

Topic: Holy Communion Strengthens Us

Family Small Group for FHC Cycle Week 2.22 (April 06, 2025)

Lesson Overview for Parents

This week we will learn about our faith journey and what we need for the journey. First, we will think about the things we take with us on a vacation. Then we will learn about the Road to Emmaus story. We want to connect the Eucharist, the spiritual food we are given by Jesus at mass, to being the food we need for our spiritual journey throughout our life. At the end of mass, during the dismissal at the very end, we are told to "GO! And proclaim the Gospel." We are sent out to welcome Jesus in others. When we love and serve others, we are loving, serving and glorifying the Lord.

1. Opening Prayer

Pray together.

2. Mass and Mass Journal

Did your student write in their mass journal this weekend? Just because class is ending does not mean the habit of the mass journal needs to end. Keep filling up those pages!

Guardian Angel Prayer

Angel of God, my Guardian dear,
To whom God's love commits me here.
Ever this day be at my side,
To light and guard,
To rule and guide.

Amen

Spend a minute or two talking about what your student wrote in their mass journal. Do they have any questions they need answered?

3. Activity #1 – What should we take on our Journey?

Tell all of your family members that you are going on a trip. They can only bring 3 items. What 3 items would they bring? They do not need to bring food or clothes – those will be provided for them.

Tell your family members they have 3-5 minutes (you decide how quickly to do this) to decide and to go get the items they want to bring with them.

Once everyone returns, ask each person to explain why they chose the things they did. Do not question what they choose to bring, just accept it and be positive.

Now explain to your students that just like sometimes we may go on a trip or journey to see someone or do something special, we also experience a faith journey throughout our life. Our faith journey is how we live out our belief in Christ, how we live our Christian life, how we grow in our faith.

Talk about what things and what habits do we think we will need for our faith journey, what things or ways of life do we need to grow in our faith?

(possible answers may be:

some things we may want on our faith journey are our bible, a cross necklace, a picture of Jesus or Mary or a saint, a rosary, any other sacramental, etc. There are lots of possibilities here.

Some habits we may want are: reading the bible, praying, attending mass, attending adoration, taking a bible study, helping others, giving to the poor, giving to the church, helping at a soup kitchen, etc. There are lots of possibilities here.)

4. Sacrament Book Readings

Now let's jump into our lesson in our books.

Grades 1-3

Book: *God's Gift Eucharist*

Step 1: Chapter 8, pages 72-73 – Read the story about The Man on the Road while your student puts the stickers on the pages.

Ask your student: **Why were Jesus' followers sad?** (They had seen Jesus suffer and die; they weren't sure what to believe about the reports that Jesus had risen from the dead.)

What did the followers realize when the man took bread, blessed it, broke it and gave it to them? (The man was Jesus himself.)

What did Jesus' followers do next? (They journeyed back to Jerusalem and told others that they had seen the risen Jesus.)

Point out that after Jesus' friends realized that it was Jesus who had walked with them on the road, they were filled with joy and couldn't wait to tell everyone the good news! Like them, we too bring Jesus' love to others.

Step 2: Chapter 8, page 74 – Read the page.

Ask your student: **What do we receive at mass that helps us on our faith journey?** (the Eucharist! Holy Communion.)

Step 3 Chapter 8, page 75-76 – Now we will talk about the mass. Ask your student to close their eyes as you read this page 75. Ask your student: **What is something you need God's grace for in your life?** (possible answers: be patient with a sibling, to help them obey promptly, to be a good friend, to show love more, to be more helpful, etc.)

Read page 76.

Ask your student: **What is our mission that we are given at the end of mass?** (to live what we celebrated, we go back to our lives and show by our life that we know and love Jesus, we are nice to others, we are helpful, etc.)

Grades 4-6

Book: *Loyola Intermediate Reconciliation and Eucharist*

Step 1: Read God's Word – Read Luke 24:13-35 in your family bible or read page 59 in the student book.

Discuss: **How do you think Jesus' friends felt on their journey?** Possible answers: confused, scared, bewildered, maybe comforted as the man shared with them while walking, etc

Step 2: Chapter 14, page 60 – Read the page.

Ask your student: **How do we prepare ourselves as Catholics to follow Jesus and serve others?** (Possible answers: we pray, study scripture, celebrate Mass, receive the Eucharist, etc.)

What is discipleship? (the willingness to answer the call to follow Jesus and to live like Jesus)

Step 3: Chapter 14, page 61 - Read the page.

Ask your student: **What has the Church given us to guide us to follow Jesus' example?** (Catholic Social Teaching.)

What can you do to follow these principles? (lots of possible answers here – just talk as a family on how we can live out each Catholic Social teaching)

What do we receive each week at mass that gives us strength to live like Jesus? (Holy Communion, the Eucharist, or Jesus' body and blood)

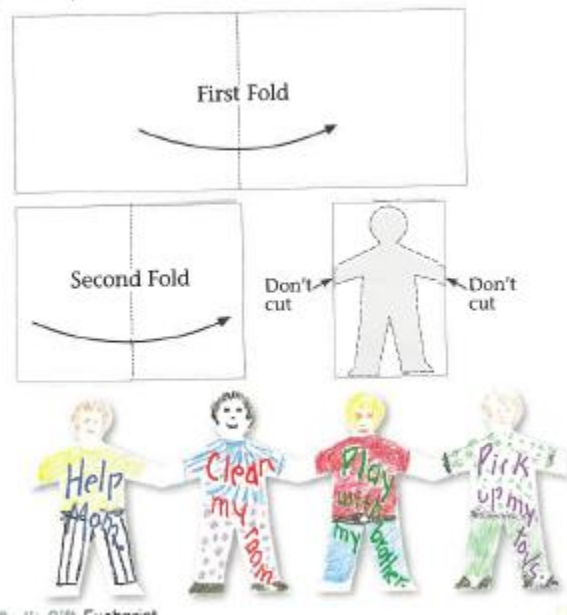
5. Craft Activity for reinforcement

If your student loves crafts, do the attached craft to reinforce the idea of this lesson. Have everyone do it. Be sure to hang the people somewhere prominent in the house so you can see them every day for the rest of Lent.

You will need 1 piece of paper for each person, scissors, crayons or markers.

Fold the piece of paper in half and then in half again without rotating the paper. Trace a body on it and then cut the body out without cutting where the diagram indicates below. Each person should draw themselves and write different ways that they can welcome and serve Jesus on each person.

Place the people somewhere in the house where you can see them every day for the rest of Lent!



6. Story Time

Enjoy reading your bible over the summer!