

PROJECT NAZARETH

FAITH BEGINS AT HOME

THE EUCHARIST



“As Catholics, it is in the Eucharist that we learn our identity. At the table of Our Lord, Jesus makes a gift of Himself to us because God loves us so much ... it is in the Eucharist that we discover who we are, why we are here, and what is our mission as disciples.”

Cardinal Seán O'Malley, OFM, Cap

Catholics are always invited to learn more about the Eucharist and to spend more time before our Eucharistic Lord. When we adore our Lord in the Most Holy Sacrament of the Altar, we experience His saving love for us. When we receive Him at the Mass, we can invite Him into our hearts that He may heal us, teach us how to love one another, and help us to know and love God more. Let us take 4 weeks to go a little deeper and learn more about Him in the Eucharist.

THE EUCHARIST | WEEK 1

MANNA AND THE BREAD OF LIFE

This week we reflect on the beauty and origins of the Eucharist, which began with God providing manna for the Israelites to nourish and sustain them as they traveled to the Promised Land. God provided food for His children as they journeyed. The nourishment of the manna — bread from heaven — prepared the way for God's ultimate gift to us in Jesus, the Bread of Life. At the Last Supper, Jesus celebrated the Eucharist for the first time, instructing his disciples to "do this in remembrance of me" (Luke 22:19). The Eucharist is spiritual food from Heaven and it is our promise from the Father. He provides for us and supplies the way for us to grow in holiness and grace.

PRIMARY LEARNING OBJECTIVES

God provides for His people.

Scripture Resources: [Exodus 16](#)

Catechism Resources: [CCC 305](#), [CCC 320-324](#)

We need more than physical food.

Scripture Resources: [Matthew 4:4](#), [Matthew 26:26](#), [John 6:27, 53-56](#)

Catechism Resources: [CCC 1322-1345](#)

Jesus is the Bread of Life — bread from Heaven that feeds our souls.

Scripture Resources: [John 6:35-37](#)

Catechism Resources: [CCC 1333](#), [1392](#), [CCC 1094](#)



PONDER: EXPLORE KEY THEMES FOR THE WEEK

Look for opportunities throughout the week to communicate these truths to your child(ren). Use the questions below each objective to explore the topic throughout the week. Remember that our faith is a mystery and you don't always need all the answers. Refer to the Parent Guide for more recommendations on pondering with your child(ren).

FOR YOUNGER CHILDREN

Learning Objectives

01 God provides for His people.

To help your child ponder this idea, ask:

- Who gave the Israelites food in the desert? Why?
- What does God give you? Why?
- How does God show you His love at Mass?
- How do you return God's love?

02 We need more than physical food.

To help your child ponder this idea, ask:

- Is food all we need to stay alive? What else do you need?
- Do you think we need food for our souls too? Why?
- What do you think the food for our souls is called?

03 Jesus is the Bread of Life — bread from Heaven that feeds our souls.

To help your child ponder this idea, ask:

- What is bread? What does it do?
- Where does bread come from?
- Why does Jesus call the Eucharist bread from Heaven?
- What does bread from Heaven do?

FOR OLDER CHILDREN

Learning Objectives

01 God provides for His people.

In the story of Exodus, God gives strength to the Israelite people by providing them with food to eat. He calls this food manna, or bread from Heaven. God also encourages the Israelites with His loving presence along their difficult journey to the Promised Land. In the same way, God provides us with food and shows His love for us each us to help us to our promised land: Heaven.

To help your child ponder this idea, ask:

- Who gave the Israelites food in the desert? Why?
- Who gives us the Eucharist? Why?
- What are some other ways God provides for us?

02 We need more than physical food.

God created us with a body and a soul and we need to take special care of both. We eat good foods, like fruits and vegetables, to help our bodies to be healthy and strong and to grow. Our souls are our spiritual bodies that need food too. God gives us special food for our souls that keeps it healthy and helps us grow closer to Him.

To help your child ponder this idea, ask:

- What do we need to stay alive?
- Does our soul need food to stay alive too? What is this food? (The Eucharist.)
- Can you think of other things our soul needs to stay alive? (The sacraments and prayer.)

03 Jesus is the Bread of Life — bread from Heaven that feeds our souls.

God sent His son, Jesus, to teach us to live holy lives and to save us from sin. In his preaching, Jesus teaches us that He is the bread from Heaven — a special food sent from God to save our souls. At the Last Supper, He instituted the Eucharist by breaking bread and offering wine. Jesus tells the apostles that the bread is His body

and that they should take and eat it in remembrance of Him. When we receive the Eucharist at Mass, we thank Jesus for His body and we allow it to strengthen our souls.

To help your child ponder this idea, ask:

- How does God show His love for us? How can you show your love to Him?
- Think about some of the people in your life — some that you like and some that you don't like as much. Do you think God loves them? How do you think God wants us to feel about them?
- Have you ever been disappointed with the outcome of your prayer? Why? (Explain that God does not always give us everything that we want, but He is taking care of us and watching over us always. Knowing everything, He sees the big picture in a way we can't. Ultimately, His plan is a mystery to us.)



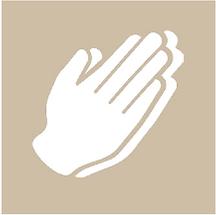
LISTEN: FAMILY LECTIO DIVINA

Choose one or more of the passages below for this week's family Lectio Divina time. Ask what your child's favorite part is or what stood out to them. Ask what God may be trying to show your child through the chosen scripture. Please refer to the Parent Guide for further recommendations on doing Lectio Divina with children.

[Exodus 16:4-18](#) - Manna in the desert

[John 6:48-58](#) - Jesus is the Bread of Life



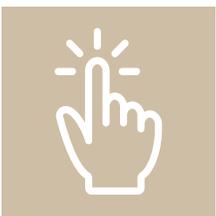


PRAY: SPECIAL PRAYER FOR THE WEEK

FOR YOUNGER CHILDREN: Pray the words of the Lord's Prayer together found on page 3 of the Prayer Guide. While praying, pause for a moment on the words "Our Father" and "give us this day our daily bread" and ponder what it tells us about God and the Eucharist.

FOR OLDER CHILDREN: Pray the *Anima Christi* together.

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within thy wounds, hide me.
Suffer me not to be separated from you.
From the malicious enemy, defend me.
In the hour of my death, call me
And bid me to come to you,
That with your saints I may praise you forever and ever. Amen.



ACT: CONCRETE WAYS TO LIVE OUT THIS WEEK'S THEME

As a family, spend a half hour going to **Eucharistic Adoration** this week. Remind your child that Jesus is truly present on the altar with them. If Eucharistic Adoration is not available near you, visit the tabernacle at your church and spend time in prayer together before the tabernacle. Explain to your child that the Eucharist is kept in the tabernacle and that the Lord is present there. If you are unable to physically attend adoration in a church, you can also adore Christ online at <http://savior.org/devotions.htm>.