

EUCCHARIST - Family Activity Sheet 3 – We Give Thanks & Receive

Name: _____

Jesus said to them, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst." John 6:35

Sharing a meal together can feel good and make us happy. We share, not only a meal, but stories of our day and each other's time.

What can you do to help prepare a meal for your family? _____

How can we begin each meal to say thank you to God for the food we have and the people we share it with? _____

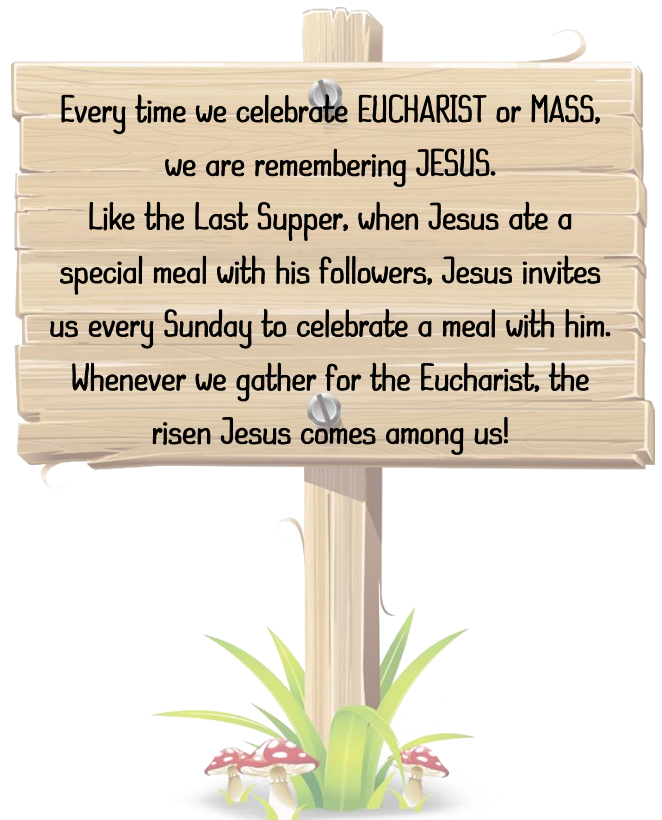
What is a prayer or 'Grace' you say before meals? If you don't have one, you could write one you made up or look online for a simple Grace to say before meals and share it below

Why do we share food at the family table?

- 1. To help us grow strong and healthy **YES / NO**
- 2. To share our lives together **YES / NO**
- 3. To strengthen our sense of belonging **YES / NO**
- 4. To celebrate that we love one another **YES / NO.**

Talk with your family about why you think Jesus chose sharing a meal of food and drink as his special way to be present with us.

Write some of your family's suggestions here.



On the night before he died for us, Jesus had supper for the last time with his disciples.

The Institution of the Last Supper Luke 22:14-23 (NRSV – [Bible Gateway](#))

When the hour came, he took his place at the table, and the apostles with him. He said to them, “I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God.”

Then he took a cup, and after giving thanks he said, “Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.” Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.”

And he did the same with the cup after supper, saying, “This cup that is poured out for you is the new covenant in my blood. But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!” Then they began to ask one another which one of them it could be who would do this.



After his Last Supper, Jesus asked his friends to continue to gather and share a meal in memory of him. He promised to be present.

This is a mystery of our faith. That we believe Jesus is present at every Mass in the person of the priest, in the Word we hear, in the people who are gathered and in the Communion we will share.

Watch this clip explaining the Bible story of the Last Supper: [CLICK HERE](#)

When I receive the Eucharist, I am one with the Lord, one with my family, and one with God’s family.



When there is a special celebration we might set our table in a special way. At Mass we also have a table, called the Altar. At each Mass this too is set in a special way.

Watch this clip [CLICK HERE](#) to see how the altar is prepared and write some of the things you see here.



Liturgy of the Eucharist

Next time you are at Mass look and listen for these parts of the Eucharistic Prayer and Communion Rite. These prayers welcome the Holy Spirit to come down and consecrate our bread and wine so that they become the Body and Blood of Jesus.

PREPARATION OF THE OFFERINGS

Priest: Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.



Priest: Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.

People: Blessed be God forever.



EUCCHARISTIC PRAYER III

*These are words Jesus said at the Last Supper.
Each time they are said, we remember what Jesus did.*

For on the night he was betrayed
he himself took bread,
And, giving you thanks, he said the blessing,
broke the bread and gave it to his disciples, saying:

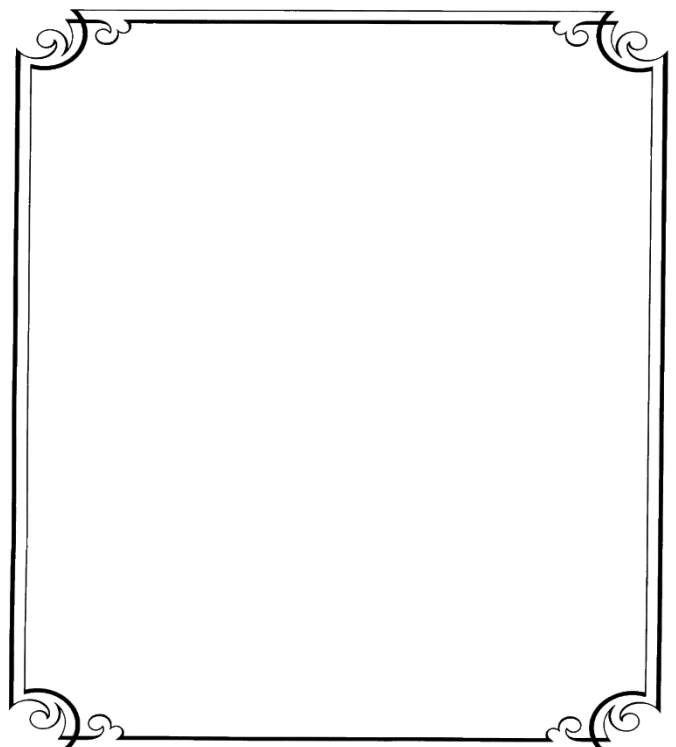
***Take this, all of you, and eat of it,
For this is my body,
Which will be given up for you.***

In a similar way, when supper was ended,
He took the chalice,
and, giving thanks, he said the blessing,
and gave the chalice to his disciples, saying:

***Take this, all of you, and drink from it,
For this is the chalice of my blood,
The blood of the new covenant,
which will be poured out for you and for many
for the forgiveness of sins.
Do this in memory of me.***

Draw or write what the priest is doing
during this part of Eucharistic Prayer.

What sound do you hear?



MYSTERY OF FAITH

The Mystery of Faith is a Memorial Acclamation where we say to Jesus what we believe – that Jesus died and rose again and that Jesus remains with us in the Eucharist. At each mass we say one of these three responses.

**We proclaim your death,
O Lord and profess your
Resurrection until you
come again.**

**When we eat this Bread
and drink this Cup, we
proclaim your Death, O
Lord, until you come
again.**

**Save us, Saviour of the
world, for by your Cross
and Resurrection you
have set us free.**

NOW WE RECEIVE

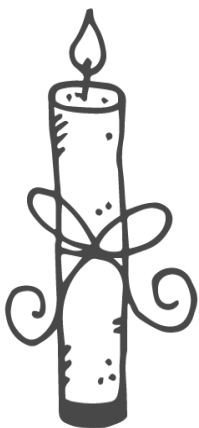
There will be time to practice this in class and in the Parent / Child Workshop so don't worry. The other way to learn is to attend Mass regularly to watch and learn. Practise is how we improve at anything in our life and going to Mass is the same.

Watch this clip [CLICK HERE](#) and then remember these tips below.

1. Walk (with respect and reverence)
2. Hands together
3. Bow (before the King)
4. Hands up (about chest height)
5. Body of Christ and Amen
6. Receive
7. Walk back to your seat, pray and reflect.



Light your prayer candle and pray this prayer as you prepare for Your First Communion.:



God our Father,
Long ago you promised you would show us the way to be happy.
You kept that promise by sending us the gift of Jesus.
At his Last Supper, Jesus gave himself to us
to be the food and drink of our spiritual life.
Thank you for the gift of Jesus' life in Baptism.
Thank you for the gift of Jesus' life in the Eucharist.
Thank you for the gift of your love always.
Help us to open our heart so you can fill us with the gift of your life,
and we can grow closer to you and to one
another every time we celebrate Eucharist.

AMEN



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