

WALKING by FAITH

Grade K / Home Lesson

CHAPTER 23 FAMILY MEALS

Objectives

- Connect love to the sharing of meals with family and friends.
- Understand that Jesus shared bread and wine with his friends at the Last Supper.
- Realize that we remember Jesus at Mass in the Eucharist.
- Recognize Mass as a time to thank God with the Church family.

Step 1: We Are Invited (Life Experience), page 109

Tell your child about a recent family meal you enjoyed and the communal love you experienced. Ask your child to share a similar memorable meal with you. Read the chapter title on page 109: **Family Meals**.

Tell your child that today you will be talking about a special meal our Church family shares. Have your child recite the opening **Prayer** on page 109 by repeating it after you.

Have your child talk about the pictures on the page and describe what he or she sees. Explain that we need food to grow and stay alive. Food is a gift from God. It is a sign of God's love for us. Be sure that your child knows that families without sufficient food are still loved by God.

Read aloud the **Scripture** verse. Explain that loving parents try to make sure their children eat the right kinds of food and get enough to eat. God is our loving parent, who will always love us and take care of us.

Step 2: We Explore (Doctrine), page 110

Remind your child that food is a gift from God. Sharing food with others is a way to share God's love.

Point out Jesus and his friends in the illustration on page 110. Explain that Jesus ate many meals with his friends. The last meal Jesus ate with his friends is called the **Last Supper**; note the heading on the page.

Have your child point to the bread in the painting. Explain that bread and wine were an important part of the Last Supper. Jesus blessed the bread and shared it with his friends. He said that when they ate the bread, they should remember the way he loved them.

Have your child point to the cup of wine in the illustration. Explain that Jesus also blessed a cup of wine and shared it with his friends. He said that when they drank the wine, they should remember the way he loved them.

Now is a good time to read aloud the **Scripture Story** booklet called **The Last Supper** found on pages 115–118.

Read aloud **Catholics Believe** on the bottom of page 110. Explain that Jesus chose to share bread and wine because they were an important part of everyday meals at that time. People recognized bread and wine as signs of life and love. Today members of God’s family continue to think of bread and wine as signs of God’s love. We believe that Jesus is really with us in the blessed Bread and Wine.

Step 3: We Reflect (Integration of Faith into Everyday Life), page 111

Remind your child that Jesus shared bread and wine with his friends at the Last Supper. Bread and wine are signs of God’s love.

Remind your child that our Church is a family. Like most families, Church members come together to eat a meal. This meal takes place at Mass, when we share Holy Communion, the Sacrament of the Eucharist.

Read aloud the title (**Our Church Meal**) and the two sentences on page 111. Explain that members of the Church family follow Jesus’ words at the Last Supper. When the priest blesses the bread and wine, we remember that Jesus is really with us.

Guide your child to understand that in the Sacrament of the Eucharist, the Body and Blood of Jesus Christ and the whole Church are truly present with us.

Point out the host (bread) and the chalice of wine in the photographs. Then have your child point to the picture of members of the Church family receiving the Eucharist. Tell your child that someday he or she will be able to receive Holy Communion, too.

Step 4: We Celebrate (Prayer and Conclusion), page 112

Explain to your child that the Eucharist—the blessed Bread and Wine—is one of the Church’s sacraments. It is a holy sign, a sign of God’s love for us. The word *Eucharist* means “thanksgiving.” Each time we go to Mass, we give God thanks and praise. We celebrate God’s love by sharing bread and wine. Read the heading on page 112: **We Give God Thanks**.

Talk with your child about the picture. Then provide crayons. Have your child draw himself or herself in the picture as a reminder to participate in the Mass and give God thanks.

Close the lesson with **Prayer**. Hold your child's hands as you pray each line of the prayer. Have your child repeat the prayer after you. End with the Sign of the Cross.

For additional activities contact your director of religious education or teacher regarding *Reproducible Activities*, pages 69–71.