

## **Featured Story**

Two Disciples Meet the Risen Jesus  
(Luke 24:13–35)

### **Lesson Goals**

- to explain the Risen Jesus is with us today in a special way
- to recognize what occurs during the Communion Rite
- to identify the proper way to receive Holy Communion

### **Materials Needed**

- The Catholic Children’s Bible
- Chapter 9 activity booklet
- Treasure map
- Stickers
- Journey Book
- Coloring and writing tools
- Glue, tape
- Popsicle stick, or something similar
- 10 blank sheets of paper
- Construction paper
- Small ball, plastic
- Paper plate
- Water base paint, any color
- Cracker and juice
- Plate and cup
- Chalice and host, and the road Emmaus templates
- Decorative items: sequins, gems, glitter, if wanted

## 9

# **Jesus is Present with Us Now**

### Background Focus [\(for parents\)](#)

Relationships are nourished and strengthened by good communication, shared and expressed love, and quality presence. Our relationship with Jesus is not unlike others in our lives. Although we don’t encounter Jesus in the same way as we do other people, he offers us a chance to have a relationship with him through communication, love, and presence.

The special presence of Jesus in Word and Sacrament is an incredible gift to us and to all of the Church. It is the way we continue and strengthen our relationship with Him.

In this lesson, we read about the two disciples on their way to Emmaus. Their hearts burned as they discovered the Risen Jesus was present with them. May our hearts and the hearts of all those preparing for the Sacrament of the Eucharist burn with joy as we celebrate the gift of our own encounter and relationship with Jesus.

# Go (10 minutes)

## Opening Prayer

 **Child:** Turn to page 1 in the Chapter 9 activity booklet and locate the prayer on the page.

**Together:** Begin prayer with the Sign of the Cross.

- (Allow about 10 seconds of silence.)
- Read the prayer aloud.
- End with an “Amen” and the Sign of the Cross.

## Engage Activity

### Materials Needed:

- The Road Emmaus template
- Popsicle stick, chop stick or something similar (even a pencil)
  - Glue
- Coloring tools

**Parent:** Print The Road to Emmaus template. (On card stock if you have it.)

 **Child:** Color the pictures.

- Cut out both pieces.
- Glue the three figures onto a large popsicle stick.
- Cut on the solid line on the larger piece creating a slit.
- Insert the three men on the popsicle stick into the slit.
- Save this for when you read the feature story.

**Parent:** This craft will serve as a reminder of when Jesus appeared to these two disciples; proving that He truly resurrected from the dead.

# Seek (30 minutes)

## Featured Story

-  **Child:** Find **Luke 24:13-35** in The Catholic Children's Bible.
- Turn the page to the Featured Story on page 1644 and place an "I found it!" sticker on the page.
  - Look at the pictures.
    - Describe what you see in the artwork.
    - Why do you think the two people look surprised?

**Parent:** Explain this story takes place after Jesus died, was buried, and the tomb was found empty.

-  **Child:** Read the title and the Featured Story.

## Understand It!

-  **Child:** Read Understand It! on page 1645.

**Parent:** Summarize what was just read and review by asking:

-  **Child:** Why were the disciples sad?  
*(They thought Jesus was gone forever.)*
- What happened when Jesus blessed and broke bread and gave it to the two disciples?  
*(They recognized that the stranger was Jesus.)*
  - What does this story tell us about Jesus and us?  
*(He is risen and is with us.)*

## Live It!

-  **Child:** Turn to page 1 in the activity booklet and complete the drawing activity.
- Imagine you are one of the two disciples.
    - How would you feel when you thought Jesus had died forever?
    - How would you feel when you knew the stranger was Jesus?
    - How would you feel when Jesus suddenly disappeared?
    - Ask Jesus to help you see Him in other people, in His Word in the Bible and in the Eucharist.

**Parent:** Explain, although we don't see Jesus in the way the two disciples did in the story, we know Jesus is present to us today through other people, through his Word in the Bible, and in the Eucharist.

## Tell It!

-  **Child:** Look at the images in Tell It! on page 1645.
- Use the pictures in Tell it! and the walking men craft to retell the story in your own words.
  - Use some of the smaller stickers to mark parts of the Featured Story pages that capture your interest.

## Core Learning Activity

### Materials Needed:

- My Journey Book
- 10 blank sheets of paper
  - Coloring tools

## Draw It

**Parent:** On the top of 10 blank sheets of paper write the following words.:  
*Jesus, bread, wine, Mass, love, pray, Bible, priest, sing, church.*

-  **Child:** Draw a picture as best you can of the word at the top of the page.
- When your picture is done, cover the word so no one can see it. (Fold it over or cover it with a taped piece of construction paper.)
  - Line up all the pictures on the table, with the word hidden.

- How many words can someone (other than the person teaching you) name by your pictures? Have some fun. Ask a couple other people.
- Put your drawings in your My Journey Book.

## Process the Activity

**Parent:** Remind your child Jesus is present in the Mass.

- Tell them like the story of the two disciples who broke bread and then recognized Jesus was present with them, we also break bread at Mass and meet the Risen Jesus.
- Explain they are now going to learn more about the part of the Mass when we receive Holy Communion, the Body and Blood of Jesus.

## Additional Activity Option

### Lesson on Transubstantiation

**Materials Needed:**

Small plastic ball  
One color water base paint  
Paper plate

**Parent:** To understand the true presence of Jesus in the Eucharist, you have to explain transubstantiation.

- **Transubstantiation** is the process of the bread and wine truly changing in substance into the Body and Blood of Jesus.
- Although our outside senses (taste, touch, smell, etc.) still see it as bread and wine, it is actually the Body and Blood of Christ.
- This lesson helps us to understand the concept of transubstantiation.
  - Start with a ball.
  - Paint it (a different color than it is.) Put paint on a paper plate and roll it around.
- Ask questions like:
  - What has changed about the ball?  
(the color)
  - Is it a different ball now?  
(no)
  - Did it actually change?  
(no)
  - What *is* different about it?  
(the way it looks)
- **It is exactly the same ball, but it looks different.**

## ➤ The Eucharist is exactly the opposite.

- When the host is turned into the body of Christ, it doesn't look different, smell different, or even taste different - yet what it is has completely changed.
- It's the opposite of what happened to the ball.
- Explain it from the perspective of the bread, and then also the wine.

## Holy Communion Practice

### Materials Needed:

- A computer with Internet access
  - Small crackers and juice
- A bread plate and a chalice or cup for the wine

✚ **Child:** Watch **Sacraments 101: Eucharist (how we receive)** 4:46

<https://www.youtube.com/watch?v=qdGkTdv4Dt4>

(Even though this is targeted to a bit older age-group, the children can learn about the dos and don'ts of how to receive Communion.)

✚ **Child:** What does "*consecrated*" mean?

(When the bread and wine are changed into the Body and Blood of Jesus, with His soul and His divinity, through the power of the Holy Spirit and the actions of the priest.)

**Parent:** Explain to the children that they will now practice receiving Communion; however, you will not be using consecrated hosts or wine.

- Remind the children this is just practice and you are going to be pretending.
- Distribute the "bread" and distribute the "wine."
  - Have your child line up as they would in church to receive.
  - Right before the final approach to the Priest or Minister, you will bow with respect to the Body of Christ.
  - Step forward, place your right hand under your left hand creating a plate.
  - Or you may receive the Body of Christ on the tongue. Gently stick out your tongue for the Host to be placed on it.
  - Focus on the words of the priest or minister,  
*"The Body of Christ."*
  - Your response,  
*"Amen."*

- Step to the side and immediately, using your right hand, lift the Body of Christ from your left hand and place it on your tongue.
- Gently consume The Body of Christ.
- If you wish, you then may receive the Blood of Christ.
- Right before the final approach to the Priest or Minister, you will bow with respect to the Cup of Christ's Blood.
- Focus on the words of the Priest or Minister,  
     *"The Blood of Christ."*
- Our response  
     *"Amen."*
- Gently take the Cup for the Minister and take a small sip. Swallow.
- After you have received, go back to your seat in a respectful manner, kneel, and spend time in prayer with Jesus. Thanking Him, expressing your love for Him and expressing your needs and concerns you would like to share with Him.
- You may want to practice this several times until your child is comfortable.

## Jesus in the Eucharist – Open Flap Craft

### Materials Needed

- Glue
- Scissors
- Clear tape
- Chalice and Host templates
- Sheet of construction paper for the background
- Decorative items like glitter/glitter glue, gems, sequins, etc. (if you to use)
  - Coloring tools
  - My Journey Book

**Parent:** This craft project is to help children understand Jesus is truly present in the Holy Eucharist. Although Jesus is hidden, **He is truly there**. The Eucharist in this craft opens to reveal Jesus.

➤ Print the chalice and Host template.

 **Child:** Color the chalice and Eucharist rays.

- Cut out your chalice and Eucharistic rays.
- Glue the chalice and rays onto the construction paper.
- Decorate the chalice and rays with the glitter, gems and sequins or whatever else you choose. You may also decorate the construction paper background, if desired.

- Glue the Jesus circle in the Eucharistic ray circle.
- With a small piece of clear tape attach the Eucharist circle to create a door that opens to reveal the image of Jesus.
- Put your picture in your My Journey Book

## First Communion Banners

**THIS IS A REQUIRED ACTIVITY:**

**The banner is to be turned into the office with the MY Journey Book the week of March 16.**  
They will be used for marking your reserved pew at your First Eucharist celebration.



### Materials Needed

- White felt precut at the craft store (Appr 8.5 x 11)
- Personal decorations

- Each family is asked to make a banner that will reserve a row of seats at your child's First Eucharist Liturgy.
- Use a precut piece of **white** felt from the craft store as the base of your child's banner. The pieces are usually 8.5.X 11.
- **Please make sure the banner includes your child's FIRST AND LAST NAME ON THE FRONT of the banner. Your child's name needs to be visible and easy to read.**  
**(Note: The samples below only show a first name. We would like first AND last name on the front.)**
- **Since this banner will be used at the First Eucharist Liturgies, please do not add anything referencing sports, action figures, or other activities your child may be involved in.**
- Above and below are a few sample banners to give you some ideas. Pinterest is a great place to find inspiration if you need more ideas!
- We will take care of attaching the banners to the seats. You do not need to add a dowel or any string.



**The banner and My Journey Book are to be turned in the week of March 16.**

## **Find** (20 minutes)

### **God's Treasure of the Eucharist**

**Parent:** Explain, we receive the Eucharist during a part of the Liturgy of the Eucharist called the Communion Rite.

- **Holy Communion** is another name we use for the Body and Blood of Christ.
- **Communion** means “unity” or “oneness”
- Receiving the Eucharist strengthens our unity with Jesus and with the Church.
- The Communion Rite begins with the Lord’s Prayer, or Our Father, which we pray in unity with the Church.
- We then offer one another a sign of peace, which is also a sign of our unity.

**Parent:** Teach your child the process for receiving Communion:

- Make a short bow from the waist as you approach the priest or minister who is distributing the Body of Christ and the Blood of Christ.
- You can receive the Host, which is another name for the consecrated bread, in your hands (with the left-hand placed palm up in the right hand) or on our tongue.
- The minister of Holy Communion (Eucharistic Minister) will say, “The Body of Christ,” to which you respond, “Amen” (*Roman Missal*, page 669).
- Receive the Host in your palm or on your tongue. If you take Holy Communion in your hand, you take the Host from your palm with the right hand.

- Then consume the Host.
- When you receive from the cup, bow again as you approach the priest or minister who is distributing the Blood of Christ.
- The minister will say, “The Blood of Christ,” to which you respond, “Amen,” (*Roman Missal*, page 669) and take a small sip from the cup.
- After having received, go back to your seat in a respectful manner, kneel, and spend time in prayer with Jesus. Thanking Him, expressing your love for Him and expressing your needs and concerns you would like to share with Him.

**Parent:** Use pages 6–7 of *The Order of the Mass and Key Words* booklet to point out the different parts and prayers of the Communion Rite.

-  **Child:** Turn to page 3 in the activity booklet and complete the Communion Rite ordering activity.  
(Answers: Amen, Host, Prayer, Peace, Holy, Body, Blood)

**Parent Note:** This content is presented in a child-friendly way in the *God’s Treasure of the Eucharist Student Booklet*. You may wish to have your child read all or parts of Chapter 1 to supplement the lesson. Or use the concluding points under “Things to Remember” to wrap up the lesson before prayer.

## Lesson Wrap-Up

**Parent:** Invite your child to think back over all of the different things discussed in this lesson. Have your child share some of the key things they learned. Ensure the following points are made:

- The Risen Jesus is with us today in a special way.
- The Communion Rite begins with the Lord’s Prayer, includes the sign of peace, and is the part of Mass during which we receive Holy Communion.
- We respond “Amen” after the minister of Communion says, “The Body of Christ,” and, “The Blood of Christ” (*Roman Missal*, page 669). We consume the Host and take a small sip from the cup.

-  **Child:** Place the Chapter 9 sticker in the correct circle on your treasure map.

## Closing Prayer

**Together:** Begin with the Sign of the Cross.  
(Allow about 10 seconds of silence.)

✚ **Child:** Turn to page 6 in *The Order of the Mass and Key Words* booklet.

**Parent:** Explain, the “Invitation to Communion” is the final prayer of preparation to receive Holy Communion. In it, we ask that we may be ready to receive the Eucharist.

**Parent:** Say the words of the priest.

**Together:** Pray the assembly’s part together.  
➤ Close with a final sign of the Cross.

**Parent:** Before gluing the activity booklet into the journey book, make sure to read over the Family Page.

**Please make sure you keep all your Eucharist Journey Memories in your “Journey Book”.**

**(The Eucharist activity book, the activities done for each lesson and any other memories you wish to include.)**



