

## **Featured Story**

The Last Supper  
(Mark 14:12–26)

## **Lesson Goals**

- to recognize Jesus gave the gift of the Eucharist at the Last Supper
- to identify the bread and wine become the Body and Blood of Jesus at Mass
- to recall the Eucharist strengthens us to follow Jesus more closely

## **Materials Needed**

- The Catholic Children's Bible
- Chapter 7 activity booklet
- Treasure map
- Stickers
- Journey Book
- Coloring and writing tools
- Glue, tape, scissors
- Templates at the end of the lesson
- Tablecloth
- Plates, napkins, and cups
- Bread or crackers
- Juice

# **7**

## **We Celebrate the Gift of the Eucharist**

### **Background Focus** (for parents)


The consecration of the bread and wine at Mass is the most solemn moment of the entire liturgical celebration. This is when the bread and wine, through the power of the Holy Spirit, become the Body and Blood of Christ. Not changing in form but in substance, the Eucharist becomes the **true and Real Presence of Jesus**, not merely a symbol of it.

The gift of the Sacrament of the Eucharist is the gift of Jesus himself, promising to be with us always (Matthew 28:20) and to strengthen us as his disciples. It is a truly awesome gift we receive each time we go to Mass.

This chapter teaches about the Eucharist and its beginning at the Last Supper. Although the changing of the bread and wine to the Body and Blood of Jesus can be challenging for children to fully grasp, it is helpful to remind them that Jesus gave us this gift of Himself and that the Church has been celebrating the Eucharist ever since the Last Supper.

# Go (10 minutes)


## Opening Prayer

 **Child:** Turn to page 1 in the Chapter 7 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

-  **Child:** What do you know or have heard about the Last Supper?
- Why is it called the Last Supper?
  - Who was there?
  - What happened?

**Parent:** Let your child know in this lesson they will read about the Last Supper and will see how the Last Supper is connected to the Eucharist we receive each Sunday.

## Featured Story

-  **Child:** Find **Mark 14:12-26** in The Catholic Children's Bible.
  - Turn the page to the Featured Story on page 1560 and place an "I found it!" sticker on the page.
-  Look at the pictures on these two pages. How many candles do you see? (4)
-  Read the title and the Featured Story.
  - What did Jesus say after he took bread, gave thanks, broke it, and gave it to his disciples?  
*(Take it, this is my body.)*
  - What did Jesus say after he took a cup, gave thanks, and handed it to the disciples?  
*(This is my blood which is poured out for many, my blood which seals God's covenant.)*

## Understand It!

-  **Child:** Read Understand It! on page 1561.

**Parent:** Ask your child to summarize what they just read and review these key points:

- Jesus gave us the Eucharist at the Last Supper.
- At every Mass, the bread and wine become Jesus' Body and Blood.
- The Eucharist strengthens us to follow Jesus more closely.

**Parent:** Answer any questions about the reading and about the bread and wine becoming Jesus' Body and Blood. Tell them:


- We trust in Jesus' Word.
- The Church has been celebrating the Eucharist ever since Jesus created the sacrament at the Last Supper.

## Live It!

-  **Child:** Read Live It! on page 1561.


- Turn to page 2 in the activity booklet and complete the prayer activity.

## Tell It!

 **Child:** Look at the images in Tell It! cartoon on page 1561.

- What did Jesus say when He took the bread and the cup and gave them to his disciples?

*(He said, "Take it. This is my body" and "This is my blood which is poured out for many, my blood which seals God's covenant.")*

 Use some of the smaller stickers to mark parts of the Featured Story pages that capture your interest.

(Remember to save enough stickers to use on the remaining chapters.)

## Core Learning Activity


### Materials Needed:

- Meditation Script (included or write one of your own)
  - My Journey Book
  - Coloring tools

## Last Supper Guided Meditation

**Parent:** Create a guided meditation in which your child is sitting with the disciples at the Last Supper. (Mark 14:22-26) Or use the script listed below.


- Read the guided meditation script slowly, adding both short and long pauses so your child can have time to imagine themselves in the story.
- Begin the guided meditation by explaining the process. Say, you are going to go on a journey of imagination and are going to sit around the table with Jesus and the disciples at the Last Supper.

 **Child:** Sit in a chair or on the floor. Anywhere you will be comfortable sitting with your eyes closed to hear a story. Close your eyes. Take a few deep, relaxing breaths. Be still.




**Parent:** Set the scene using descriptors and questions, such as the following, encourage your child to imagine the scene as if they were there.

- Imagine that it is dark outside and that you are sitting in the room with Jesus and the disciples. *(pause)*
- The room is only lit by candlelight. *(pause)*

- Look around the room. *(pause)*
- What do you see? *(pause)*
- What do you hear? *(pause)*
- Can you smell the scent of smoke from the candles? *(pause)*
- What does the floor feel like? *(pause)*
- Look at Jesus and the disciples. *(pause)*
- What do they look like? *(pause)*
- Are they silent or are they talking to each other? *(pause)*
- Suddenly the room gets quiet and the disciples turn their attention to Jesus. *(pause)*
- He takes a piece of bread from the table, lifts it up for all to see and says a prayer of thanksgiving to God. *(pause)*
- *"Blessed are You, Lord our God, King of the Universe, who brings forth bread from the earth."* *(pause)*
- Jesus broke the bread and gave it to His disciples. *(pause)*
- *"Take it. This is my body"* He said. *(pause)*
- The disciples are watching Jesus closely as the bread is passed around. No one is saying anything. *(pause)*
- Jesus reaches for the cup in front of Him. It has just been filled. He lifts it up for all to see. *(pause)*
- He gives thanks to God. *"Blessed are You, Lord our God, King of the universe, who creates the fruit of the vine."* *(pause)*
- Jesus passes His cup around the table to all His disciples. They all drink from it. *(pause)*
- Jesus says to them, *"This is my blood which is poured out for many, My blood which seals God's covenant."* His promise to us. *(pause)*
- Jesus continues, my friends, *"I tell you, I will never again drink this wine until the day I drink the new wine in the Kingdom of God."* *(pause)*
- The room is utterly quiet. No one knows what to say. They keep watching Jesus, a bit confused by what He just told them. *(pause)*
- After a few moments of quiet, Jesus looks at each one with a great loving smile and leads them in a song. The room is now filled with the sounds of a party. *(pause)*
- Soon after the song, Jesus and His disciples leave the room and go to the Mount of Olives to pray. *(pause)*

 **Child:** Slowly open your eyes.

## Process the Activity

-  **Child:** What are some of the things you saw, smelled, heard and felt when the story was being told to you?
-  What was it like to be sitting at the table of the Last Supper with Jesus?
-  In your My Journey Book, on the next two, side-by-side pages, draw a picture of what you remember from the story.
  - Use all the space. Be colorful.
  - Make it a good memory of this very important story.

## Additional Activity Option


### Sitting at the Table (15 minutes)

#### Materials Needed

- Long tablecloth
- Plates, napkins, and cups
- Bread or crackers
- Juice

**Parent:** Set a table with plates, napkins, and cups for you and your child. Place a piece of bread or crackers on each plate and pour some juice into each cup.

**Together:** Enjoy a quick snack together and talk about how you are sitting around a table together like Jesus did with his disciples at the Last Supper.

-  **Child:** Think about mealtime at your home.
  - What time do you eat?
  - Where do you usually eat?
  - What is your favorite food?
  - What prayer do you say before eating?
  - What is your favorite part about dinnertime with your family?


**Parent:** Remind your child, the meal we share at Mass is like the meal Jesus shared at the Last Supper. At Mass, the bread and wine become the Body and Blood of Jesus.

## Last Super Artwork (15 minutes)

### Materials Needed

- My Journey Book
- Coloring tools

**Parent:** Remind your child, at Mass, the bread and wine become the Body and Blood of Jesus. They are no longer ordinary bread and wine.

 **Child:** Divide the next two pages in Your Journey Book in half by drawing a line on each page. You now have four sections.

- On the top of the first section, write ***“Ordinary Bread.”***
- On the second section write ***“Body of Christ.”***
- On the third section write ***“Ordinary Wine.”***
- On the last section write ***“Blood of Christ.”***
- Use your crayons to draw a picture of each of these titles.  
*(some examples might be a slice of bread for ordinary bread; host with cross on it for Body of Christ; grapes or bottle of wine for ordinary wine; chalice for Blood of Christ)*

## Recreating the Table (15 minutes)

### Materials Needed


- Templates at the end of the lesson
  - Scissor
  - Glue
- Coloring tools

**Parent:** Print the templates onto cardstock if you have it. Regular page is fine; it just might not be strong enough to stand up very long. Keep in mind your child may need help cutting the templates.

 **Child:**


- Color the templates.
- Cut out the templates.
- Take the table template and fold along the dotted lines. Add glue to the side tabs and form the table.
- Next glue the disciples on the bench to one side of the table.
- On the other side of the table glue on the group with two disciples to the right of the table.


- Then glue on the Jesus group to the left of the two disciples you previously glued on.
- Finally glue on the last disciple holding the bowl of soup.

 **Child:** Keep this as a reminder of the Last Supper, where Jesus started the Sacrament of the Eucharist, which you are preparing to receive.

## Find (30 minutes)

### God's Treasure of the Eucharist

 **Child:** Can you name the different parts of the Mass?  
(*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*).

 Turn to the **Eucharistic Prayer** on page 5 of *The Order of the Mass and Key Words* booklet.

**Parent:** Remind your child the Liturgy of the Eucharist follows the Liturgy of the Word.

- It begins with people bringing the gifts of ordinary bread and wine to the altar.
- After the gifts are brought forward, the priest leads the assembly in the Eucharistic Prayer.
- The Eucharistic Prayer is a prayer in which we give thanks to God for the gift of His Son, Jesus, and for all of the blessings in our lives.


**Together:** Read the words of the Preface Dialogue. Parents read the part of the priest and your child reads the part of the people.

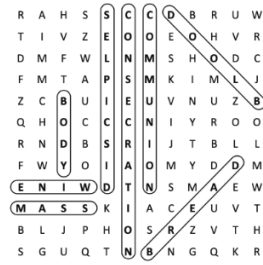
**Together:** Read the Acclamation (Holy, holy, holy).

**Parent:** Explain the **Consecration** is when the bread and wine, through the priest's words and actions and the power of the Holy Spirit, become the Body and Blood of Christ.

- Point out that the priest uses the words of Jesus from the Last Supper during this time.
- After the consecration, we proclaim the mystery of our faith.  
(Refer to the Memorial Acclamation on page 6 of *The Order of the Mass and Key Words* booklet).
- We then conclude the Eucharistic Prayer with the Great Amen.
- When we say "Amen", we are saying yes to the gift of the Eucharist.




-  **Child:** Turn to page 3 in the activity booklet and complete the word search activity.  
(The words can appear forward, backward, up and down, or diagonally.)



**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 7 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:
- Jesus gave the gift of the Eucharist at the Last Supper.
  - The bread and wine become the Body and Blood of Jesus at Mass.
  - The Eucharist strengthens us to follow Jesus more closely.

-  **Child:** Place the Chapter 7 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:** Read the prayer you created in your activity booklet on page 2. The prayer for you to use after you receive Holy Communion.

- Parent:** Conclude with a quick, spontaneous prayer or the prayer on the bottom of page 4 of the activity booklet.

- 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.)**



