

Year 2 – Session #5
Family Faith Formation
Jesus, the Bread of Life

Resource for Adults:

Feeding Hungry Heart-Celebrating the Eucharist with Fr. Joe Kempf (DVD by Liguori Publication)

Objectives for Adults:

- To deepen parents/guardians awareness of who Jesus is.
- To establish that Jesus is truly present in the Eucharist and that it is an incredible gift to each of us through the Church.
- To better understand that the Eucharist is God’s gift to the whole world.

Objectives for Children:

- To develop a better understanding of why Jesus gave us himself in the Eucharist.
- To better appreciate the Mass.
- To recognize the Eucharist as a meal and a sacrifice.

Objectives for Family:

- To identify that through the words and actions of the priest and by the power of the Holy Spirit, the bread and wine become the Body and Blood of Christ.
 - To better appreciate that the Mass is the most important celebration of the Church.
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Welcome / Introduce Theme: (5 min.) Families begin together

Today we are going to hear the importance of the Eucharist and how God himself wants to nourish us and feed us spiritually. We will hear how God wants to dwell in us.

Opening Prayer (10 min.)

Sign of the Cross

Scripture Reading

“So Jesus said to them, ‘Amen, amen, I say to you, it was not Moses who gave the bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.’ So they said to him, “Sir, give us this bread always.” Jesus said to them, “I am the bread of life; whoever believes in me will never hunger, and whoever believes in me will never thirst. But I told you that although you have seen [me], you do not believe.” (John 6:32-36)

Sharing

Parents, talk to your child/children about why you go to Mass, and if you do not go on a regular basis, why?

Prayer (Together)

My Lord and my God, I firmly believe that you are present in the Eucharist. Take the blindness from my eyes, so that I can see all people and things as You see them. Take the deafness from my ears, so that I can hear Your truth and follow it. Take the hardness from my heart, so that I can live and love generously. Give me the grace to receive the Eucharist with humility, so that You can transform me a little more each day into the person You created me to be. Amen.

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

Parents/Adult Presentation (30 – 40 min.)

The CCC **1375** "It is by the conversion of the bread and wine into Christ's body and blood that Christ becomes present in the sacrament. The church Fathers strongly affirmed the faith of the Church in the efficacy of the Word of Christ and of the action of the Holy Spirit to bring about this conversion."

Question prior to video- Take a moment to think about "the hole in your soul" that can only be filled by God. Has there been a time in the past week or month when you felt the need for a power beyond yourself, beyond your loved ones...a need for God?

Introduce Video: Feeding Hungry Hearts-Celebrating the Eucharist (Session 1)

Have the parents break into small groups of 4 or 6 people to discuss the question.

Discussion Question- How do we prepare ourselves for a dinner or a party? How can we prepare ourselves before we go to Mass?

Come together in a large group and share some of the answers.

Introduce Video: Feeding Hungry Hearts-Celebrating the Eucharist (Session 2)

Have the parents break into small groups of 4 or 6 people to discuss the question.

Discussion Question-What kind of stories do you share at the dinner table? What kind of stories do we hear at Mass?

Come together in a large group and share some of the answers.

Children Presentation (30-40 min.)

- **Resource for Children:**

Video-Brother Francis- *The Bread of Life*-13 min.

Question prior to video- What is one way we can stay healthy? What are some of your favorite sports?

View Video

Discussion question: How is the Eucharist like sharing a family meal?

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

Have children share with parents what they learned about Eucharist being like a family meal. Have parents and children prepare a plan of 3 things they can do in the next month that they will do to feed themselves spiritually.

Have children make bread (recipe from Carolyn Houston)

Good for a rotation of about 10 children – will make about 10 rolls.

Blessing Cup Meal Bread Recipe

6 cups white flour
2 cups wheat flour
4 tsp salt
6 tsp honey
2 tsp soda
6 tbsp. shortening
2 to 3 cups water

Do not sift flour. Mix dry ingredients. Cut shortening into dry ingredients. Stir honey into lukewarm water. Then add the water mixture gradually into flour mixture, mixing until the dough forms a ball. Knead the dough until smooth texture is reached – about 5 minutes. Roll dough into sheet about ¼ inch thick, and cut to desired shape and size.

Bake at 425 degrees for 10 to 12 minutes, and cool loaves/rolls on a rack.

Closing Prayer and Ritual (10-15min.)

Share the newly baked bread with children and parents. Begin the meal with Grace and end the meal with the closing prayer.

Closing Prayer-(5 min.)

Leader: Jesus taught that we must live our faith in God. Thank God for all you learned this year. Live your faith in Jesus and make a difference. Be his disciples!

Lord, each day we will remember to act like children of God.

All: Thanks be to God!

Leader: Lord, we will love and serve you every day.

All: Thanks be to God!

Leader: Lord we will treat others with kindness and bring them hope.

All: Thanks be to God!

(Conclude the prayer by have each parent trace a cross on their child's forehead, saying "God bless you _____ and keep you safe.") (taken from *Be My Disciples, Grade 2 guide, pg. 349*)

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