pg 11
- complete (optional) activities
 - pgs 12-13.
- complete & discuss
 - pg 14
- read & discuss pg 15.
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
 - Read next chapter in preparation for our next class.

TEACHING SUPPORT MATERIALS can be found on the 1st Eucharist page of our website:

- Discussion questions (Q&A), video links, and "*additional materials*".

<https://www.stcparish.org/faith-formation/youth-faith-formation/eucharist.html>

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Session 2 – The Last Supper

OBJECTIVES

1. Christ can do anything; even change bread & wine into his Body & Blood.
2. The miracle of changing water into wine at the Wedding at Cana
 - shows that Jesus is the Son of God and
 - points forward to the Eucharist.
3. At the Last Supper, Jesus institutes the Sacrament of the Eucharist.
4. Jesus tells the Apostles to celebrate the Eucharist in memory of him.
 - It is continued in the Church today at the Mass.
5. Just as the Passover was one of the most important events in the old Covenant,
 - the Eucharist is the source and summit of our lives as Catholics in the New Covenant
6. Real Presence means that the entire Person of the risen Jesus Christ is really present in the Eucharist - Body, Blood, Soul & Divinity.
7. When the priest says the words of Consecration, "This is my Body,:" and "This is the chalice of my Blood,"
 - the bread & wine are changed into the Body & Blood of Christ.
8. Transubstantiation means that the bread & wine really change into Jesus' Body & Blood.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- Review all past chapters with session overviews.
- Discuss last week's story
- watch & discuss
 - You are Loved chapter video
- read & discuss
 - pg 19
- read & discuss (use Q&A from website if need)
 - pgs 20-21
 - pg 22-23
 - pg 24, 25
 - watch "Buenos Aires Miracle" video
- complete (optional) activities
 - pgs 26-27.
- complete & discuss
 - pg 28
- read & discuss
 - pg 29
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
 - Read next chapter in preparation for our next class.

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Session 3 – The Death & Resurrection of Jesus

OBJECTIVES

1. Jesus' Death, Resurrection, & Ascension into Heaven opened the gates of Heaven for the salvation of all God's children. – It is considered his greatest act of love.
2. The Resurrection is Jesus' rising from the dead on the 3rd day after his Death on the Cross.
3. The Ascension is when Jesus returned to the Father in Heaven, 40 days > his Resurrection.
4. Pentecost is when the Holy Spirit descended on Mary & the Apostles,
 - 50 days > his Resurrection –
 - 10 days > Jesus ascended into Heaven.
 - Pentecost is the birthday of the Church.
5. Grace is Jesus' life in our souls.
 - Sanctifying Grace is the gift of God's own divine life in us that makes us holy.
 - Actual Grace is God's gift to help us in each moment to love God and make the right choices.
6. We are the Body of Christ & continue the mission of Jesus to be witnesses of his love whenever we go.
 - The Eucharist strengthens us for this mission.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- Review all past chapters with session overviews.
- Discuss last week's story
- watch & discuss
 - You are Loved chapter video
- pray, read & discuss
 - pg 33
- read & discuss (use Q&A from website if need)
 - pgs 34-35
 - pg 36-38
 - pg 38, 39
 - watch "John Paul II and dogs" video
- complete (optional) activities
 - pgs 40-41.
- complete & discuss
 - pg 42
- read & discuss
 - pg 43
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
 - Read next chapter in preparation for our next class.

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Session 4 – The Sacrament of the Eucharist

OBJECTIVES

1. The Real Presence is the teaching that Jesus is really & fully present - Body, Blood, Soul & Divinity - in the Eucharist.
2. Because of this, the Eucharist is the source & summit of our Catholic Faith.
3. Jesus unites himself with us & gives us grace when we receive the Sacrament of the Eucharist worthily.
4. Jesus says that his Body is true food & his Blood is true drink that will give us eternal life.
 - He is the true Bread from Heaven.
5. Every tiny piece of the Host & every drop of the Precious Blood is Jesus - Body, Blood, Soul & Divinity.
 - The Eucharist that we receive is the risen Body & Blood of Christ.
6. The Eucharist is so important in our Faith that we call it by many names, such as Eucharist (which means thanksgiving), the Most Blessed Sacrament, the Lord's Supper, Holy Communion, & Holy Sacrifice.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- Review all past chapters with session overviews.
- Discuss last week's story
- watch & discuss
 - You are Loved chapter video
- pray, read & discuss
 - pg 47
- read & discuss (use Q&A from website if need)
 - pgs 48-49
 - pg 50-52
 - watch "Lanciano Italy Miracle" video
 - pg 53
- complete (optional) activities
 - pgs 54-55.
- complete & discuss
 - pg 56
- read & discuss
 - pg 57
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
 - Read next chapter in preparation for our next class.

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- Discussion questions (Q&A), video links, and "*additional materials*".

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YOU ARE LOVED – LESSON PLANS

Session 5 – Receiving Holy Communion

OBJECTIVES

1. Jesus is truly present in the Eucharist - Body, Blood, Soul and Divinity.
 - He is present in every drop of the Precious Blood and in every piece of the Host.
2. Receiving the Eucharist at Mass is so important that we should
 - do some special things to prepare our bodies & our souls.
3. We prepare our
 - bodies to hunger for Jesus by fasting from food & drink for 1 hour before receiving Holy Communion.
 - souls by going to Confession if we have committed a mortal sin so we can receive Jesus in the state of grace.
4. We must always show proper reverence when receiving Christ. We can receive the Host
 - on the tongue
 - or in the hand, where we have made our hands like a throne for Jesus.
5. We receive special graces when we receive the Eucharist:
 - we have a very special union with Christ and his Church,
 - our baptismal graces are increased and renewed,
 - our venial sins are forgiven, and
 - we grow in love of God and of others.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- Review all past chapters with session overviews.
- Discuss last week's story
- pray, read & discuss
 - pg 61
- read & discuss (use Q&A from website if need)
 - pgs 62-63
 - pg 64-66
 - *practice receiving with host*
- watch & discuss
 - You are Loved chapter video
- read & discuss (use Q&A from website if need)
 - pg 67
- complete (optional) activities
 - pgs 68-69
- complete & discuss
 - pg 70
- read & discuss
 - pg 71
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
 - Read next chapter in preparation for our next class.
- **Discuss student party – Dec. 17 during PSR time**

YOU ARE LOVED – LESSON PLANS

Session 6 – The Liturgy of the Mass

OBJECTIVES

1. The liturgy of the Mass is our public worship & participation in the work of God.
2. The last supper & the sacrifice of Jesus on the Cross are made present in the Liturgy of the Mass.
3. The Mass is celebrated on Sunday because that is the day Jesus was raised from the dead.
 - As Christians we have the gift and obligation to attend Mass every Sunday
4. At Mass we
 - participate in the 1 sacrifice of Jesus on the Cross, and
 - we partake of the Body & Blood of Christ, which nourishes our souls.
5. Each Mass is a participation in the heavenly liturgy,
 - where we are actually worshipping with all the angels & saints in Heaven.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- Review all past chapters with session overviews.
- Discuss last week's story
- watch & discuss
 - You are Loved chapter video
- pray, read & discuss
 - pg 61
- read & discuss (use Q&A from website if need)
 - pgs 76-77, 78-79
 - *find 2 parts of the Mass in Magnifikid*
 - *watch "The Veil Removed" video*
 - pgs 80, 81
 - *review "Holy Days of Obligation" pdf*
- complete (optional) activities
 - pgs 82-83
- complete & discuss
 - pg 84
- read & discuss
 - pg 85
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
 - Read next chapter in preparation for our next class.
- **Discuss student party – Dec. 17 during PSR time**

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YOU ARE LOVED – LESSON PLANS

Session 7 – The Liturgy of the Word

OBJECTIVES

1. The Mass is 1 act of worship with 2 parts: the Liturgy of the Word and the Liturgy of the Eucharist.
2. The 1st part of the Mass is called the Liturgy of the Word,
 - in which we hear readings from Holy Scripture.
3. After the readings, we pray the Creed,
 - which is a statement of everything we believe as Catholics and
 - is our response of faith to the Word of God.
4. The entire Liturgy of the Word
 - shows God's loving plan of salvation &
 - prepares our hearts for the Liturgy of the Eucharist.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- Review all past chapters with session overviews.
- Discuss last week's story
- pray, read & discuss
 - pg 61
- read & discuss (use Q&A from website if need)
 - pgs 90-91
 - God wants you to come to him in Mass.
 - Prayer always presupposes effort – Sometimes, it is hard.
 - Let's learn more about it, so it will be easier to understand
- watch & discuss
 - You are Loved chapter video
- read & discuss (use Q&A from website if need)
 - pgs 92-95
 - *find parts of the Mass in Magnifikid & in the worship aid from the pew*
 - pgs 95
- complete (optional) activities
 - pgs 96-97
- complete & discuss
 - pg 98
- read & discuss
 - pg 99
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
 - Read next chapter in preparation for our next class.
- **Discuss student party – Dec. 17 during PSR time – hopefully at Parish Hall**

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Session 8 – The Liturgy of the Eucharist

OBJECTIVES

1. The Mass is 1 act of worship with 2 parts: the Liturgy of the Word and the Liturgy of the Eucharist
2. The 2nd part of the Mass is called the liturgy of the Eucharist,
 - in which Jesus becomes present to us, Body, Blood, Soul & Divinity.
3. Jesus' sacrifice on the Cross is made present to us,
 - and we also offer our lives as a living sacrifice to God.
4. When we receive Holy Communion, we are united with Jesus in a very special way.
5. The Mass sends us forth to spread the Gospel by the witness of our lives.

Here are some notes on teaching this chapter of the 1st Eucharist book:

- Review all past chapters with session overviews.
- Discuss last week's story
- pray, read & discuss
 - pg 103
- read & discuss (use Q&A from website if need)
 - pgs 104-105
 - God wants you to come to him in Mass - sometimes, it is hard.
 - *WATCH "God wants you at Mass" video*
 - Let's learn more about it, so it will be easier to understand
- watch & discuss
 - You are Loved chapter video
- read & discuss (use Q&A from website if need)
 - pgs 106-109
 - *find/follow parts of the Mass in*
 - *Magnifikid & in the worship aid from the pew*
 - *Website: "Mass Parts" or "Order of Mass"*
 - pgs 110
- complete (optional) activities
 - pgs 111
- complete & discuss
 - pg 112
- read & discuss
 - pg 113
- HOMEWORK for next week:
 - Read this chapter's story and discuss.
- **Review CONFIRMATION with session overviews.**
- **Discuss student party – Dec. 17 during PSR time – at Parish Hall**

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 - Jesus offered himself as a sacrifice so that our sins could be forgiven.
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1. Christ can do anything; even change bread & wine into his Body & Blood.
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 - shows that Jesus is the Son of God and
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 - It is continued in the Church today at the Mass.
5. Just as the Passover was one of the most important events in the old Covenant,
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3. We prepare our
 - bodies to hunger for Jesus by fasting from food & drink for 1 hour before receiving Holy Communion.
 - souls by going to Confession if we have committed a mortal sin so we can receive Jesus in the state of grace.
4. We can receive the Host on the tongue or in the hand, where we have made our hands like a throne for Jesus.
 - We must always show proper reverence when receiving Christ.
5. We receive special graces when we receive the Eucharist:
 - we have a very special union with Christ and his Church,
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