

Wednesday, December 12th 2018

1st, 3rd, 4th Grade Lesson Plan: Eucharist (C5)

- I. **Welcome** children to the small group as they arrive. Take attendance.
- II. **Opening Prayer (10-15 minutes)**
 - Gather around your prayer table- turn on the candle, bless the children with holy water if you'd like
 - Opening Song- Advent Home- follow [this link](#) for the youtube video. You can also find it in the 1st-5th Grade Small Groups Playlist. Encourage your small group to sing along!
 - Scripture Reading: John 6:32-35
Using the Catholic Children's Bible, find this scripture reading together and have someone read it out loud. Ask your group: what do you think it means when Jesus says he is the "bread of life" or "bread come down from heaven"?
 - Write down any prayer intentions for the basket
 - Read the following prayer or do a spontaneous prayer. Begin and end with the sign of the cross. *Loving God, we thank you for the "bread of life" that is the Eucharist. We thank you for this special sacrament which nourishes us and gives us strength to live as Jesus lived. Help us to have fun, stay safe, and grow in relationship with you in our session today. Amen.*
- III. **Check-ins (5-10 minutes)**
- IV. **Journey of Faith (15-25 minutes)**
 - You may read the story on the first page if you'd like- it's up to you.
 - For the first question, you may want to write down any questions that come up about the Eucharist on the board. You can answer the ones you're comfortable answering and either flag me down or email me any questions you're not comfortable with and I will either answer or do some research and get back to you.
 - Read or have volunteers take turns reading the Sections on the Last Supper and Sharing a Special Meal. Have someone put the word Eucharist up on your Word Wall. Have everyone write their three examples of special meals and either couple up and share with a partner or ask a few volunteers share with the group.

- Emphasize the section on Real Presence and do your best to tie it back to the activity your group just did- the Real Presence of Jesus is what makes this meal very special. You may choose to write substance on your Word Wall or not.
- After reading or summarizing the sections on the Unbelievable Promise and A Super Kind of Love, have your group go around and share one thing they want to thank Jesus for today.
- Do the last page together as a review of what you learned. Here are a few possible answers to the first question: It's really Jesus' Body and Blood, it still tastes like bread and wine, it's a meal we share with the Church. And the second question: The Eucharist is really Jesus' Body and Blood, If we eat and drink, we will have eternal life, Jesus died for us and he will come again.

V. Activities (to fill the rest of the time you have)

- Our Lady of Guadalupe Video or story- 1st-4th
Today is the feast of Our Lady of Guadalupe, which is a hugely important day in Mexico and other parts of Latin America. You can watch [this video](#) to learn about it or read the story about it which you can find on the website where you find your lesson plans.
- Our Lady of Guadalupe Tilma Craft- 1st, 3rd
This would be a great Our Lady of Guadalupe craft for 1st grade and if your 3rd grade group enjoys crafts you could do it as well. Follow [this link](#) to see how to do the craft. There's a link within the page to get to the image of Our Lady of Guadalupe for coloring. I'd be happy to print it off for you and put it in your mailbox if you'd like. I have plenty of Cub bags that we can use for this. I also have a printout of the story of St. Juan Diego and Our Lady of Guadalupe that I can print out for you and you can read it while the children are doing the craft. I'll also post it on the website where you find your lesson plans.
- Visible Signs of Invisible Grace- 1st-4th



If you started this activity a few weeks ago, this week you can complete the envelope for Eucharist.

- Real Presence Craft- 1st-4th

This craft might be a bit difficult for 1st grade but it should be fine if you leave a lot of time for it. I've done this before for 1st Eucharist prep and it's kind of involved but it is a cool way to help kids understand that Jesus is present in the Eucharist, that the Eucharist is both bread and Jesus at the same time. Follow [this link](#) to read about how to do it. I have the printout so I can make copies of it for your group and I also put a sample out on top of the mailboxes so you can take a look at it and maybe show it to your group.

- Miracle of the Eucharist- 1st-4th

[This](#) is the best video that I found that explains the Eucharist well and is age appropriate. It's meant to be a children's homily for the Feeding of the 5000 Gospel story, but it fits our lesson very well.

- One Bread, One Cup- song- 1st-4th

[This](#) is a great communion song by Bobby Fisher that would be a great way to wrap up your lesson. You can use it for closing prayer if you'd like.

VI. **Closing Prayer (5 minutes)**

Pray the Hail Mary together and/or listen to One Bread, One Cup (the link to the video is above).

- The words to the Hail Mary can be found in the Catholic Prayers app under "Basic Prayers" if you want to put them up on the screen.