

Year 1 – Session 4  
**Family Faith Formation**  
*“DO THIS IN MEMORY OF ME”*  
(Luke 22:19)  
**Encountering Jesus in the Eucharist**

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**Resource for Adults:**

- Mathew Kelly’s Decision Point, Session 7. Free videos and Leader’s Guide can be found at <http://dynamiccatholic.com/confirmation/view-program/session -7/>
- Sophia Sketchpad: The Eucharist. Found at <http://youtube.com/watch?v=QcB7Uem00n4>

**Objectives for Adults:**

- Review and further understand the Eucharist as the high point of the Catholic Christian life.
- Establish that Jesus is truly present in the Eucharist and that it is an incredible gift to each one of us through the Church.
- Understand the transforming power of the Eucharist in our lives.

**Objectives for Children:**

- Be able to retell the story of the Last Supper and to know which words are repeated at Mass each Sunday just as Jesus commanded.
- Know what the word Eucharist means.
- Know that the bread and wine they will receive is Jesus himself.
- Appreciate the difference that taking part in the celebration of the Eucharist makes in their lives.

**Objectives for Family:**

- Encourage them to make the Sunday Eucharist a part of their Sunday family life.
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**Welcome / Introduce Theme:** (5 min.) Families begin together

Today we will be learning how we encounter Jesus in the Eucharist and how this affects our daily lives.

## Opening Prayer (10 min.)

### Sign of the Cross

### Scripture Reading – Last Supper (Luke 22: 14-20)

### Sharing

Share with each other one action you have done this week to show your love for one another.

### Glory Be ...

\*Children are dismissed to their session. (See children's lesson)

## Parents/Adult Presentation (30 – 40 min.)

*Prior to the Gathering, set up 3 different large sheets of butcher block paper at different spots at the front of the gathering space. Write one statement on each of these large sheets:*

*#1 – What is your experience with Eucharist / Mass at this time in your life?*

*#2 – On a scale from 1-10 (10 being of greatest importance) how important is Sunday Mass to you?*

*#3 – What are the questions you may have about the Eucharist / Mass at this time?*

**Begin by having everyone think of these three questions** and on available post-its have them answer the questions and post them.

**Introduce video:** Mathew Kelly's Decision Point, Session 7, Introduction: *The Epidemic*

Discussion Question: What is the one idea in this short film that you found most helpful?

**Introduce the Sophia Sketchpad: The Eucharist video:**

Discussion Questions: What things did you learn from this video and what questions may you still have?

**Introduce video:** Mathew Kelly's Decision Point, Session 7.1, *The One Thing*

Discussion Question: Which of Jesus' teachings do you find the most difficult to live?

**In closing,** what did you discover in a new way during our time together?

### **Children Presentation (30-40 min.)**

Use the Chapter on the Eucharist that is in your Parish Grade One Catechetical Program.

### **Sharing and Action Plan – Children and Parents together (15-20 min.)**

Ask the children to recount to their parents the story of the Last Supper and mention the part of the Last Supper we still do every Sunday at Mass. *(You may want to use a coloring sheet of the Last Supper to help them do this.)*

In light of the session, what are some actions you can take as a family?

Examples:

- Choose a Mass to regularly attend on Sat/Sun as a family
- Find online what the Gospel reading will be for the upcoming Sunday and read it together during the week;
- Share a meal with someone who is lonely or sick.

\*Provide an action plan sheet so families to record and take home their plan.

### **Closing Prayer and Ritual (10-15min.)**

*Before the gathering, have on hand small loaves of bread, one per family, with a blessing prayer taped to the bread bag. Place them in a large basket at your prayer space.*

Invite all to gather around the prayer space.

**Leader:** Loving God, we are thankful for the blessings you have poured out on all of us today. Help us to continue to recognize you in the Eucharist, in us, and around us. We pray this prayer in the name of Jesus, our brother and friend.

**All:** **Amen.**

**Leader:** We will now ask God's blessings on the bread that we will take home to share at our tables.

*(Let's all raise our hands over loaves of bread in a sign of blessing.)*

**Leader:** Dear Father in heaven, bless this bread. It reminds us of the Bread of Life your Son shared with us. As we share it with each other, may we grow in your love. We ask this through Jesus, your Son, our Lord.

**All:** **Amen.**

*(Have the candidates preparing for Confirmation and First Eucharist come*

*up and receive a bread for their family.)*

**Leader:** God, our Father, you love us more than we can understand.  
You are the source of all our blessings.

*(Please respond after each statement of thanksgiving: We thank you, God.)*

**Leader:** We thank you for the example and teachings of your Son, Jesus.

**ALL: We thank you, God.**

**Leader:** We thank you for the gift of Jesus in the Eucharist.

**ALL: We thank you, God.**

**Leader:** We thank you for our family and all the special people in our lives.

**ALL: We thank you, God.**

**Leader:** Help us to respond to your generous love for us, by becoming more loving to others. We pray that you will continue to guide our families on this journey.  
We ask this in your name.

**ALL: Amen.**

**Closing Song** (use one that the children and parents are familiar with.)

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