

Nourished by the Eucharist

Engage: Page 107

- ▶ **Say:** *We are stuck in traffic, and you are late to a party. How would you react in this situation?* Discuss how when we get frustrated, it is better to adopt an “attitude of gratitude” and focus on what we have rather than what we don’t have.
- ▶ Read aloud the session title and discuss the questions in the blue box. **Say:** *When we don’t get enough of something, we feel antsy. In this session we’re going to explore this feeling and learn about a powerful source of satisfaction.*
- ▶ Pray aloud the prayer together.

Explore: Pages 108–109

- ▶ “Accidentally” spill a small cup of water near your child. Make sure there are paper towels nearby. When your child moves to wipe up the water, **say:** *Thank you for helping me!* **Ask:** *Why did you help?* **Say:** *Human beings usually help others when the task is clear and they have what they need to perform it. God wants us to be just as proactive even when the task isn’t clear and resources aren’t readily available.*
- ▶ Invite your child to read aloud the title Pope Innocent III and the Eucharist and the first two paragraphs. **Ask:** *What impresses you most about this Church leader?* (Possible answers: his intelligence, his quick rise, his young age, his ability to manage the Crusades and tend to people in need simultaneously) **Say:** *We all have charisms, or gifts, like Pope Innocent III. When we are using these gifts, we feel energized, and we energize others.*
- ▶ Have your child read aloud Ready for Confirmation. **Say:** *The sacraments give us the strength to build up God’s kingdom by welcoming others.*
- ▶ Take turns reading aloud The Council of Lateran IV on page 109. **Say:** *The word dogma describes the body of teachings held by the Church.* Point out that the Church’s dogma is presented in the *Catechism of the Catholic Church*. **Say:** *As Catholics we believe that the Church leaders who were present at the Council of Lateran IV were guided by the Holy Spirit. These men were acting in their role as the Magisterium.* Have your child read aloud the Precepts of the Church on page 264 in the Prayers and Practices section of the book. Invite your child to suggest how living out the Precepts of the Church help us build up God’s kingdom.
- ▶ Read aloud Our Catholic Character. Encourage your child to ask an older relative to describe what the celebration of the Mass was like prior to the Second Vatican Council and to describe his or her feelings about the changes.
- ▶ Use the Study Corner as a quick review of the article.

Explore: Pages 110–111

- ▶ **Say:** *I’m going to name three objects. Tell me what these objects have in common: an egg, a wrapped gift, a pinata. (You have to break or tear them open to get to what is inside.) This is true of the Eucharist too. When we “break open” our understanding of this great gift, we come to understand how important it is.*

- ▶ Take turns reading aloud the title The Sacrament of the Eucharist and the first two paragraphs. **Say:** *In the Eucharist, giving and receiving are intertwined. When we come to Mass, we give our time, attention, and devotion. At the same time, we receive God's grace.*
- ▶ Read aloud Memorial and Sacrifice. **Ask:** *How is the Eucharist a memorial of Jesus' Death? (Through the celebration of the Mass, Christ's Death is made present to us in the Eucharist.) To what do we commit ourselves by celebrating the Eucharist? (to live and die as Jesus did as a person for others)*
- ▶ Have your child read aloud the Sacred Art feature. Then read aloud Matthew 26:26–30. Discuss elements of the artwork that echo the Scripture passage.
- ▶ Take turns reading aloud Presence on page 111. Point out that the Eucharist is the fullest experience we have of God's nearness. **Say:** *During consecration, the bread and wine become the Body and Blood of Jesus Christ.* **Ask:** *What do we call this change? (transubstantiation) Why do you think that the Church requires a person in a state of mortal sin to receive absolution before receiving the Eucharist? (Possible answer: Receiving absolution signals the person's desire to turn his or her life back over to God.)* **Say:** *When we have received absolution, we are in a state of grace. We are once more open to God's love.*
- ▶ Give your child time to complete the activity in The Eucharist and Me.
- ▶ Use the Study Corner as a quick review of the article.

Reflect: Pages 112–113

- ▶ Read aloud the title and the paragraphs in the left column. Have your child prepare himself or herself for prayer.
- ▶ Have your child read aloud the first paragraph of the reflection. Then read aloud the images of the litany, pausing after each image to give your child time to reflect silently. Read aloud the last paragraph and then pray together the closing prayer. **Say:** *Let's remember to give thanks for all that we receive in the Eucharist.*
- ▶ Ask your child to describe the best meal he or she has ever had, including where it was, who was there, and the food he or she ate. **Say:** *Isn't it interesting that great meals are never experienced alone, in front of the TV? When we share something, it becomes more real.* Read aloud the introductory paragraph in Where Do I Fit In? on page 113.
- ▶ Take turns reading aloud Jesus Is There for You. **Say:** *The Eucharist is the gift of Jesus' Real Presence. This act of graciously receiving Holy Communion at Mass nourishes us as individuals and as a community.* **Ask:** *How does the Eucharist nourish us? (Possible answer: It is a source of God's grace.)*
- ▶ Have your child read aloud Here Are Three and discuss the practices.

Respond: Page 114

- ▶ Read aloud the directions. Remind your child to use the page references to help find the correct responses. Have him or her complete the activity independently.
- ▶ Ask your child to list, define, and use in sentences the terms under Say What? Use the Glossary if necessary.
- ▶ Read aloud Now What? **Say:** *The nourishment that we receive through the Eucharist compels us to do what we can to help others.* Have your child complete the activity and then together pray the Sign of the Cross.
- ▶ Invite your child to pray a 3-minute Retreat at www.loyolapress.com/retreat.