



Received

Your Journey to First Communion

FAMILY FAITH FORMATION:

At-Home Lesson Guide



ASCENSION

West Chester, Pennsylvania

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This *Received* Family Faith Formation: At-Home Lesson Guide is intended for use with the second edition of the *Received: Your Journey to First Communion* Student Workbook.

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Letter to Parents

Welcome to *Received*!

Congratulations to your son or daughter for successfully completing *Renewed: Your Journey to First Reconciliation* as your child prepared for his or her first Confession. And congratulations to you if you were your child's *Renewed* catechist—and if you were supporting your child's learning in a classroom.

Whether you taught *Renewed* or are making your first foray into preparing your child for a sacrament, we are delighted that you have answered the call to be your child's catechist for *Received: Your Journey to First Communion*. What an exciting time for both of you!

As we said in our letter to *Renewed* parent catechists, teaching is always a daunting task—especially when the student is your own child. It may seem even more so now as you prepare him or her to meet Jesus in the Eucharist for the first time. Be assured you are perfectly qualified to do this. It may be a challenge, but it is also an adventure that both you and your child can expect to enjoy.

The lessons in *Received* are both important and fun. Jesus wants us to enjoy learning about him and his Eucharist, and, as parent and catechist, you are taking the lead in that process!

We designed *Received* Family Faith Formation just for parents. This guide leads you through it, providing more compact lessons than the classroom version and setting each lesson in a home-based one-to-one format.

Thank you for reading this letter. Please also read the following pages at the front of this guide. They will help you plan your work and work your plan.

Our Church is blessed to have you as a catechist. Your child is vital to the future of the Catholic Church, and your commitment to teaching is humbling and impressive. You are providing the foundation your child needs to know Christ and carry on his work.

All teachers get nervous. It simply means you get it—you know your task is important. Your heart is open, you love God and his Church, and you have before you a program designed just for you and your child. Follow the steps and complete the lessons. Soon, you will celebrate your child's first Communion!

We are praying for you.

In Christ,

Your Friends at Ascension



RECEIVED FAMILY FAITH FORMATION

PROGRAM OVERVIEW

Received: Your Journey to First Communion, second edition, is a twelve-lesson sacramental preparation program for elementary school children. It prepares children to encounter God's love in the Sacrament of Holy Communion by setting the sacrament in the context of salvation history—God's love for us and his desire for us to know him and love him in return.

The original *Received* program is used widely in parishes and schools. *Received Family Faith Formation* has adapted the original program to give you the tools you need to teach *Received* to your child at home. Used with the *Received*, second edition, workbook and videos, the Family Faith Formation Guide walks you through the lessons and tells you what to say and do every step along the way.

The *Received* program aims to do more than simply impart an intellectual understanding of the Eucharist. It is designed to stimulate an encounter between your child and God. *Received* invites your child to meet Jesus Christ in his Word and in the Sacrament of the Eucharist—and, ultimately, to experience a conversion of heart. Your child will hear and respond in faith to the voice of the God who “first loved us” (1 John 4:19). The goal? To form your child into a disciple.

The Components

To teach *Received* at home, you will need three things:

- The *Received* Student Workbook, second edition
- Online access to the *Received* videos
- This *Received Family Faith Formation: At-Home Lesson Guide*

These are the basic components of the Family Faith Formation program. Your child will use the workbook. It provides beautifully illustrated lessons that use many approaches—Bible stories, hands-on activities, saint connections, prayers, and family activities—to teach the Faith and bring it alive in your child’s everyday life.

You and your child will watch the award-winning videos together. The videos feature live-action and stunning animations that communicate the spiritual and practical dimensions of the Eucharist in ways your child can easily understand.

This resource—the *Received Family Faith Formation: At-Home Lesson Guide*—is your roadmap through both. Please take a few minutes to review it and familiarize yourself with all its features.



Get Ready

Before you and your child start a lesson, we suggest you **look over the lesson in the workbook**, read the lesson instructions here, and watch the video on your own. This will give you the confidence of knowing where you are going when you begin the lesson together.

In this *Received* Family Faith Formation: At-Home Lesson Guide, each *Received* lesson starts with a brief overview and parent's prayer, lists the lesson goals, and describes optional resources. We suggest you read the overview page on your own before you begin a lesson.

You will also need to **set up a quiet study space where you and your child can work without distractions**. If there's a TV or game console in the room, make sure it's turned off. If you have a cell phone, please put it away. Your child needs your full attention during this hour. Consider putting your phone far away in a drawer or even in another room to show your child how important this time together is to you.

This is also a good time to **set up the equipment you need to watch the video** and queue the player to the start of the video so it's ready to go.

Take a minute, too, to **gather the supplies your child will need**—the workbook; extra paper for notes; and pencils, crayons, and markers.

These optional resources from Ascension may also be helpful:

- A Catholic Bible. We recommend Ascension's *The Great Adventure Catholic Bible*. (The *New American Bible* is also available online without charge from the United States Conference of Catholic Bishops (USCCB) at bible.usccb.org/bible.)
- A perfect bring-with-you book for your child, *Receiving Jesus: My Guide to the Mass*, by Aimee and Colin MacIver. In lively text and with delightful illustrations, this book uses simple analogies and powerful imagery to help children understand what is going on at Mass and participate more fully in it.
- *Received* Online Parent Certification to help you explore your own faith and the Sacrament of the Eucharist more fully. This resource also answers tough questions your child may ask and provides strategies for Family Life Activities. It can be accessed on the Thinkific platform at AscensionPress.Thinkific.com.
- *Received* Prayer Cards for the twelve saints introduced in the lessons, each with a beautiful illustration and a prayer on the back.



Follow the Steps

This *Received* Family Faith Formation Guide breaks down each lesson into seven steps, and it keys the steps to the pertinent pages in your child's workbook. It tells you exactly what to do and say for each workbook page.

When you're ready to teach, settle down at a table or desk with your child and work through the lesson steps in order. They will enable you to complete the lesson comfortably in about an hour.

STEP 1 Let's Begin! (5–10 min.)

A vibrant image and Scripture verse in the workbook get things started. They will help your child visualize the theme and remember it. We give you a short script to introduce the lesson and pray the opening prayer together. A script for an optional *visio divina* exercise (10 min.) follows.

STEP 2 Warm-Up Activity (10 min.)

Do this activity together to spark your child's interest in the lesson theme. We provide you with a script and detailed instructions when needed.

STEP 3 Have You Ever Wondered ... ? (5 min.)

A story from Scripture provides the biblical basis for the lesson. We give you a brief script to introduce it and list the Bible sources for reference. We also give you a script to help you talk about it after you've read the text together.

STEP 4 Learning About God's Plan (18 min.)

The next few pages in the workbook present the heart of the lesson in three parts. We walk you through each part, providing scripts and suggestions for reading the text aloud and then talking about it. We also provide answers to the quick quiz ("Check Your Understanding") at the end, which gives you a chance to see how well your child is understanding the content.

STEP 5 Video Time (10 min.)

The video is about five minutes long. It is a delightful story-based presentation that covers a challenging topic in the lesson. It *shows* how things work. We provide a list of things to think about and questions to help you and your child talk about it after you've watched it. (*Note:* Be sure to turn on closed captioning if it helps.)

STEP 6 Friend on the Journey (5 min.)

The friend is a saint whose life connects with the lesson. We provide you with a short script to help your child see the saint as a real person and ideas for more ways to get to know the saint.

STEP 7 Wrap-Up Activity (7 min.)

This final activity reinforces an important teaching point. We provide a short script, answers to questions if needed, and a suggestion for continuing with the theme during the week. We also provide a reminder to pray the closing prayer together.



Family Life Activities

Two Family Life activities follow the lesson and can be done later in the week. They give other members of your family a chance to join in. They are explained in the workbook, but we provide extra instructions here when needed.

Lesson plan

The following lesson plan summarizes the steps for a sixty-minute lesson:

60-MINUTE LESSON PLAN		
STEP 1	Let's Begin! (Optional <i>Visio Divina</i>)	5 min. (10 min.)
STEP 2	Warm-Up Activity	10 min.
STEP 3	Have You Ever Wondered ... ?	5 min.
STEP 4	Learning About God's Plan Check Your Understanding	15 min. 3 min.
STEP 5	Video Time	10 min.
STEP 6	Friend on the Journey	5 min.
STEP 7	Wrap-Up Activity Closing Prayer	6 min. 1 min.
	Total Time:	60 min.





Unit 1

What Is the Paschal Mystery?

In this unit, you will introduce your child to the Paschal Mystery—the events of Jesus' Passion, death, Resurrection, and Ascension that saved us from sin. You will teach your child that in the Eucharist, we share in Jesus' sacrifice as it is made present on the altar. Jesus has given us the Church and the sacraments so that we can remain close to him.

Lesson 1.1

THE PASCHAL MYSTERY IN JESUS' LIFE

LESSON OVERVIEW

The lessons in this guide correspond to the lessons in your child's *Received* Student Workbook, second edition. Lesson 1.1 begins on workbook page 4.

This lesson begins your child's journey to his or her first Communion, when he or she will receive Jesus in the Sacrament of the Eucharist for the first time. To fully understand the gift of the Eucharist, we must first understand the Paschal Mystery—Jesus' Passion, death, Resurrection, and Ascension to the Father—and his power to save us from sin. In this lesson, your child will learn about these events in Jesus' life and his gift to us of the Holy Spirit. Through the Church, we encounter Jesus now in the sacraments.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- learn about the events of the Paschal Mystery and how Jesus' saving actions free us from sin;
- connect the Paschal Mystery to the Eucharistic *memorial* of Jesus' sacrifice that is made present in the Holy Sacrifice of the Mass;
- connect the Paschal Mystery to his or her own life and understand how we share in Jesus' sacrifice.

RESOURCES

As you prepare the lessons, you may find these optional resources helpful: *Receiving Jesus: My Guide to the Mass*, by Aimee and Colin MacIver, and the *Received* Online Parent Certification program. Both are available from AscensionPress.com.

Mass Book

If your child has a copy of *Receiving Jesus*, take the time to look through it together. Then read "It's Time to Go to Mass!" on pages 1–11.

Online Parent Certification

Lesson 1.1 of the online parent resource invites you to think about Mary Magdalene's reaction to the risen Christ. She was the first person to encounter him after the Resurrection and did not immediately recognize him. This lesson also asks you to reflect on the seriousness of sin and the times in your own life when you have struggled to recognize God. It emphasizes God's incredible mercy in sacrificing his Son to bring us back to himself.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 4.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Today's Bible verse comes from the Gospel of John:

“For God so loved the world that he gave his only begotten Son” (John 3:16).

This verse is one of the best-known passages in the Bible. It sums up what we call the Paschal Mystery. God loves us so much that he sent his Son to die for us so that we could have eternal life.

Lesson Preview

SAY: Today, you will learn that Jesus' Passion, death, Resurrection, and Ascension are called the Paschal Mystery. Jesus sacrificed himself on the Cross to pay the price for our sins so we can have eternal life with him. We are so grateful for Jesus' love!



Opening Prayer

Consider setting up a prayer table or other sacred space in your home to help draw your family into the spirit of prayer. If there is a crucifix in the room, you and your child can both face it for the opening and closing prayers.

SAY: By being quiet and still, we can focus on being in God's presence.

On workbook page 5, read aloud the sentences under the heading “Let Us Pray.”

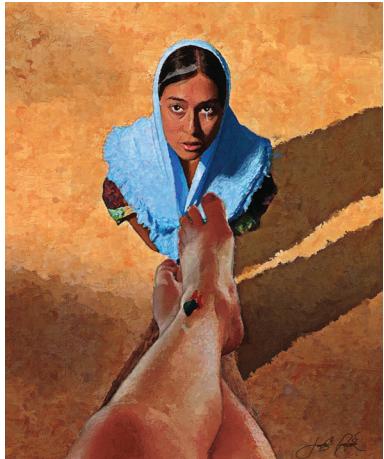
ASK: What would you like to pray for today? Give your child a moment to write some intentions.

You can give some examples to help, or offer your own intentions first and allow your child to follow. (Examples: For Grandma, who is sick. For Uncle Eli. For my friend. For beautiful weather.)

Now, pray the Our Father together. Begin and end with the Sign of the Cross.

The Sign of the Cross is its own prayer—it is the prayer we use to begin and end other prayers. The Sign of the Cross reminds us of Jesus' sacrifice on the Cross and the Holy Trinity. Slow down here and walk your child through the motions.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Visio divina means “divine seeing.” It is a prayer practice that invites you to pray visually with sacred images, “reading” them and gleaning insights as you would from reading a Scripture passage or a spiritual book.

Begin with the Sign of the Cross. Then, invite your child to look quietly at the image on page 4.

SAY: You know that when we pray, we talk to God. But we also listen to him. One way of listening to God is to

use pictures. God “speaks” to us through the details we notice, our feelings as we look, and our imagination.

Let’s try it with this picture. Look at it quietly for a minute or two with “the eyes of your heart.” Just look. What interests you in the picture? How does it make you feel? God often speaks to us through these things.

After a few moments of silence, introduce the questions.

SAY: Now, I’m going to give you three questions to think about as you look at the picture again.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: Who do you see in this image?

Potential answer: Your child’s answer may include Mary, Jesus’ mother, a woman, Jesus’ feet, and similar responses.

ASK: What is happening?

Potential answer: Your child may explain that Mary is crying because Jesus, her son, has been crucified.

ASK: Why do you think it is important for us to think about Mary’s sadness at this moment?

Potential answer: Your child might say that it is important because it reminds us of the sadness of the Crucifixion. This might be a good time to talk with your child about the consequences of sin. Our sin makes Mary sad because it hurts her son and turns us away from him.

End with the Sign of the Cross.





WARM-UP ACTIVITY (workbook page 6)

“Jesus’ Timeline”

Have some pencils and crayons or markers for your child to use. Read the instructions together.

SAY: We’re going to be learning a lot about Jesus over the next few weeks. Here’s a chance for you to show what you already know about him.

Now, read the labels in the boxes together, and ask your child to number them in the order they happened. After your child has finished, review the events together in their correct order.

Answers: 1 – Jesus is born in Bethlehem. 2 – Jesus carries his Cross.

3 – Jesus is crucified. 4 – Jesus rises from the dead.

Two blank boxes are under the labeled boxes. Invite your child to draw pictures of other familiar events in Jesus’ life.



HAVE YOU EVER WONDERED ... ? (workbook pages 7–8)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

Throughout the lesson, whenever you ask a question, be sure to give your child a moment to think about it and respond. Your appreciation of your child’s answer is important—and children often have surprising insights! The SAY response after a question gives you a helpful point to add before you move on to the next question. You can also use it as a prompt for conversation.

You can find the Bible sources here:

- The Fall: Genesis 3
- God sent his Son to save us: John 3:16–17

Read the heading on workbook page 7, and then read the text of this section together.

ASK: **Have you ever wondered why God sent his only Son, Jesus, into the world?**

SAY: This lesson’s Scripture account is about the Paschal Mystery, the powerful work Jesus did to free us from sin. Please read these two pages to me. Or Let’s take turns reading the paragraphs on these two pages.

At the bottom of page 8, read the highlighted question. (Note: Questions that appear in the Student Workbook appear here in bold type.)

ASK: **What did God promise after Adam and Eve sinned?** Give your child a moment to think about the answer and respond.

SAY: When Adam and Eve sinned, they fell away from God. But God loved them and wanted them



back. He promised them that he would send us a Savior to defeat evil. Jesus is our Savior. He came to earth to free us from sin so we could have eternal life, and now he comes to us in the sacraments.

Teaching tip: The symbols on workbook page 8 represent the events of the Pascal Mystery—Jesus' Passion (suffering), death, Resurrection, and Ascension. Each time you see these symbols in the workbook, point them out and give your child a moment to recall what they stand for.

STEP 4 LEARNING ABOUT GOD'S PLAN (workbook pages 9–15)

Look over workbook pages 9–13 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“Jesus Suffered and Died for Our Sins” (pages 9–10)

Read the heading out loud, and then read the text together.

SAY: Please read these two pages to me. Or Let's take turns reading the paragraphs on these two pages.

At the bottom of page 10, read the highlighted question.

ASK: **Why did Jesus die on the Cross?** Give your child a moment to think about the answer and respond. You can give a prompt if it helps.

SAY: Jesus died on the Cross to give us a way back to the Father. He offered his life willingly to the Father so that we could know him, love him, and have eternal life with him.

“Jesus Rose from the Dead” (pages 11–12)

Again, read the heading and the text with your child. On page 12, read the highlighted question.

ASK: **What happened three days after Jesus' death?** Give your child a moment to think about the answer and respond. You can provide a prompt if it helps.

SAY: Jesus was alive! He rose from the dead! We call this amazing event the Resurrection. Jesus defeated death and opened the way for us to new life, our eternal life in heaven.

“Jesus Ascended into Heaven and Gave Us the Holy Spirit” (page 13)

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

ASK: **Why does Jesus give us the Church?** Give your child time to think about and answer the question.

SAY: Jesus gives us the Church so that all people can know God. Through the Church, everyone can experience God's love, live in a family of faith, and encounter Jesus in the sacraments.

Check Your Understanding (pages 14–15)

This short quiz gives you a chance to check your child's comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(b) 3(a) 4(a) 5(a)





VIDEO TIME

“Bees!”

Watch the *Received* video for Lesson 1.1 with your child. Be sure to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- When we sin, we hurt ourselves and others.
- Jesus is perfect. He is God. He is sinless, but he took on the punishment for our sins and died on the Cross.
- Jesus rose from the dead and is now in heaven. He wants his disciples to share his message with all people.
- Jesus gives himself to us in the Eucharist.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Why do you think Felicity lies to her mom about the icing? Have you ever told a small lie to cover up something? What were the consequences? Pause and listen to your child’s answer.

SAY: Felicity lies because she knows that eating the icing was wrong. She knows her mom needs the icing for a cake. Then, when Felicity leaves the icing uncovered in her room, bees get into it, and Felicity’s dad gets stung trying to get rid of them.

Consider talking about a small lie you told once to help your child understand that everyone lies sometimes. Talk about the consequences of your lie.

ASK: How do Mom and Dad react to the icing and the bees in Felicity’s room? Pause and listen.

SAY: Mom and Dad are not happy about the icing or the bees. Dad gets the bees out of the room while Mom explains to Felicity why what she did was wrong. Felicity says she is sorry.

ASK: Do you see a connection between what Dad does for Felicity and what Jesus did for us on the Cross? Pause and listen.

SAY: Dad fixed the problem and took the bee stings because he loved Felicity. In the same way, Jesus loves us and took the consequences for our sins when he suffered on the Cross. Jesus’ sacrifice was far greater, of course. Let’s take a few moments to thank Jesus for his sacrifice.





STEP
6

FRIEND ON THE JOURNEY

(workbook pages 16–17)

Mary, the Mother of God

Turn to workbook page 17 and read about the Blessed Mother together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other.

Invite your child to pay special attention to what the Blessed Mother teaches us about God and about ourselves.

Mention the fun fact, and then ask your child the following question:

ASK: If you could meet the Blessed Mother, what would you like to ask her? Pause and listen to your child's answer.

Going deeper: Because we are Catholic Christians, the Blessed Mother is very important to us. When he was on the Cross, Jesus gave her to us as our mother too. We love her in a special way and ask her to pray for us whenever we need help. Her prayers always lead us to her son, Jesus.

Talking to a friend: Look back at the picture of the Blessed Mother on page 16 together or show your child your own favorite picture of her. Remind your child that the Blessed Mother is a friend he or she can talk to anytime. The workbook pages are perforated. Your child might like to tear out her picture to hang in a special place.

Explain that we ask the Blessed Mother for her help in a special way when we pray the Hail Mary. Pray it with your child now. Ask your child to listen especially for the words "Holy Mary, Mother of God."

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.

This might also be a good opportunity to introduce your child to the Rosary. Instructions are on page 219 of your child's workbook.





STEP
7

WRAP-UP ACTIVITY

(workbook page 18)

“The Empty Tomb”

SAY: Earlier today, we talked about Jesus’ Resurrection—when he rose from the dead. Mary Magdalene was the first to discover the empty tomb. As you complete the maze, imagine what that was like for her.

Have a pencil or marker for your child to use. Read the instructions out loud, and invite your child to complete the maze. When it’s done, ask him or her how it must have felt to Jesus’ friends when they found out the tomb was empty.

SAY: Let’s thank God for giving us his Son and for the empty tomb!



Closing Prayer (page 19)

SAY: It’s time to finish up now. Let’s pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

FAMILY LIFE ACTIVITIES

The instructions for these activities are on page 194 of your child’s workbook. They are addressed to a child who has been doing the program in a classroom rather than at home, so please adapt the wording to your own family situation.

Car Conversation

The “**Car Conversation**” prompts usually give your child a chance to tell you or another family member what he or she learned today.

We encourage you have the “**Car Conversation**” on the day you finish the lesson, while the information is fresh. You don’t have to do it in the car! It might be after a meal, after school, or before bed. Simply use the prompts on page 194 to encourage your child to talk about what he or she learned today.

Family Time

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning. It is an enjoyable activity that you can do with your family any time during the week. Follow the instructions on workbook page 194, and enjoy one another’s company.



Received

Lesson 1.2

THE PASCHAL MYSTERY TODAY

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 1.2 begins on workbook page 20.

In this lesson, you and your child will explore the ways we celebrate the Paschal Mystery now. Even though Jesus has ascended into heaven, he remains close to us in the sacraments. Like the disciples on the road to Emmaus, we encounter him in every Mass in the breaking of the bread (the Eucharist), when his sacrifice on the Cross is made present on the altar. Jesus invites us to share in this act of his redeeming love. It is Jesus who acts in all the sacraments. They are the outward signs of his grace at work within us.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- learn that the Paschal Mystery is made present in the sacraments, especially the Eucharist;
- become familiar with the story of the disciples who met the risen Christ on the road to Emmaus, and your child will learn that we experience something similar in the celebration of the Eucharist;
- understand that Jesus gives us the Church and the sacraments to be close to us;
- be able to define “sacrament” and name the seven sacraments.

RESOURCES

Mass Book

Receiving Jesus summarizes the hierarchy of the Church and explains how each role in the Church comes from Christ himself. If your child has a copy of the book, read together “Vocations in the Church” on pages 85–89.

Online Parent Certification

Lesson 1.2 of the online resources invites you to reflect on the sacraments as physical encounters with God. It asks you to think about the grace, or divine life, that he pours out on us through the sacraments, and about your personal experiences of God's grace.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 20.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Today's verse comes from the Gospel of Luke, from the account of two disciples who met Jesus on the road to a town called Emmaus. This happened just after Jesus' death and Resurrection. The disciples walked and talked with Jesus, but they didn't recognize him until later, when they were having a meal with him. After he left them, they said,

“Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?” (Luke 24:32).

The disciples realized it was Jesus when he blessed and broke the bread. Like them, we encounter Jesus in the sacraments.

Lesson Preview

SAY: Today, you'll learn about the ways we celebrate the Paschal Mystery. Jesus has gone up into heaven, but he still wants to walk with us on earth and be close to us. The sacraments help you meet Jesus and walk with him just as the disciples met and walked with him on the road to Emmaus.



Opening Prayer

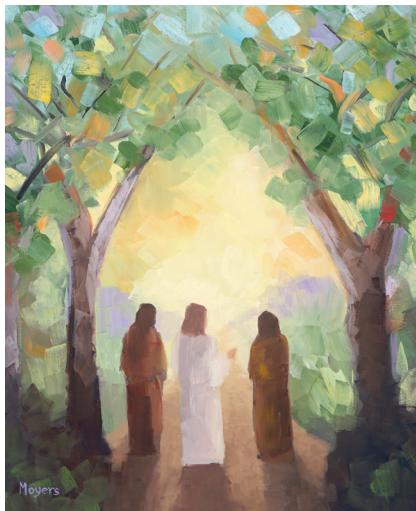
SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 21, read aloud the sentences under the heading “Let Us Pray.”

ASK: Do you remember what an intention is? What would you like to pray for today? Give your child a moment to write some intentions in the workbook. Give some examples to help, or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end the prayer with the Sign of the Cross.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 20.

SAY: Do you remember how, in the last lesson, we listened to God by looking at a picture? Let's try it again.

Look at this picture quietly for a minute or two with “the eyes of your heart”—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you see in this painting? How do the colors make you feel?

Potential answer: Your child's answer may include Jesus and two people or Jesus and a man and a woman. Your child could say the colors make him or her feel happy, calm, joyful, peaceful, or excited, to name a few examples.

ASK: Who do you think is walking with Jesus?

Potential answer: Your child may say two disciples, two friends, two people, or a man and woman. Consider taking this time to read the account of the walk to Emmaus in Luke 24:13–35. The Scripture passage mentions that Cleopas, a disciple, is one of the people; the other person may have been his wife.

ASK: Close your eyes now. Can you imagine yourself walking with Jesus? What does the air feel like? What season is it? Can you hear him speak to your heart?

Potential answer: Consider giving a brief answer of your own here to help your child get started. Encourage your child to describe what he or she feels, sees, and hears while walking with Jesus.

End with the Sign of the Cross.





STEP
2

WARM-UP ACTIVITY

(workbook page 22)

“Walking with Jesus”

Make sure your child has a pencil and some crayons or markers. Read the instructions together.

SAY: Jesus loves to spend time with you. What would you like to talk to him about?

Invite your child to fill the storybook pages with a story about walking to school with Jesus, writing down what they'd say to each other and drawing a picture of them together. Mention that, on the next page, you'll be reading about two disciples who walked with Jesus to the town of Emmaus (Luke 24:13–35).



STEP
3

HAVE YOU EVER WONDERED ... ?

(workbook pages 23–24)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word and read the definitions together.

You can find the Bible source here:

- The road to Emmaus: Luke 24:13–35

Read the heading on workbook page 23 and then read the text of this section together.

ASK: Have you ever wondered where you can find Jesus today?

SAY: This lesson's Scripture account tells us about two disciples with Jesus on the road to Emmaus.

At the bottom of page 24, read the highlighted questions.

ASK: How do you think the disciples felt when they recognized Jesus? How would you feel? Give your child a moment to think about the answers and respond.

SAY: They were probably very surprised, amazed, and happy. They hurried back to Jerusalem to tell everyone they had seen Jesus. I think I would have felt the same way.



Look over workbook pages 25–29 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“The Church Jesus Built” (page 25)

Read the heading out loud, and then read the text together.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

ASK: How does the Church help us meet Jesus? Give your child time to think about and answer the question.

SAY: The Church helps us meet Jesus by bringing him to us in the sacraments, teaching us what Jesus taught, and passing on the Faith from generation to generation.

“Jesus Changes Us in the Sacraments” (pages 26–27)

Again, read the heading and the text with your child. At the bottom of page 27, read the highlighted question.

ASK: What is a sacrament? Give your child time to think about and answer the question.

SAY: A sacrament is a remedy for sin. It brings us God's grace, his life in us, and thus, changes us. We say it is an *efficacious* sign of grace because it is a sign we can see of God's grace at work inside us.

“We Meet Jesus in the Liturgy” (pages 28–29)

After reading the heading and text with your child, read the highlighted question on page 29.

ASK: What do we celebrate in the Liturgy of the Mass? Give your child time to think about and answer the question.

SAY: In the Liturgy of the Mass, we celebrate the Pascal Mystery—Jesus' suffering, death, Resurrection, and Ascension. The Mass makes these events in Jesus' life present to us. Jesus himself becomes present on the altar, and we receive him in Holy Communion—Body and Blood, Soul and Divinity.

Check Your Understanding (pages 30–31)

This short quiz gives you a chance to check your child's comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(b) 2(a) 3(a) 4(a) 5(a)





VIDEO TIME

“Movie Night”

Watch the *Received* video for Lesson 1.2 with your child. Remember to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- Jesus is with us in his Word at Mass.
- The Gospels tell us about Jesus' life and teachings.
- We should listen carefully to what God is trying to tell us in the readings at Mass.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: *Dad is away, and Felicity misses him. What cheers her up?* Pause and listen to your child's answer.

SAY: *Felicity, Theo, and Mom tell some affectionate stories about Dad. Then they pray for him together, and Mom says Dad's special prayer for them, which makes them feel like Dad is there with them.*

ASK: *How is this like something we do at Mass?* Pause and listen.

SAY: *In the video, Mom points out that this is like when we listen to the Gospel reading at Mass. We hear about things Jesus did and said, and he is right there with us.* Talk with your child about the stories your family tells about family members who live far away or who have died. How do the stories help us know them better? What are your child's favorite family stories?

ASK: *You have heard some Bible stories of Jesus. What do they tell you about him? What are your favorite stories about Jesus? Do they help you feel closer to him?* Pause and listen. Consider sharing your favorite stories about Jesus with your child. Let your child know what you've learned about Jesus from the stories and how they help you feel closer to him.

SAY: *Let's thank Jesus for these stories!*



**STEP
6****FRIEND ON THE JOURNEY**
(workbook pages 32–33)**St. Dominic Savio**

Turn to workbook page 33 and read about St. Dominic Savio together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Dominic teaches us about God and about ourselves.

Mention the fun fact, and then ask your child the following question:

ASK: If you could meet St. Dominic, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: St. Dominic is one of the patrons of the Salesian order. Consider telling your child about the Salesians, a religious order of men and women who serve young people. The order was founded by St. John Bosco, St. Dominic's teacher, who taught that it is easy to become a saint: Accept what the day brings, do well whatever you have to do, and offer it as a prayer.

Talking to a friend: Look back at the picture of St. Dominic on page 32. Remind your child that St. Dominic is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out his picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. Dominic card. Ask him to intercede for your family.

**STEP
7****WRAP-UP ACTIVITY**
(workbook page 34)**“Letter to Your Priest”**

SAY: Earlier today, we talked about how Jesus gave us the Church so we can experience his love through the sacraments. Our priests make sure we receive the sacraments. Do you know the names of our priests? They work really hard to bring us Jesus so we can be close to him.

Have a pencil and some crayons or markers for your child to use. Read the instructions together, and give your child time to write the letter (or draw a picture) for your priests. When your child has finished, you can use the perforations to remove the page from the workbook so your child can mail the letter or take it to your priests when you go to Mass.

SAY: During the week, let's keep thinking of different things our priests do every day for the people of our parish. And let's make sure they get your letter, so they know how much you appreciate them!

**Closing Prayer (page 35)**

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.



FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 196 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.





Unit 2

Who Gave Us the Eucharist?

In this unit, your child will discover that the Eucharist is the gift of Jesus' presence with us forever. You will look together at the ways God has always shown his love for his people by providing for them, focusing on the scriptural accounts of how God feeds his people. You will help your child connect these accounts to how Jesus feeds us now in the Eucharist with his Body and Blood.

Lesson 2.1

JESUS, THE BREAD OF LIFE

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 2.1 begins on workbook page 38.

In this lesson, you will show your child some of the ways that God always provides for his people as a loving Father. God gave the Israelites manna to eat in the desert. Jesus changed water to wine at the wedding at Cana and later fed a crowd of more than five thousand people. Jesus himself is the Bread of Life who came down from heaven. At Mass, the priest changes bread and wine into Jesus' Body and Blood to nourish our souls.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- learn that God gave the Israelites manna from heaven and that Jesus fed five thousand people with five loaves and two fish;
- begin to understand that Jesus is the Bread of Life;
- become familiar with the story of the wedding at Cana and see how it connects to the Eucharist;
- appreciate how our gifts to God become, in the hands of a priest, the great gift of the Eucharist.

RESOURCES

Mass Book

If your child has a copy of *Receiving Jesus*, read the prayers the priest says during the Preparation of the Gifts on page 39. The priest usually says these beautiful prayers silently at Sunday Mass, so it may be worth reviewing them so your child can think about "the work of human hands" that becomes "the bread of life" and "our spiritual drink."

Online Parent Certification

Lesson 2.1 of the online resource asks you to reflect on the care God has for his people and the ways he has provided for them throughout salvation history. It also asks you to reflect on the Gospel story of the wedding at Cana, when Jesus turned water into wine, showing great love and concern for the bride and groom. You will think about your own needs, big and small, and place them before God, who desires to meet all our needs.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 38.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today comes from the Gospel of John, where Jesus tells us that he is the Bread of Life. This verse is especially important to us as Catholics. It shows us what Jesus means when he commands us to eat his Body and drink his Blood.

“I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst” (John 6:35).

Imagine for a moment that you are traveling with Jesus, following him. He is your teacher. Imagine hearing him say that he is the Bread of Life. Later, he goes on to say that we must eat his flesh and drink his blood to have eternal life. This is hard to understand!

But Jesus holds firm. In the Gospel account, St. John tells us that many of Jesus' followers left him that day. If they had misunderstood him, if Jesus didn't really mean what he said, he would have gone after them to explain it. But Jesus didn't do that. He let them leave. He wants us to understand that the Eucharist is truly his Body and his Blood.

Lesson Preview

SAY: Today, you'll be learning about different ways God provided for the Israelites and how Jesus provided for his followers. We will hear about the miracles Jesus performed to feed people's bodies and nourish their hearts. This will help you understand why we call Jesus “the Bread of Life”!



Opening Prayer

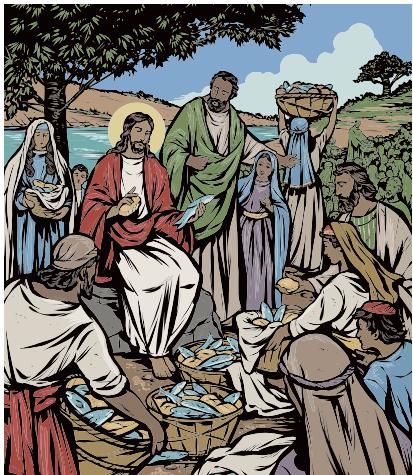
SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 39, read aloud the sentences under the heading “Let Us Pray.”

ASK: Do you remember what an intention is? What would you like to pray for today? Give your child a moment to write some intentions in the workbook. Give some examples to help, or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end the prayer with the Sign of the Cross.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 38.

SAY: Do you remember how we listened to God by looking at a picture? Let's do it again.

Look at this picture quietly for a minute or two with “the eyes of your heart”—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: Why do you think Jesus is sitting down with the people?

Potential answer: Your child may say Jesus is sitting down with the people because he is feeding them, because he enjoys being with them, or even something as practical as “because it is easier to sit than stand.” Help your child to see how Jesus’ posture of sitting shows how welcoming and loving he is.

ASK: Do you think there are enough fish for everybody to eat?

Potential answer: Direct your child’s focus to the right side of the picture’s background, where the crowd is gathered. Your child might say there are plenty of fish or express concern that there is not enough. You could take this time to read one of the Gospel accounts this image depicts, like John 6:1–15 or Matthew 14:13–21. Talk to your child about how Jesus can take even our little offerings and turn them into offerings of abundance, like the multiplication of the fishes and the loaves.

ASK: What does this image show you about Jesus?

Potential answer: Your child might say something like “It shows me that Jesus can work miracles,” “It shows me that Jesus can feed many people,” or “It shows me that Jesus is kind.” Share an answer of your own if your child has trouble answering this question.

End with the Sign of the Cross.





WARM-UP ACTIVITY (workbook page 40)

“God Feeds Us”

Make sure your child has a pencil. Read the instructions together, and invite your child to look at the pictures.

SAY: All throughout history, God has fed his people in different ways. Let's look at a few of those ways here.

Consider: If your child is not familiar with all the stories yet, begin with the ones he or she already knows before tackling the others.

Answers: Top left – God gives manna to the Israelites in the desert. Top right – Jesus feeds the five thousand. Bottom left – Jesus gives his Body and Blood to the Apostles at the Last Supper. Bottom right – We receive Jesus in the Eucharist at Mass.

Talk about the pictures and what they show us. You will learn more about Jesus feeding the five thousand and about the Last Supper in “Have You Ever Wondered ...” on the next two pages.



HAVE YOU EVER WONDERED ... ? (workbook pages 41–42)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- Jesus feeds the five thousand: John 6:1–14
- Jesus is the Bread of Life: John 6:22–59
- The Last Supper: Mark 14:12–25

Read the heading on workbook page 41 and then read the text of this section together.

ASK: **Have you ever wondered why we receive Jesus' Body and Blood at Mass?**

SAY: This lesson's Scripture account is about how Jesus feeds us. Please read these two pages to me. OR Let's take turns reading the paragraphs on these two pages. Read the text together.

When you have read the text together, read the highlighted question at the bottom of page 42.

ASK: **How does Jesus nourish our souls?** Give your child a moment to think about the answer and respond.

SAY: Jesus feeds us in Holy Communion. When we eat ordinary bread, we get hungry again. But the Bread from God is different. The Bread of Life fills our souls with God's life. It brings us close to him.

Look over workbook pages 43–45 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“God Gave the Israelites Bread from Heaven” (page 43)

Read the heading out loud, and then read the text together.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the end of the text, read the highlighted question.

ASK: What was manna? Give your child time to think about and answer the question.

SAY: Manna was a kind of bread that God gave the Israelites in the desert because they were hungry and he loved them. It appeared on the ground every morning, and they gathered it fresh each day. It was white and sweet and could be made into cakes.

“Jesus Changes Water into Wine” (page 44)

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

ASK: What miracle happened at Cana? Give your child time to think about and answer the question.

SAY: Jesus changed water into wine at the wedding feast after his Mother noticed that there was no more wine for the guests. It was his first miracle.

“The Priest Changes the Bread and Wine into Jesus’ Body and Blood” (page 45)

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

ASK: What miracle happens in the Mass? Give your child time to think about and answer the question.

SAY: At every Mass, the bread and wine become the Body and Blood of Christ. This miracle happens at the Consecration, when the priest says, “This is my Body. ... This is the chalice of my Blood.” We should pay extra attention during the Mass at this time.

Check Your Understanding (pages 46–47)

This short quiz gives you a chance to check your child’s comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(b) 3(b) 4(a) 5(a)





VIDEO TIME

“Breadcrumb Trail”

Watch the *Received* video for Lesson 2.1 with your child. Remember to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- Jesus feeds us with his Body and Blood under the appearance of bread and wine. There are many accounts in the Bible that point to this.
- In the Old Testament, God fed the Israelites with manna from the desert.
- In Jesus’ first public miracle, at the wedding feast at Cana, he changes water into wine.
- In another miracle, Jesus feeds five thousand people with just five loaves of bread and two fish.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Felicity says that Jesus could come to us as anything. Why do you think Jesus comes to us in the form of bread? Pause and listen to your child’s answer.

SAY: As Theo says, Jesus comes to us as bread because bread feeds us. God is a good father who provides for his children.

ASK: Felicity, Theo, and Mom talk about times in the Bible when God provides for his people by a miracle—the same way he provides for us in the Eucharist. What are some of those times? Pause and listen.

SAY: When the Israelites were hungry in the desert, God gave them manna. (As Theo says, “God made it rain bread from heaven.”) At Cana, the people ran out of wine for the wedding party, and Jesus turned ordinary water into wine. Later, Jesus fed five thousand people with only a little bit of bread and fish. And finally, at the Last Supper, Jesus fed the Apostles with his own Body and Blood just as he feeds us now in the Eucharist.

ASK: You know when you are hungry for food. How can you tell when your soul is hungry for Jesus? Pause and listen.

SAY: You can often tell that your soul is hungry for Jesus because you just want to be closer to him. You might want to talk about him, read about him, or go to Mass and receive him in Holy Communion. Sometimes, when you are happy or sad or confused, you might want to talk to him. Or you might feel suddenly that you need his help. These are all ways you can tell that your soul is



hungry for Jesus. You and your child may think of other ways, too. Consider talking about your own experiences of knowing that you are hungry for Jesus.



STEP
6

FRIEND ON THE JOURNEY

(workbook pages 48–49)

Children of Fatima

Turn to workbook page 49 and read about the children of Fatima together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what the children of Fatima us about God and about ourselves.

Mention the fun fact, and then ask your child the following question:

ASK: If you could meet the children of Fatima, what would you like to ask them? Pause and listen to your child's answer.

Going deeper: The children of Fatima—Venerable Lucia dos Santos, St. Francisco Marto, and St. Jacinta Marto—are good role models for children on their paths to sainthood. This is also a great opportunity to talk to your child about other Marian apparitions, such as Our Lady of Lourdes, Our Lady of Guadalupe, and Our Lady of Knock.

Talking to a friend: Look back at the picture of the children of Fatima on page 48. Remind your child that the children of Fatima are friends your son or daughter can talk to whenever he or she needs their help. Your child might like to tear out their picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the Children of Fatima card. Ask them to intercede for your family.



STEP
7

WRAP-UP ACTIVITY

(workbook page 50)

“Letter to God”

This can be a more thoughtful activity for your child. You might want to make the room quiet for him or her—or consider going to your church together and doing the activity quietly there.

SAY: Earlier today, we talked about different ways God has always cared for his people. Can you remember some of them? Now, let's think of the many ways he provides for you and for our family.

Remind your child of ways God provided for his people throughout salvation history: He freed the Israelites from slavery, provided manna for them in the desert, and sent us his Son to save us from sin. Jesus provided wine at the wedding in Cana, food for five thousand people, and his own Body and Blood in the Eucharist. God provided for his people because he loved them and wanted them to know and love him.

Remind your child that God hasn't changed. He is always making sure we have what we need because he loves us. Talk about specific ways he provides for your child and your family, even in difficult times.



Received

At-Home Lesson Guide | Lesson 2.1 | page 33

Have a pencil and crayons or markers for your child to use. Read the instructions on page 50 together, and give your child time to write a letter to God (or draw a picture) to thank him. Encourage your child to keep the finished letter in a special place.

SAY: During the week, let's think of even more ways that God reminds you of his love for you!



Closing Prayer (page 51)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 198 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning. (Note: You can find easy recipes for bread online or at the library.)



Lesson 2.2

THE LAST SUPPER

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 2.2 begins on workbook page 52.

In this lesson, you and your child will look at the scriptural origins of the Eucharist and the priesthood. You will teach your child about the Last Supper—when Jesus gave his Apostles the Sacrament of the Eucharist and they received their first Holy Communion. Jesus also gave them the priesthood. The priest's words of Consecration in the Eucharist today are the same as Jesus' words then, and we receive Jesus' Body and Blood just as the Apostles did. Your child will understand that the Eucharist is the gift of Jesus' presence with us forever.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- learn that Jesus instituted the Mass at the Last Supper;
- connect the images of the Passover lamb and Jesus as the Lamb of God, the perfect offering;
- understand the Mass as Jesus' sacrifice to the Father;
- understand the origins of the priesthood.

RESOURCES

Mass Book

In *Receiving Jesus*, read about the Last Supper on page 45 in the section on the Eucharistic Prayer. Consider reading this paragraph out loud and asking your child what he or she thinks.

Online Parent Certification

Lesson 2.2 of the online resource asks you to reflect on the gift of the Eucharist that Jesus gave to his Apostles (and to us) at the Last Supper. It also invites you to think deeply about why Jesus gave us the gift of his Body and Blood. You will also reflect on your own reception of the Eucharist and your belief in the Real Presence of Jesus in the Eucharist—Body and Blood, Soul and Divinity.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 52.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today is from the Gospel of Mark. At the Last Supper, Jesus is giving his Apostles instructions for receiving the Eucharist, and he reminds them that the bread is truly his Body just as the wine is truly his Blood.

“As they were eating, he took bread, and blessed, and broke it, and gave it to them, and said, ‘Take; this is my body’” (Mark 14:22).

When we receive this gift, we receive Jesus himself. We become one with him.

Lesson Preview

SAY: Today, you'll learn about the Mass. You'll learn that Jesus himself gave us the Eucharist. He did this at the Last Supper, which is also when he gave us the priesthood.



Opening Prayer

SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 53, read aloud the sentences under the heading “Let Us Pray.”

ASK: Do you remember what an intention is? What would you like to pray for today? Give your child time to write some intentions in the workbook. Give some examples to help, or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end the prayer with the Sign of the Cross.



Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 52.

SAY: Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you notice first about this picture?

Potential answer: Your child may initially notice Jesus in the center with the halo behind his head, the different expressions on the Apostles' faces, the bread in Jesus' hand, or the chalice on the table, to name a few options.

ASK: What do you notice about the Apostle at the front on the left? Who is he?

Potential answer: Your child may notice that this Apostle looks different from the other Apostles. His face is angry and distrustful, and he looks almost as if he is trying to hide. Help your child see that he is turning away from Jesus and holding a bag of coins in his hand. Your child might know that he is Judas, or you may need to explain that he is the Apostle who betrayed Jesus for thirty pieces of silver (see Matthew 26:14–16).

ASK: If you were in the picture, where would you want to be seated?

Potential answer: Your child may point to a specific Apostle or describe a place at the table. Invite your child to say why he or she chose that spot.

End with the Sign of the Cross.





STEP
2

WARM-UP ACTIVITY (workbook page 54)

“Last Supper Words”

Make sure your child has a pencil, and read the instructions together.

SAY: In Matthew 26:26–28, we hear Jesus speak the words of Consecration over the bread and wine at the Last Supper. The Consecration is the moment when the bread and wine become the Body and Blood of Christ.

This exercise provides a simple description of the Last Supper and the words Jesus said there. Ask your child to fill in the blanks using the words in the word bank. When your child is done, read the completed sentences together.

While they were eating, Jesus took bread,
said the blessing, broke it, and giving it to his disciples said,
“Take, eat; this is my body.”

Then he took a cup, gave thanks, and gave it to them,
saying, “Drink of it, all of you; for this is my blood of the
covenant, which is poured out for many
for the forgiveness of sins.”

Now, ask your child to answer the question at the bottom of the page.

Answer: The bread and wine become the Body and Blood of Christ.

Teaching tip: At Mass on Sunday, ask your child to pay attention to what the priest does as he says the words of Consecration and what he does immediately after. Emphasize the importance of these moments. This is a time for your child to be quiet and to think only of Jesus.



STEP
3

HAVE YOU EVER WONDERED ... ? (workbook pages 55–56)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- The Passover feast: Exodus 12:14–20
- The Last Supper: Luke 22:7–20

Read the heading on workbook page 55 and then read the text of this section together.

ASK: *Have you ever wondered why we receive Holy Communion at Mass?*

SAY: This lesson’s Scripture account is about the Last Supper and the institution of the Eucharist.



At the bottom of page 56, read the highlighted question.

ASK: **What happens when the priest says the words of Consecration?** Give your child a moment to think about the answer and respond. If your child is not sure about the answer, help him or her find it in the text you just read.

SAY: When the priest says the words of Consecration, the bread and wine become the Body and Blood of Jesus. We receive the Body and Blood in Holy Communion, just as the Apostles received them at the Last Supper!

Teaching tip: Consider asking your priest or the director of religious education in your parish to show your child an unconsecrated host and talk to your child about it.

STEP 4 LEARNING ABOUT GOD'S PLAN (workbook pages 57–61)

Look over workbook pages 57–59 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“The Passover Lamb and the Lamb of God” (pages 57–58)

Read the heading out loud, and then read the text together.

SAY: Please read these two pages to me. Or Let's take turns reading the paragraphs on these two pages.

Read the highlighted question in the middle of page 58.

ASK: **Why did the Israelites put the lamb's blood on their doorposts?** Give your child time to think about and answer the question.

SAY: Moses told each Israelite family to sacrifice a lamb and put its blood on their doorposts. On the night of the first Passover, the firstborn child in every Egyptian house died, but the angel of death “passed over” the houses marked with blood, and the Israelite children were saved. Moses then led the Israelites out of Egypt to freedom. They were no longer slaves.

“The Holy Sacrifice of the Mass” (page 58)

Again, read the heading and the text with your child. At the bottom of page 58, read the highlighted question.

ASK: **What do we call a gift we give to God?** Give your child time to think about and answer the question.

SAY: A gift we give to God is called a *sacrifice*. It is an act of love.

Teaching tip: The text describes Jesus as our great high priest. What is a high priest? In the Old Testament, priests offered sacrifices in the Temple for their own sins and the sins of the people. The high priest was the earthly leader of God's people and offered the greatest sacrifices to God. Christ is the eternal high priest of the New Covenant. He offered himself as the perfect sacrifice to God for all of us, and he is the ultimate head of God's people.



“The Priesthood” (page 59)

After reading the heading and text with your child, read the highlighted question at the bottom of the page.

ASK: **What does the phrase *in persona Christi* mean?** Give your child time to think about and answer the question.

SAY: The phrase *in persona Christi* is Latin for “in the person of Christ.” This means that in the sacraments, Jesus himself is working through the priest. In the Eucharist, for example, it is *Jesus* who changes the bread and wine into his Body and Blood through the priest.

Check Your Understanding (pages 60–61)

This short quiz gives you a chance to check your child’s comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(a) 3(b) 4(a) 5(c)



VIDEO TIME

“The Last Supper”

Watch the *Received* video for Lesson 2.2 with your child. Remember to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- Jesus feeds our souls with his Body and Blood.
- Jesus tells his followers, “He who eats my flesh and drinks my blood has eternal life” (John 6:54).
- At the Last Supper, a Passover meal, Jesus takes bread, breaks it, gives it to his disciples, and says, “This is my body which is given for you. Do this in remembrance of me” (Luke 22:19). Jesus is commanding his Apostles to celebrate the Eucharist in memory of him.
- At Mass, the priest acts *in persona Christi* (in the person of Christ) and makes Christ’s sacrifice two thousand years ago present on the altar. Jesus is giving us his Body and Blood through this sacrament.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: At the Last Supper, Jesus said, "Do this in remembrance of me." Dad asks Theo what Jesus meant by "remember." What is Theo's answer? Pause and listen to your child's answer.

SAY: Theo says, "It's not just remembering something that happened. It's like we can go back in time to that moment, which is what we do in the Mass."

ASK: What are some similarities between the Last Supper and Sunday Mass? Pause and listen.

SAY: In the video, Dad explains, "At Communion, the sacrifice Jesus made two thousand years ago is made present right here and right now." At Mass, when we celebrate the Eucharist, we are "remembering" Jesus just as he commanded.

ASK: When Jesus told the Apostles to "do this in remembrance of me," he made them his first priests. Priests stand in the person of Christ, *in persona Christi*. Do you remember what this means? Pause and listen.

SAY: *In persona Christi* means that Jesus acts through the priest. At Mass, for example, Jesus himself turns the bread and wine into his Body and Blood through the priest's words and gestures.



STEP
6

FRIEND ON THE JOURNEY

(workbook pages 62–63)

Venerable Augustus Tolton

Turn to workbook page 63 and read about Fr. Tolton together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what Fr. Tolton teaches us about God and about ourselves.

Mention the fun fact, and then ask your child the following question:

ASK: If you could meet Fr. Tolton, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: The Venerable Augustus Tolton (like Venerable Lucia dos Santos in the last lesson) is on his way to becoming a saint. To take this lesson a step further, tell your child about the road to sainthood—the process of canonization (see boxed text).

Talking to a friend: Look back at the picture of Fr. Tolton on page 62. Remind your child that Fr. Tolton is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out his picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the Venerable Augustus Tolton card. Ask him to intercede for your family.



Received

At-Home Lesson Guide | Lesson 2.2 | page 41

Becoming a Saint

We are all called to be saints. These are the steps in the process of canonization. It is the way the Church comes to recognize and honor a saint:

1 – Servant of God is what we call someone who has died who might be a saint. The Church looks carefully at his or her life and works. This is called “investigating the saint’s cause.”

2 – Venerable is the title we give that person when it is known that he or she lived a virtuous life.

3 – Blessed is the title this person receives when people have prayed to him or her, a miracle has occurred, and the Church has found it to be a true miracle.

4 – Saint is what we call him or her after the Church confirms a second miracle and declares the person a saint. This declaration is called canonization.



WRAP-UP ACTIVITY (workbook page 64)

“Do This in Memory of Me”

SAY: Earlier today, we talked about the words of Consecration that the priest says during the Mass.

Now, we are going to think of some of the things the priest does as he says these words.

Review the words of Consecration with your child, when the priest says, “This is my Body. ... This is my Blood.” Remind your child of what happens when he says these words: The bread and wine become Jesus’ Body and Blood. Remind your child of the words that follow: “Do this in memory of me.” These are the same words Jesus spoke at the Last Supper.

Now, help your child think of some things he or she has seen the priest do as he says the words of Consecration. For example, he bows his head and says the words very clearly. Then he holds the consecrated Host or chalice and shows it to us, raising it above the altar. He then places it back on the altar and kneels for a moment in adoration of our Lord.

Consider finding some pictures or a video of this part of the Mass. The *Received* video shows some of these gestures starting at minute 2.22.

Have a pencil and crayons or markers for your child to use. Read the instructions on page 64 together, and give your child time to draw the priest during the Consecration.

SAY: The next time we are at Mass, let’s listen carefully for the words of Consecration. You can nudge me when you hear them!



Closing Prayer (page 65)

SAY: It’s time to finish up now. Let’s pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.



FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 200 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today. This week’s prompt also invites you to think about what you would like to be remembered for.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.





Unit 3

Why Is the Eucharist Important?

In this unit, you will teach your child that the Eucharist is the center of our worship and our lives as Jesus' followers. At Mass, during the Liturgy of the Eucharist, the bread and wine become Jesus' Body and Blood—his Real Presence—through the miracle of transubstantiation. When we receive the Eucharist, we receive Jesus himself. We receive grace, his life in us, and are united closely with him and his Church.

Lesson 3.1

THE EUCHARIST

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 3.1 begins on workbook page 68.

In this lesson, you will teach your child that the Eucharist is Jesus' Real Presence, not a symbol. In the Sacrament of the Eucharist, the miracle that changes the bread and wine into his Body and Blood is called *transubstantiation*. Thus, when we receive Holy Communion, we receive Jesus fully: Body and Blood, Soul and Divinity. You will explain that this is a miracle and a great mystery, but we know it is true because Jesus said it is, and we trust what Jesus says.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- learn that Jesus is truly present in the Eucharist;
- understand that the Eucharist is *not* a symbol or reminder. It is truly the Body and Blood of Christ;
- know what transubstantiation is and recognize it as a miracle that occurs at every Mass;
- learn that when we receive Holy Communion, we receive the fullness of Christ—his Body and Blood, Soul and Divinity.

RESOURCES

Mass Book

If your child has a copy of *Receiving Jesus*, the section titled "It's Time to Go to Mass" talks about Jesus' Real Presence in the Holy Eucharist. Read the first paragraph of this section on page 2. Consider reading it aloud and asking your child's opinion of it.

Online Parent Certification

Lesson 3.1 in the online resource asks you to reflect on your belief in the Real Presence of Jesus in the Eucharist. You are invited to think about your own faith in this amazing gift from God and about why you want your child to receive the gift of the Eucharist. Consider writing a letter to give to your child on the day of his or her first Communion.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 68.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Today, our Scripture passage comes from John's Gospel, where Jesus is teaching his followers that the Eucharist is truly his Body and Blood and not just a symbol.

“Many of his disciples, when they heard it, said, ‘This is a hard saying; who can listen to it?’”
(John 6:60).

As we said before, many of his disciples stopped following him because this teaching was too hard to accept. Jesus let them leave because he meant what he said. Even today, we struggle to understand the Real Presence of Jesus in the Eucharist. It is miraculous and mysterious, but Jesus' teachings and actions tell us that it is true!

Lesson Preview

SAY: Today, you'll learn what the Eucharist is. It is much more than a symbol. Jesus is truly present in the Eucharist. It is truly his Body and Blood, Soul and Divinity. The Eucharist gives us special graces to help us live as God wants us to! It is Jesus' most perfect gift to us.



Opening Prayer

SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 69, read aloud the sentences under “Let Us Pray.”

ASK: What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end the prayer with the Sign of the Cross.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 68.

SAY: Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you notice about this image? Where does your eye go first?

Potential answer: Your child might mention Jesus' face, the Host Jesus is holding, the chalice or cup in Jesus' other hand, or Jesus' red robe.

ASK: What is Jesus holding?

Potential answer: Your child may say Jesus is holding a Host, the Body of Christ, a wafer, or bread, and a chalice or cup, the Blood of Christ, or wine.

ASK: When do we hear about this moment in Scripture?

Potential answer: Your child might say, "At the Last Supper," "Before he was crucified," or "When he ate with his Apostles before the Crucifixion." You can take this time to read one of the Last Supper passages from the Gospels (Matthew 26:26–30, Mark 14:22–26, or Luke 22:14–23) and explain that the Last Supper is when Jesus gave us the Eucharist.

End with the Sign of the Cross.





WARM-UP ACTIVITY (workbook page 70)

“Bread for Our Bodies and Our Hearts”

Make sure your child has a pencil. Read the instructions together.

SAY: Let's think about different times that people have a meal together. These are times when we don't just eat because we're hungry and our bodies need food. They're times we get to talk and laugh with friends and family.

Invite your child to connect each meal with the phrase that describes the way it nourishes our hearts.

Answers: Birthday party – Celebrating a new year of life / Dinner – Sharing with family at the end of the day / Thanksgiving – Sharing gratitude with family and friends / Lunch at school – Taking a break with friends to eat together / Mass – Sharing the Body and Blood of Jesus

Teaching tip: This activity focuses on an important theme: Sharing food brings us closer to other people. If time allows, point out that the Mass includes a meal of thanksgiving (*Eucharist* means “thanksgiving”!) that we share with our Catholic community at the altar table. Talk about the Eucharist as a family meal. What does it do for us as a family of faith?



HAVE YOU EVER WONDERED ... ? (workbook pages 71–72)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- “For my flesh is food indeed, and my blood is drink indeed ...”: John 6:55–56
- Some of Jesus’ followers leave him: John 6:60–69
- “Will you also go away?” and Peter’s response: John 6:67–68
- “This is my body ... my blood”: Luke 22:19–20

Read the heading on workbook page 71 and then read the text of this section together.

ASK: **Have you ever wondered how we know that the Eucharist is the Body and Blood of Christ?**

SAY: In this lesson’s Scripture account, we read that some people stopped following Jesus after he taught them that he was the Bread of Life.

At the bottom of page 72, read the highlighted question together.

ASK: **How do we know that the Eucharist is really Jesus’ Body and Blood?** Give your child a moment to think about the answer and respond.

SAY: The Catholic Church has always taught that the Eucharist is Jesus’ Body and Blood. We know this is true because Jesus said it is.



Look over workbook pages 73–75 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“The Eucharist Is Much More Than a Symbol” (page 73)

Read the heading out loud, and then read the text together.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

ASK: **What happens to the bread and wine during Mass?** Give your child time to think about and answer the question.

SAY: At every Mass, Jesus changes the bread and wine into his Body and Blood through the priest.

This is Jesus' greatest miracle, which we get to witness every time we go to Mass!

“What Is Tran-sub-stan-ti-a-tion?” (page 74)

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

ASK: **What does the priest say at the Consecration?** Give your child time to think about and answer the question.

SAY: The priest speaks the words of Christ, saying, “This is my Body, which will be given up for you. ... This is the chalice of my Blood.” As he says these words, the bread and wine become the Body and Blood, Soul and Divinity of Christ himself.

“Body and Blood, Soul and Divinity” (page 75)

After reading the heading and the text with your child, read the highlighted question.

ASK: **How does the Eucharist bring us closer to Jesus?** Give your child time to think about and answer the question.

SAY: When we receive Jesus in Holy Communion, we receive his Body and Blood, Soul and Divinity within ourselves. Jesus gives us his whole self so that we can be fully united with him. We receive God's own self within ourselves.

Check Your Understanding (pages 76–77)

This short quiz gives you a chance to check your child's comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(b) 2(b) 3(b) 4(b) 5(c)





VIDEO TIME

“Transub-what?”

Watch the *Received* video for Lesson 3.1 with your child. Remember to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- We need more than our physical senses of taste and sight when we receive the Eucharist; we need our spiritual sense of faith.
- At the moment of Consecration, the substances of bread and wine change into the substance of the Body and Blood of Jesus Christ.
- The appearance of the bread and the wine remain the same, but they truly become Jesus' Body and Blood. This change in substance is known as transubstantiation.
- When we receive the Eucharist, we all become part of the family of God.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Felicity is confused about how Jesus can be bread for us. How does Dad explain transubstantiation to her? Pause and listen to your child's answer.

SAY: Dad uses the *Catechism*, the teachings of the Catholic Church, to explain transubstantiation to Felicity. The substance of the bread is bread. When the priest says the words of Consecration, though, the substance of the bread changes. It still looks like bread, but it is no longer bread; it is Jesus.

ASK: Felicity closes her eyes and smells flowers. But what Mailman Bob is holding is not flowers; it is a bar of soap. Have you ever thought you saw, heard, or smelled one thing, but it was actually something else? Pause and listen.

Talk to your child about times for both of you when your senses told you one thing but something else was true.

ASK: How are the words in Dad's love letter to Mom similar to the words the priest says at Mass? What happened when the words were written on the paper? What happens when the priest says Jesus' words at Mass? Pause and listen.

SAY: The words change things. Through the priest's words, the bread and wine become the Body and Blood of Christ. In a different way, the words Felicity and Theo's dad wrote changed a piece of paper into a love letter, and that letter led to their marriage and now their family.





STEP
6

FRIEND ON THE JOURNEY

(workbook pages 78–79)

St. Gregory the Great

Turn to workbook page 79 and read about St. Gregory the Great together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Gregory teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet St. Gregory, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: St. Gregory not only led the Church as pope; he experienced a Eucharistic miracle! If you'd like to celebrate his legacy, help your child learn about the papacy. A good place to start is the video *Why Catholics Have a Pope* with Fr. Mike Schmitz on *Ascension Presents* (Media.AscensionPress.com/video).

Talking to a friend: Look back at the picture of St. Gregory on page 78. Remind your child that St. Gregory is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out his picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. Gregory card. Ask him to intercede for your family.



STEP
7

WRAP-UP ACTIVITY

(workbook page 80)

“A Visit to the Tabernacle”

In this activity, you and your child will think about the tabernacle—what it is and why it is an important part of every Catholic church. Your child will learn that he or she will become a living tabernacle when he or she receives Jesus in Holy Communion.

SAY: We've been talking today about Jesus' presence in the Eucharist. At each Mass, some of the consecrated hosts aren't consumed. Since Jesus is truly present in the hosts, he needs a special dwelling place in the church. That place is the tabernacle.

Explain that *tabernacle* means “dwelling place,” and describe the tabernacle in your church—where it is and what it looks like. Explain, too, that each of us becomes a living tabernacle when we receive Jesus in Holy Communion.

Have a pencil and crayons or markers for your child to use. Read the instructions on page 80 together, and give your child time to color the tabernacle. Invite your child to think about his or her first Holy Communion while coloring. What are some things your child might want to talk to Jesus about so that your child's heart is ready to receive him?



SAY: Let's find a time this week to go to church and visit Jesus in the tabernacle. You can sit with him for a little while and talk to him about your first Communion.



Closing Prayer (page 81)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 202 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning. (*Note:* Be sure to keep your child's interview notes from this activity. You will refer back to them in the next lesson.)



Lesson 3.2

THE EUCHARIST CHANGES US

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 3.2 begins on workbook page 82.

In this lesson you will teach your child how, when Jesus humbled himself and washed his disciples' feet, he was preparing their hearts to recognize him in the Eucharist. When we receive Jesus in Holy Communion, we receive grace (his life in us) and are changed by it. The Eucharist strengthens our love for God and for one another. We celebrate it with others as a family of faith.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- see that when Jesus washed the Apostles' feet at the Last Supper, he was preparing their hearts to receive the Eucharist;
- be able to name graces we receive in the Eucharist;
- understand the Eucharist as the source and summit of the Christian life and its importance to his or her personal relationship with God;
- understand that Catholics are a Eucharistic community.

RESOURCES

Mass Book

In *Receiving Jesus*, read about how important our worship is under "Why Do We Go to Mass?" on pages 4–5.

Online Parent Certification

Lesson 3.2 in the online resource invites you to think about the importance of the Eucharist. Receiving Jesus brings us closer not only to him but to the rest of the Church, our family of faith. You are asked to think about your relationship with your parish community. Are there ways you can treat every interaction with others as an encounter with Jesus?



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 82.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today comes from the *Acts of the Apostles*. This book, written by St. Luke, tells us about the first years of the early Church.

“They held steadfastly to the apostles’ teaching and fellowship, to the breaking of the bread and to the prayers” (*Acts 2:42*).

This verse shows us the very beginning of the traditions we still have today. The early Christians didn't have beautiful church buildings where they celebrated Mass. They gathered in people's homes. They called the Eucharist “the breaking of the bread,” and it was at the center of their worship just as it is the center of ours today.

Lesson Preview

SAY: Today, you will learn about how important the Eucharist is for us as members of the Catholic Church. You will see how we celebrate the Eucharist as a family of faith and how it helps us get closer to God and one another!



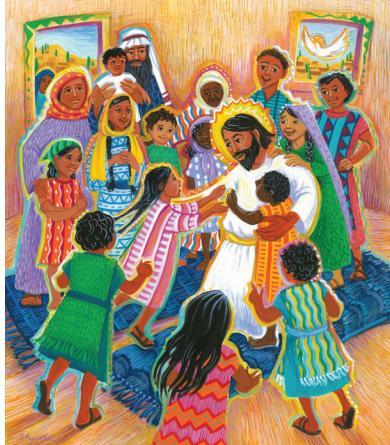
Opening Prayer

SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 83, read aloud the sentences under “Let Us Pray.”

ASK: **What would you like to pray for today?** Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Remember to begin and end the prayer with the Sign of the Cross.



Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 82.

SAY: Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you notice first in this picture?

Potential answer: Your child may mention Jesus, a crowd of people who are happy, lots of children, the dove in the window, bright colors, and joy, to name a few options.

ASK: Do you think the people around Jesus love him? How can you tell?

Potential answer: Your child may say yes and notice that they are smiling, they are crowding around Jesus, they want to be close to him, and some are reaching out to touch him.

ASK: What other images of God can you spot in this image?

Potential answer: Point out the dove in the right window of the image. You may need to remind your child that the dove is a symbol of the Holy Spirit.

End with the Sign of the Cross.





**STEP
2**

WARM-UP ACTIVITY (workbook page 84)

“Interview Sharing”

Make sure your child has a pencil. Ask him or her to think about the interview from the Family Time activity for Lesson 3.1.

Read the instructions together. Instead of following the directions exactly (since only you and your child are present), ask your child to write down two interesting things he or she learned from the interview. Then, ask your child to write down a special memory of the person he or she interviewed and his or her favorite part of the interview. When your child has finished, ask your child to read what he or she wrote to you. Consider sharing a memory of your own first Communion with your child.



**STEP
3**

HAVE YOU EVER WONDERED ... ? (workbook page 85)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible source here:

- Jesus washes the Apostles’ feet: John 13:3–17

Read the heading on workbook page 85 and then read the text together.

ASK: **Have you ever wondered how Jesus prepared the Apostles’ hearts to receive their first Communion?**

SAY: This lesson’s Scripture account is about when Jesus washed his Apostles’ feet.

At the bottom of the page, read the highlighted question.

ASK: **How do we prepare ourselves to receive the Eucharist?** Give your child a moment to think about the answer and respond.

SAY: We ask Jesus to prepare our hearts before we receive Holy Communion, just as he prepared the hearts of his Apostles. We fast for an hour before we go to Mass. If we have committed a mortal sin, we make sure we seek God’s forgiveness in Confession before we receive Holy Communion. We also prepare our hearts at the beginning of Mass when we acknowledge our sins and pray for God’s mercy.



Look over workbook pages 86–89 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“The Eucharist Gives Us Grace” (page 86)

Read the heading out loud, and then read the text together.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

ASK: **How does the Eucharist change us?** Give your child time to think about and answer the question.

SAY: The Eucharist changes us by giving us grace. Grace is God's own life in our souls. It draws us close to God and makes us more like him. It helps us love him and others better.

“The Eucharist Unites Us to Jesus” (page 87)

Again, read the heading and the text with your child. Then read the highlighted question at the bottom of the page.

ASK: **Why is the Eucharist so important?** Give your child time to think about and answer the question.

SAY: The Eucharist is so important because it is where our life in Christ begins. It is also the highest point our life in him will reach on earth. In the Eucharist, our union with Jesus is complete. It is the most important part of our lives.

“The Eucharist Unites Us to the Church” (pages 88–89)

After reading the heading and the text with your child, read the highlighted question in the middle of page 89.

ASK: **When we meet another Catholic, who do we know is living within them?** Give your child time to think about and answer the question.

SAY: When we meet other Catholics, we know that Christ is living within them too. The Church is not just a building. It is a community of people who are faithful to Jesus Christ.

Check Your Understanding (pages 90–91)

This short quiz gives you a chance to check your child's comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(a) 3(a) 4(a) 5(b)





VIDEO TIME

“Power’s Out”

Watch the *Received* video for Lesson 3.2 with your child. Remember to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

When we are baptized, God gives us his grace.

If we are open to his grace, it will transform us and help us live like Jesus, share his message, and love other people.

When we receive Jesus into our hearts at Communion, we are called to go out and share him with others.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: *What happens when Felicity and Mom light the candles? How is this similar to the way Jesus shares his life with us?* Pause and listen to your child’s answer.

SAY: *As Felicity and Mom light more and more candles, it gets brighter and brighter. In a similar way, when we receive Jesus in Holy Communion, we receive grace, his life in us. Jesus’ life spreads through us and multiplies. The more he shares, the brighter things get.*

ASK: *Felicity says that sometimes it doesn’t seem to make any difference that Jesus has shared his life with us. “Everybody splits up and grumbles,” she says. Her dad says we need to do something before grace can make a difference. What do we have to do?* Pause and listen.

SAY: *Before grace can change us, Felicity’s dad says, we have to stir it up. We have to do something with it—share it, love others, and pray. When we stir it up, grace changes us.*

ASK: *What are some ways you can “stir up” the grace you’ve received?* Pause and listen to your child’s answers. Brainstorm specific ways you and your child can share Jesus’ life in you with others.



STEP
6

FRIEND ON THE JOURNEY

(workbook pages 92–93)

St. José Sánchez del Río

Turn to workbook page 93 and read about St. José Sánchez del Río together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. José teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet St. José, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: St. José had a strong devotion to Our Lady of Guadalupe. Consider sharing her story with your child.

Talking to a friend: Look back at the picture of St. José on page 92. Remind your child that St. José is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out the picture of St. José to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. José card together. Ask St. José to intercede for your family.



STEP
7

WRAP-UP ACTIVITY

(workbook page 94)

“Receiving Jesus”

SAY: Earlier today we talked about how, when you receive Jesus for the first time in Holy Communion, you will be closer to him than you have ever been before.

Have a pencil and crayons or markers for your child to use. Read the instructions together, and invite your child to reverently imagine receiving the Host from Jesus himself. Give your child time to draw this and to write a few words that he or she would like to say to Jesus.

SAY: Being close to someone means talking to them and sharing things with them. This week, let's think of ways you can share each day with Jesus.



Closing Prayer (page 95)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.



FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 204 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.





Unit 4

What Is the Mass?

In this unit, you will teach your child that the Mass is the highest form of worship, the center of our lives as followers of Christ. It is how we honor God, praise him, and give him thanks for our lives and our salvation. It connects us with the Church throughout the world and throughout time, uniting us as a family of faith.

Lesson 4.1

THE MASS IS A SACRIFICE

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 4.1 begins on workbook page 98.

In this lesson you will teach your child that worship is the way we honor God and show him we love him. The Mass is our highest form of worship. We prepare for Mass by receiving forgiveness from Jesus in the Sacrament of Reconciliation. During Mass, Jesus' sacrifice on the Cross becomes present on the altar during the Liturgy of the Eucharist. We join our offerings to his and receive him in Holy Communion. After Mass, he remains with us as the Blessed Sacrament in the tabernacle.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- be able to say what worship is and what sacrifice is;
- identify the altar, the tabernacle, and the sanctuary lamp in a church;
- understand that the Mass is the highest form of worship, where Jesus' perfect offering to the Father is made present on the altar and where we unite our offering to his;
- recognize the connection between reconciliation, forgiveness, and community;
- understand the Mass as a sacrifice of praise.

RESOURCES

Mass Book

If your child has a copy of *Receiving Jesus*, read "Who's Who in the Liturgy" on pages 92–99. The text is about different ways laypeople can participate in the Mass.

Online Parent Certification

Lesson 4.1 in the online resource invites you to think about the Mass as a sacrifice. The readings in the Liturgy of the Word show God's love for his people. You are invited to read next Sunday's Mass readings and look for places where you see the love of God. In addition, you are encouraged to see the Cross as the cost of the Eucharist and consider ways to remember Jesus' death when you receive him at Mass.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 98.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation aloud.

SAY: Our Scripture passage today comes from the book of Exodus in the Old Testament. It takes us back to the time of the first Passover, when God rescued the Israelites from slavery in Egypt. When they were free, he told them to remember the Passover always:

“This day shall be for you a memorial day, and you shall keep it as a feast to the LORD; throughout your generations you shall observe it as an ordinance for ever” (Exodus 12:14).

God made the Israelites his Chosen People and taught them to worship him. He was teaching them to know him. He was showing them that he is a close, involved, and loving Father. *Worship* means giving God the honor he deserves. We worship God at Mass today as the Israelites worshipped him long ago.

Lesson Preview

SAY: A sacrifice is something valuable that we do for God because we love him. Today, you will learn about the Mass as a sacrifice. In the Mass, Jesus' sacrifice on the Cross—when he gave his life for us—is made present on the altar. Jesus himself is made present there. We receive him in Holy Communion, and he remains with us as the Blessed Sacrament in the tabernacle. We will talk about how we celebrate Jesus' sacrifice for us as a family of faith.



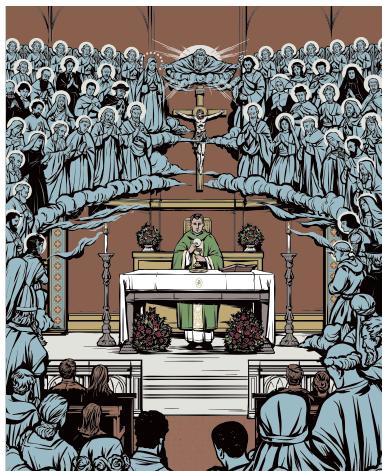
Opening Prayer

SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 99, read aloud the sentences under “Let Us Pray.”

ASK: What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Remember to begin and end the prayer with the Sign of the Cross.



Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 98.

SAY: Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What is happening in this painting? Who are all the figures surrounding the altar?

Potential answer: There is a lot happening in this picture, so allow your child to point out and discuss what he or she notices. Your child may recognize the Mass. This is the moment of Consecration when the bread and wine truly become the Body and Blood of Christ. God the Father is at the top of the image; God the Son, Jesus Christ, is on the Cross in the middle; and the priest is at the altar below. The Communion of Saints surrounds the altar—angels, the saints in heaven (with halos), those in purgatory, and the faithful on earth in the pews.

ASK: Do you recognize any of the great saints worshipping Jesus in the Eucharist?

Potential answer: Your child might notice Mary, St. Joseph, and St. Peter (with the keys). Other saints who might be familiar are St. Joan of Arc, St. Thérèse of Lisieux, St. John Vianney, Mother Teresa, Kateri Tekakwitha, and St. Anthony, to name just a few. Help your child find some saints he or she is familiar with, especially those your family has a devotion to and those he or she has learned about here and in the *Renewed* program.

ASK: Next time you're at Mass, can you picture heaven worshipping with you?

Potential answer: Consider taking this time to talk with your child about how all heaven worships with us every time the Mass is celebrated, just as this image shows. Next Sunday, remind your child to stop and think about this when you are at Mass.

End with the Sign of the Cross.



WARM-UP ACTIVITY (workbook page 100)

“Portrait of Praise”

Make sure your child has crayons or markers. Read the instructions together, and invite your child to listen as you read Psalm 23 out loud.

SAY: Psalms are worship songs that people have been singing and praying for thousands of years, and people still pray them every day all over the world. I’m going to read Psalm 23 to you now, but before I do, please close your eyes, take a few deep breaths, and place yourself in God’s presence.

Psalm 23

The LORD is my shepherd,
I shall not want;
he makes me lie down in green pastures.
He leads me beside still waters;
he restores my soul.
He leads me in paths of righteousness
for his name’s sake.

Even though I walk through the valley of the
shadow of death,
I fear no evil;
for you are with me;
your rod and your staff,
they comfort me.

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil,
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life;
and I shall dwell in the house of the LORD
for ever.

ASK (after reading): **What did you imagine as you listened to the psalm? What image of God came to mind?** Give your child a moment to answer and listen attentively to his or her description of what he or she imagined.

Now, invite your child to draw what he or she imagined while listening to the psalm. When your child has finished, ask him or her to tell you about the drawing.





HAVE YOU EVER WONDERED ... ?

(workbook page 101)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible source here:

- Jesus offered a single sacrifice for sins: Hebrews 8:8–13

Read the heading on workbook page 101 and then read the text of this section together.

ASK: **Have you ever wondered why we call the Mass a sacrifice?**

SAY: This section is about worship and sacrifice. Please read this page to me. OR Let's take turns reading the paragraphs on this page.

At the bottom of page 101, read the highlighted text together.

ASK: **Why did the Israelites offer sacrifices to God?** Give your child a moment to think about the answer and respond.

SAY: The Israelites offered sacrifices because it was their way of worshipping God. They brought their best lambs to the priests to be sacrificed to God on the altar. This was a way to take away their sins.



LEARNING ABOUT GOD'S PLAN

(workbook pages 102–107)

Look over workbook pages 102–105 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“The Altar, the Sanctuary, and the Tabernacle” (pages 102–103)

Read the heading out loud, and then read the text together.

SAY: Please read these two pages to me. Or Let's take turns reading the paragraphs on these two pages.

At the bottom of page 103, read the highlighted question.

ASK: **What is the tabernacle in a Catholic church? Why is it special?** Give your child time to think about and answer the questions.

SAY: Remember your drawing from the last lesson? In a Catholic church, the tabernacle is the special place where the consecrated Hosts are kept. It is usually in the sanctuary. *Tabernacle* means “dwelling place.” The tabernacle is special because Jesus is present there.

“Forgiveness and Community” (pages 104–105)

Again, read the heading and the text with your child. Then, read the highlighted question in the middle of page 105.

ASK: **What is the Confiteor?** Give your child time to think about and answer the question.



SAY: The *Confiteor* is a prayer we say together near the start of Mass. It begins, “I confess to Almighty God and to you, my brothers and sisters ...” When we pray it, we all admit that we have sinned, and we ask Mary, the angels, the saints, and everyone at Mass to pray for us.

Teaching tip: The text on page 105 mentions the sign of peace. In some parishes, people shake hands, while in others, people turn to their neighbors and nod and smile. In still others, the sign of peace may last a few minutes as people move around and greet one another with hugs. Talk to your child about what the common practice is at your church.

“A Sacrifice of Praise and Thanksgiving” (page 105)

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

ASK: **How do we offer God glory at Mass?** Give your child time to think about and answer the question.

SAY: At Mass, we give God glory through Jesus. United with him as we celebrate the Eucharist, we offer our praise and thanksgiving with his, our sacrifice with his. We offer God glory *through* Jesus, *with* him, and *in* him. We join our hearts to his heart in the love for the Father that changes the world.

Check Your Understanding (pages 106–107)

This short quiz gives you a chance to check your child’s comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(a) 3(b) 4(a) 5(b)



VIDEO TIME

“The Best for God”

Watch the *Received* video for Lesson 4.1 with your child. Remember to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- We go to Mass to spend time with Jesus.
- People have been making sacrifices to God since the very beginning.
- Jesus taught us how to offer a new sacrifice: the Eucharist.
- We go to Mass to remember Jesus’ Passion and Resurrection.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.



After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Felicity wants to know why we have to go to Mass. Why do we go to Mass every Sunday? Pause and listen to your child's answer.

SAY: We go to Mass to spend time with Jesus and worship him. We go to come together to remember that Jesus sacrificed himself on the Cross and rose from the dead for us. He gave his best, his life, for us. We go to Mass to give him our best—our thoughts and our hearts—in return.

ASK: Mass is also where we go to say thank-you to God. What are you thankful for? Pause and listen. Help your child make a list of all the things he or she is thankful for—parents, grandparents, friends, teachers, games, food, favorite activities, etc. Encourage your child to add to the list during the week and take it to Mass on Sunday.

ASK: Much more is happening at Mass than we can see. What are some things that take place at Mass that we cannot see? Pause and listen.

SAY: We cannot physically see God, Jesus, and the Holy Spirit, but we know they are present at Mass. The angels and saints are also with us at every Mass, praying with us and praising God.



STEP
6

FRIEND ON THE JOURNEY

(workbook pages 108–109)

St. Thomas Aquinas

Turn to workbook page 109 and read about St. Thomas Aquinas together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Thomas teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet St. Thomas, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: St. Thomas Aquinas is one of the great theologians and thinkers of our Church. He is also the patron saint of students. If you'd like to celebrate his legacy, invite your child to write a student's prayer to St. Thomas, asking him to intercede for his or her studies.

Talking to a friend: Look back at the picture of St. Thomas on page 108. Remind your child that St. Thomas is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out his picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. Thomas card. Ask him to intercede for your family.





WRAP-UP ACTIVITY

(workbook page 110)

“Community Building”

SAY: Today, we've talked about worshipping with other people at Mass. Let's look at how different parts of the Mass bring us closer to one another as God's family.

Make sure your child has a pencil. Read the instructions together, and do the first example (the *Confiteor*) together. Invite your child to do the other examples, helping when it's appropriate.

Answers:

The *Confiteor* ... unites us in confessing our sins together and praying for one another.

The Creed ... unites us in saying out loud what we all believe.

The Our Father ... unites us in asking for forgiveness “as we forgive” other people.

The sign of peace ... unites us in Christ's peace as we greet one another.

The Eucharist ... unites us as we receive the Body of Christ.

SAY: The next time we are at Mass, see if you can notice how other parts of the Mass also bring us closer to one another.



Closing Prayer (page 111)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 206 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.



Lesson 4.2

THE MASS IS OUR WORSHIP

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 4.2 begins on workbook page 112.

In this lesson, you and your child will connect our celebration of Mass to early Christian worship and dive into the details of the Liturgy. You will look at the central parts of the Mass together—the Liturgy of the Word and the Liturgy of the Eucharist—and at how Christ himself acts through the priest in the celebration of Mass. You will also explore the ways the Mass helps us worship, pray, and seek reconciliation and how it unites us as a family of faith.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- be able to describe what happens at Mass and say why Mass is important to us;
- identify the four main parts of the Mass—the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites—and become familiar with what takes place during them;
- know that the Mass readings are from Scripture and understand what a psalm is and why we sing or say a psalm at Mass;
- recognize the words of Consecration and understand their importance.

RESOURCES

Mass Book

Receiving Jesus: My Guide to the Mass explains the Liturgy of the Word and the Liturgy of the Eucharist in detail. Invite your child to read these sections on pages 23–51 before this lesson.

Online Parent Certification

Lesson 4.2 in the online resource invites you to reflect on our family of faith. The early Christians worshipped together, received the Eucharist together, ate together, and suffered together. That is how they became the Church, the Body of Christ. You are asked to think about how you and your child could be more involved in your parish community. You are also invited to consider worship as the first step in your relationship with God. We are made to love God and be in relationship with him. He deserves our highest praise.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 112.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today comes from the Gospel of John. Before the Last Supper, Jesus washed the feet of his Apostles. When he was done, he said to them,

“If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet”
(John 13:14).

Jesus was showing them that he wants his followers (his Church) to lead others by helping and serving them.

Lesson Preview

SAY: Today, you'll learn about celebrating the Mass. The Mass has four parts that help us worship God in different ways. You will also learn how the Mass leads us to forgiveness.



Opening Prayer

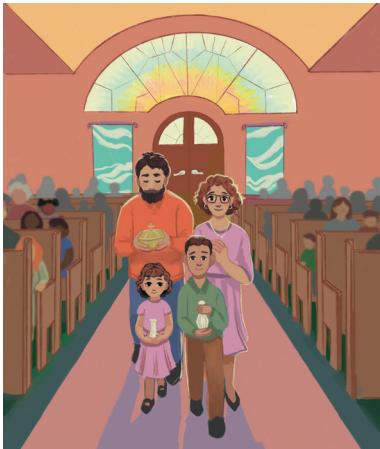
SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 113, read aloud the sentences under “Let Us Pray.”

ASK: What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Remember to begin and end the prayer with the Sign of the Cross.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 112.

SAY: Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you see in this painting? Does it feel familiar to you?

Potential answer: Your child may say something like "I see a family," or "I see a family bringing the gifts up at Mass." He or she might notice the ciborium that the dad is carrying, which holds the hosts. The boy holds a cruet of wine. Your child may say that this image feels familiar, or you may need to remind your child of the moment during Mass when the gifts are brought forward.

ASK: Have you ever brought up the gifts? Can you picture yourself playing this role at Mass?

Potential answer: If your family has ever participated in the Mass in this way, talk to your child about that moment. If your child has never brought up the gifts, ask your child what he or she thinks it would be like and which object he or she would like to hold.

ASK: As you look at this painting, consider why we bring the gifts to the altar. What gifts can you offer to Jesus?

Potential answer: Help your child think about why we bring up the gifts, about uniting our offerings to Jesus' offering of himself to the Father. Connect the Presentation of the Gifts at Mass to the ways we can give our time, talent, and material things (like money) as gifts to Jesus. Help your child to think of at least one gift he or she can offer Jesus this week.

End with the Sign of the Cross.





STEP
2

WARM-UP ACTIVITY (workbook page 114)

“Family Dinner”

Have colored pencils, markers, or crayons available. Read the instructions together. If it helps, remind your child of a family dinner when people were telling family stories.

SAY: Today’s lesson is about the Mass. Since we are all part of God’s family, then in some ways the Mass is like a big family meal. Do you remember when we had a family dinner with [name the people who were there]? Do you remember some of the stories [name] and [name] were telling?

Ask your child to draw a picture of that dinner and then write a title for the picture underneath.

Teaching tip: When your child has finished the drawing, help make the connection between a family dinner and the Mass. Your child has drawn a gathering where people told stories about family members who came before your child. This is like the Liturgy of the Word, where we hear accounts from Scripture of the people in God’s family who came before us.



STEP
3

HAVE YOU EVER WONDERED ... ? (workbook page 115)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible source here:

- “Do this in remembrance of me”: Luke 22:19

Read the heading on workbook page 115 and then read the text of this section together.

ASK: **Have you ever wondered why we go to Mass?**

SAY: This lesson’s Scripture story is about the Mass and the Sabbath (the Lord’s Day). Please read this page to me. OR Let’s take turns reading the paragraphs on this page out loud.

At the bottom of the page, read the highlighted question together.

ASK: **How did the early Christians follow Jesus’ command?** Give your child a moment to think about the answer and respond.

SAY: The early Christians followed Jesus’ command to “do this in remembrance of me” by meeting together on the Lord’s Day, Sunday, which was the day Jesus rose from the dead. They celebrated the breaking of the bread (the Eucharist) together and received Holy Communion.



Received

“Parts of the Mass” (pages 116–121)

Look over workbook pages 116–121 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

Read the main heading on page 116 and the introductory sentences under it.

“The Beginning of Mass: The Introductory Rites” (page 116)

Read this heading out loud, and then read the text with your child.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

Read the highlighted question at the bottom of the page.

ASK: **What is the purpose of the Introductory Rites?** Give your child time to think about and answer the question.

SAY: The purpose of the Introductory Rites is to open our hearts to receive God in his Word and in the Eucharist. We do this by placing ourselves in his presence, asking for his forgiveness, and giving him glory.

“The Liturgy of the Word” (pages 117–118)

Again, read this heading and the text after it up to the highlighted question on page 118.

ASK: **What does the priest or deacon read during the Liturgy of the Word?** Give your child time to think about and answer the question.

SAY: Members of the congregation read the first two readings and the responsorial psalm. But a priest or deacon reads the Gospel because it is so important.

“The Liturgy of the Eucharist” (pages 119–121)

Again, read this heading and the text after it with your child up to the next heading (“The End of Mass: The Concluding Rites”) on page 121. Then, continue with that heading and the short paragraph after it. Finally, read the highlighted question.

ASK: **Name two things that take place during the Liturgy of the Eucharist.** Give your child time to think about and answer this question.

SAY: The Liturgy of the Eucharist includes the Preparation of the Gifts, the Eucharistic Prayer, the words of Consecration, the mystery of faith, the Great Amen, the Our Father, the sign of peace, the *Agnus Dei* (“Lamb of God”), and Holy Communion.

Check Your Understanding (pages 122–123)

This short quiz gives you a chance to check your child's comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(b) 3(a) 4(b) 5(b)





VIDEO TIME

“What’s Happening at Mass”

Watch the *Received* video for Lesson 4.2 with your child. Remember to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- Jesus is truly present at every Mass.
- The Scripture readings at Mass teach us how God loves us and how we should love him.
- At Mass, we recite the Creed, participate in the Eucharistic feast, and offer prayers.
- Every Mass is good, teaching us the Faith and preparing us to go out into the world.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Fr. Paul explains that when we bring the gifts of bread and wine to the altar, we also bring our souls to Jesus. What else can we offer God silently in our hearts during the Presentation of Gifts? Pause and listen to your child’s answer.

SAY: We can offer him everything we are, everything we love, everything he has given us. We can offer him the people we love, our prayer intentions, our hopes and fears, and all our thanks.

ASK: The most important part of the Mass is the Eucharistic Prayer, when Jesus is made present on the altar. During the Eucharistic Prayer, we show our reverence by kneeling. What are other ways we can show our reverence for him? Pause and listen.

SAY: We can be still, knowing that we are in God’s presence. We can close our eyes in prayer or keep them on the crucifix at the front of the church, as Felicity does. And most importantly, we can listen with our hearts, paying attention to the words of Jesus’ prayer and praying those words with him.

ASK: The Consecration reminds us in a special way that Jesus is acting through the priest. Can you see how? Pause and listen.

SAY: Notice what the priest says and does during the Consecration. He does exactly what Jesus did at the Last Supper—he takes the bread and the chalice, gives thanks, breaks the bread, and gives it to the people. And he prays using Jesus’ own words, referring to “my” (not “his”) Body and Blood: “This is my body. ... This is the chalice of my blood. Do this in memory of me.”





STEP
6

FRIEND ON THE JOURNEY

(workbook pages 124–125)

St. Clare of Assisi

Turn to workbook page 125 and read about St. Clare together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Clare teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet St. Clare, what would you like to ask her? Pause and listen to your child's answer.

Going deeper: As you have just read, St. Clare had such a strong devotion to the Holy Eucharist that she knew she could defend her church with a monstrance. If you'd like to celebrate her legacy, show your child pictures of different monstrances, both simple and elaborate ones. (Your child will have an opportunity to go to Eucharistic Adoration in Lesson 5.2.)

Talking to a friend: Look back at the picture of St. Clare on page 124. Remind your child that St. Clare is a friend your son or daughter can talk to whenever he or she needs her help. Your child might like to tear out her picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. Clare of Assisi card. Ask her to intercede for your family.



STEP
7

WRAP-UP ACTIVITY

(workbook page 126)

“Questions about the Mass”

SAY: Think about the video we watched a few minutes ago, *What's Happening at Mass*.

Make sure your child has a pencil. Read the instructions together. Then, review the different parts of the Mass and how each part helps us worship God. Review what your child learned in the *What's Happening at Mass* video. Invite your child to fill out the chart, or fill it out together and talk through each section.

SAY: Let's take your chart to Mass on Sunday so you can ask Father your questions.



Closing Prayer (page 127)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.



FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 208 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.





Unit 5

How Will I Receive Jesus and Stay Close to Him?

In this unit, you will give your child practical instruction on preparing for and receiving Holy Communion. You will also introduce your child to two other ways we worship the Eucharistic Jesus and stay close to him—Eucharistic Adoration (when he is present in the tabernacle) and Exposition of the Blessed Sacrament (when he is present in a monstrance). These lessons emphasize the honor and respect we owe the Eucharistic Jesus and the ways your child can show him reverence.

Lesson 5.1

RECEIVING JESUS IN HOLY COMMUNION

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 5.1 begins on workbook page 130.

In this lesson, you will teach your child that Jesus' Body and Blood are worthy of the greatest honor and respect. We honor Jesus in the Eucharist by the way we behave when we are in his presence and by the way we receive him in Holy Communion. You will teach your child how to prepare for Holy Communion, how to receive Jesus' Body and Blood, and what to do after Holy Communion.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- learn that the Eucharist is a gift and should be received reverently, with a heart fully reconciled to God and to other people;
- recognize the importance of going to Confession before receiving the Eucharist;
- become familiar with the logistics of receiving Holy Communion at Mass;
- recognize Jesus' Real Presence in the Host and understand the importance of prayer before and after we receive him.

RESOURCES

Mass Book

If your child has a copy of *Receiving Jesus*, read about the Penitential Act on pages 18–19. Talk to your child about why it is important to be reconciled with God and others before receiving the Holy Eucharist.

Online Parent Certification

Lesson 5.1 in the online resource asks you to meditate on the gift of the Eucharist and the intimacy we can enjoy with God here on earth. You are also invited to reflect on the great humility of God—how the Creator of the universe comes to us as a tiny piece of bread so that we can be in communion with him. In addition, you are asked to consider how you can better prepare yourself to receive this most precious gift of God.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 130.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today comes from the Gospel of Matthew.

“Leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift” (Matthew 5:24).

This is where Jesus first explains the importance of receiving the Eucharist in a state of grace, which means being free from sin. This is why it's important for us to go to Confession before we receive Jesus in the Eucharist.

Lesson Preview

SAY: Today, you'll learn that the Eucharist is a gift. You know that we show respect and gratitude when we open a gift. We do the same with the Eucharist. Today, we'll look at how we get ready to celebrate the Eucharist, so we can receive Holy Communion reverently and with a grateful heart.



Opening Prayer

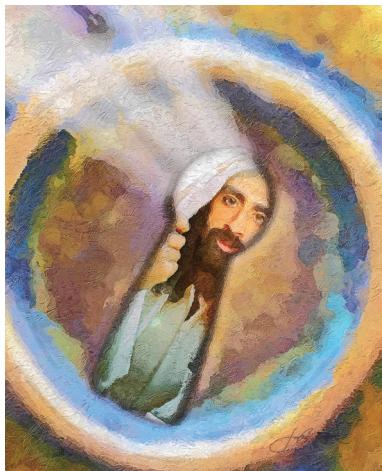
SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 131, read aloud the sentences under “Let Us Pray.”

ASK: What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 130:

SAY: Let's listen to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you see in this painting? What are you looking through?

Potential answer: Your child may see Jesus, lots of colors, a circle, and maybe even a keyhole. Help your child see the outline of the keyhole, showing that you are looking through a keyhole of a door in this image.

ASK: Who is on the other side? What is he doing?

Potential answer: Your child may say that Jesus is on the other side. Guide your child in a discussion about what Jesus might be doing: Maybe he is knocking and waiting for you to open the door.

ASK: Jesus is always knocking on the door of your heart. How can you let him in?

Potential answer: Your child might say he or she can let Jesus in by praying, by trusting Jesus, or by being kind to others. Help your child think of different ways we can let Jesus into our hearts. Consider sharing a personal story to help your child understand what opening the door to Jesus might look like.

End with the Sign of the Cross.





STEP
2

WARM-UP ACTIVITY (workbook page 132)

“The Gift”

Have colored pencils, markers, or crayons available. Read the instructions together. Help your child remember a gift that was especially important to him or her.

SAY: Today’s lesson is about an incredible gift. Do you remember when you received [name the gift] from [name the givers]? How did you feel when you realized what it was?

Invite your child to draw a picture of what it was like to open that gift and then describe it in a sentence or two at the bottom of the page.

Teaching tip: When your child has finished the drawing, help connect the way he or she received that gift (with delight and gratitude) to the way we receive the Eucharist—reverently, with awe, and with thanksgiving.



STEP
3

HAVE YOU EVER WONDERED ... ? (workbook page 133)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible source here:

- “First be reconciled ...”: Matthew 5:23–24

Read aloud the heading on workbook page 133 and then read the text of this section together.

ASK: Have you ever wondered why we go to Confession before we receive Communion?

SAY: This lesson’s Scripture story is about our need to be in a state of grace before we receive Jesus in Holy Communion. Please read this page to me. OR Let’s take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question together.

ASK: Why is it important to go to Confession before we receive Holy Communion? Give your child a moment to think about the answer and respond.

SAY: Before we receive Jesus in Holy Communion, we need to be in a state of grace. This means being without sin, with our hearts turned to God. We need to be reconciled with God and with others. This is why we go to Confession first. After we receive absolution through the sacrament, we are in a state of grace, and our hearts are ready to receive Jesus.



Look over workbook pages 134–137 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“Pray Before Receiving Holy Communion” (page 134)

Read the heading out loud, and then read the text with your child.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

Read the highlighted question at the bottom of page 134.

ASK: **What are some things we can say to the Father before Holy Communion?** Give your child time to think about and answer the question.

SAY: We can thank the Father for sending Jesus to free us. We can pray and thank Jesus for his sacrifice on the Cross. We can join our love for the Father with his. We can thank God for the graces we will receive. We can tell Jesus how much we love him. We can ask the Father to make our hearts ready to receive Jesus.

“Receive Communion from the Priest or the Extraordinary Minister of Holy Communion” (pages 135–136)

Again, read the heading and the text with your child. At the bottom of page 136, read the highlighted question.

ASK: **Describe the steps in receiving Holy Communion.** Give your child time to think about and answer the question.

SAY: These are the steps in receiving Communion. We'll go over them again and again between now and your first Communion so that you'll remember them easily when the day arrives. Also, remember that someone will be there to help you, including the priest or extraordinary minister of Holy Communion.

1. You stand up with the others in your pew and follow them in line to the front.
2. You reach the front and bow to Jesus in the hand of the priest or extraordinary minister.
3. The priest holds up the Host for you and says, “The Body of Christ.” You say, “Amen.”
4. You receive Jesus on your tongue or gently in cupped hands. You consume the entire Host.
5. You return to the pew to pray silently and say thank you to Jesus.

Teaching tip: Think of as many ways as you can to help your child picture the steps clearly and remember them. One good way is to act them out together. Do this as often as you can. Another way is to invite your child to write out the steps. You can also make a game of it: Print out the steps (without numbering them), cut out the individual steps and mix them up, and then ask your child to put them in order. Practicing again and again will give your child confidence when the day of first Communion finally arrives.



“Pray After Receiving Holy Communion” (page 137)

After reading the heading and the text with your child, read the highlighted question.

ASK: **What should we do after we receive Jesus?** Give your child time to think about and answer the question.

SAY: Come back to your pew, kneel, and pray. Give Jesus your heart as you thank him. Ask him to help you stay close to him. Ask him for the strength to do his will. Ask him how you can live out the life he wants for you.

Teaching tip: Talk to your child about the importance of praying in silence after receiving Communion, when Jesus is especially close. Aimee and Colin MacIver suggest a simple prayer like “I love you, Jesus. You are my God. Help me to love you more.” (See *Receiving Jesus: My Guide to the Mass*, page 61.)

You can also help your child find a traditional prayer to offer after Communion. Places to look include worship books in the pew, weekly or seasonal worship aides, or a personal prayer book from home that your child can bring to Mass.

Check Your Understanding (pages 138–139)

This short quiz gives you a chance to check your child’s comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(c) 2(b) 3(a) 4(b) 5(a)



“Ready to Receive”

Watch the *Received* video for Lesson 5.1 with your child. Remember to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- God loves us freely. We don’t do anything to earn his love.
- We can, however, prepare ourselves to receive the fullness of his love in the Eucharist.
- The Eucharist is a gift that we can receive but cannot earn.
- When we are prepared and receive God’s love, we can share that love with others.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.



ASK: Felicity's godparents have brought her a present. Have you ever received a surprise gift from someone just because he or she loves you? How did it make you feel? Help your child think of a time when he or she received a surprise gift. Pause and listen to his or her answer.

SAY: When you get a gift you don't expect, you might feel many different things. You might feel special, and you might be surprised, excited, grateful, or even a little awed. A surprise present might also make you feel a little humble to know that someone loves you enough to give you a gift.

ASK: Felicity's godmother asks Theo what gift we receive in the Eucharist, and he says, "Communion. Jesus in the Eucharist." Then she asks, "What did you do to deserve God?" What is Theo's answer? Pause and listen.

SAY: Theo wonders if cleaning his room counts but realizes that sounds silly. He says, "Nothing, I guess. It's a free gift!"

ASK: Felicity's godmother says, "If you were inviting Jesus into your home, you'd want to prepare a beautiful space for him." Her godfather adds, "But if you don't have room for him, then he can't come in." How can you prepare your heart to receive Jesus in the Eucharist? Pause and listen.

SAY: You can go to Confession and receive forgiveness so that your heart is open and ready to welcome Jesus. You can also prepare your heart by praying and doing things that help you know Jesus, like reading about him in the Bible or watching a video about Mass or about a saint. We also prepare our hearts by helping others for his sake.



FRIEND ON THE JOURNEY (workbook pages 140-141)

Blessed Chiara Badano

Turn to workbook page 141 and read about Blessed Chiara together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what Blessed Chiara teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet Blessed Chiara, what would you like to ask her? Pause and listen to your child's answer.

Going deeper: Blessed Chiara Badano is on her way to becoming a saint. Consider reviewing the steps to becoming a saint (p. XX) with your child. To take this lesson a step further, consider finding and watching a short video about Chiara's life online.

Talking to a friend: Look back at the picture of Blessed Chiara on page 140. Remind your child that Blessed Chiara is a friend your son or daughter can talk to whenever he or she needs her help. Your child might like to tear out her picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the Blessed Chiara Badano card. Ask her to intercede for your family.





STEP
7

WRAP-UP ACTIVITY

(workbook page 142)

“Thank-You Card to Jesus”

SAY: Today, we've talked about receiving Jesus in Holy Communion. Now you have a chance to thank him for coming to you in the Eucharist.

Make sure your child has a pencil. Read the instructions on page 142 together. Then, give your child time to write a thank-you card. Writing thanks will help your child as he or she learns to pray after Communion. Consider giving your child some words of thanksgiving to use here and in his or her prayers.

SAY: Here are some words you can use to thank Jesus. You can say, “Lord Jesus, I love you, and I adore you. Thank you for feeding me with your Body and Blood. Thank you for staying close to me and guiding me. Thank you for loving me. Please bless those I love and those who love me. Amen.” See if you can think of more ways to thank him for coming to you in the Eucharist.



Closing Prayer (page 143)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 210 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.



Received

At-Home Lesson Guide | Lesson 5.1 | page 86

Lesson 5.2

STAYING CLOSE TO JESUS

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 5.2 begins on workbook page 144.

Your child will soon receive Jesus for the first time in Holy Communion, but he or she does not have to wait pray in his holy presence. In this lesson, you will teach your child how to worship the Eucharistic Jesus in Eucharistic Adoration and in prayer before the Blessed Sacrament. The King of the Universe comes to us in the form of bread so that we may know he is always close to us.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- become familiar with the accounts of the women at the tomb and with the Apostle Thomas' doubts that Jesus rose from the dead;
- learn that the consecrated bread and wine are called the Blessed Sacrament;
- appreciate the opportunity we have to spend time with Jesus in Eucharistic Adoration by praying before a tabernacle or in Exposition of the Blessed Sacrament;
- be able to name ways we show our reverence for Jesus in the Eucharist.

RESOURCES

Mass Book

In *Receiving Jesus*, read the "Prayer after Communion" on page 61 out loud with your child. Emphasize that this time with Jesus after Communion is a special kind of Eucharistic adoration, when Jesus is present in the tabernacle of our hearts.

Online Parent Certification

Lesson 5.2 in the online resource asks you to consider that Jesus not only gives himself to us as food in the Eucharist but also makes himself present to us in Eucharistic Adoration. It encourages you to meditate on what it means to gaze upon Jesus and have Jesus gaze upon you. You are also asked to consider the various ways God speaks to you.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 144.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today comes from the Gospel of John. After Jesus rose from the dead, he appeared to the Apostles. The first time he appeared to them, the Apostle Thomas was not with them. When they told Thomas they had seen Jesus, he didn't believe them.

“Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe” (John 20:25).

Later, Jesus appeared when Thomas was with him. Thomas touched his wounds. This encounter with the risen Lord changed Thomas' life.

Lesson Preview

SAY: Today, you'll learn about the gift of Jesus' Body and Blood that he gives us in the Eucharist. This makes it possible for us to receive him at Mass. It also enables us to worship him in Eucharistic Adoration and pray in his presence before the Blessed Sacrament. We will learn how to stay close to Jesus in all these ways.



Opening Prayer

SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 145, read aloud the sentences under “Let Us Pray.”

ASK: What would you like to pray for today? Give your child time to write his or her intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.



Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 144.

SAY: Let's listen to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you notice first about this image?

Potential answer: Your child might point to the Host or the Body of Christ, a gold vessel holding the Host (the monstrance) with a cross at the top and grapes at the base, red jewels surrounding the Host, the heads of angels among dark blue-gray swirls around the monstrance, and golden rays coming from the monstrance, among other details.

ASK: What is the most interesting detail in the picture?

Invite your child to describe what he or she thinks is the most interesting part of the picture and why he or she finds it interesting.

ASK: Why do you think the Body of Christ is surrounded by gold and jewels?

Potential answer: Your child might say that the Body of Christ is surrounded by gold and jewels because it is important, precious, valuable, or even simply because it is the Body of Christ. This is a good time to explain that the golden vessel is called a monstrance. It is where the consecrated Host is placed for Exposition of the Blessed Sacrament.

End with the Sign of the Cross.





WARM-UP ACTIVITY (workbook page 146)

“Imagine That!”

Have colored pencils, markers, or crayons available. Read the instructions together.

SAY: Today’s lesson is about ways we can stay close to Jesus. Can you draw what it would be like if you came home tomorrow and found Jesus waiting here in your room? What would you want to tell him? What would you want him to tell you?

Invite your child to draw a picture of the two of them talking and write down what they would say to each other.

Teaching tip: When your child has finished the drawing, mention that Eucharistic Adoration is like this—a time when he or she can meet Jesus face-to-face and talk to him.



HAVE YOU EVER WONDERED ... ? (workbook pages 147–148)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- The women at Jesus’ tomb: Luke 24:1–5
- Jesus and Thomas: John 20:24–29

Read the heading on workbook page 147 and then read the text of this section together.

ASK: **Have you ever wondered what the Blessed Sacrament is?**

SAY: This lesson’s Scripture story is about the Apostle Thomas, who didn’t believe that Jesus had risen from the dead until he saw him with his own eyes and touched Jesus’ wounds. Please read these two pages to me. OR Let’s take turns reading the paragraphs on these two pages.

At the bottom of page 148, read the highlighted question together.

ASK: **What did Thomas need before he believed that Jesus had risen from the dead?** Give your child a moment to think about the answer and respond.

SAY: Thomas needed to see the marks of the nails on Jesus’ hands and feet, and he needed to touch the wound in Jesus’ side. Then, Thomas knew that Jesus had truly risen from the dead.



Look over workbook pages 149–151 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“The Blessed Sacrament in the Tabernacle” (page 149)

Read the heading out loud, and then read the text with your child.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

ASK: **Imagine again that Jesus is in your room. How would you approach him? What would you say? How would you act?** Give your child time to think about and answer these questions.

Consider sharing with your child your own thoughts and feelings about being in Jesus' presence.

“The Blessed Sacrament Exposed in a Monstrance” (page 150)

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

ASK: **What are some ways that we can adore Jesus in the Blessed Sacrament?** Give your child time to think about and answer the question.

SAY: We can adore Jesus in the Blessed Sacrament by kneeling and praying before him. We can stay with Jesus and worship him quietly. We can kneel or just sit with him and talk silently to him in our hearts. We can tell him we love him. We can ask him to stay in our hearts. We can ask him for forgiveness. We can tell him about something that is bothering us and ask him to take care of it. We can thank him for the people we love. And we can just be silent with him. Sometimes, it is good just to be with him. We can simply love him and let him love us.

Teaching tip: If there is an Adoration chapel near your home or if your church has regularly scheduled hours for Adoration, consider going with your child this week. Before you go, tell your child what to expect: The Blessed Sacrament will be displayed in the monstrance. We genuflect when we enter to show Jesus that we love him. We sit and quietly talk to Jesus in our hearts, and we listen for what the Holy Spirit wants to tell us. When we leave, we genuflect again to Jesus.

“How Do We Show Reverence for Jesus?” (page 151)

After reading the heading and text with your child, read the highlighted question at the bottom of the page.

ASK: **How do we show respect for Jesus in the Blessed Sacrament?** Give your child time to think about and answer the question.

SAY: We show respect and reverence for Jesus by genuflecting when we enter his presence and when we leave, by kneeling before him, and by being quiet. We dress nicely when we are going

to be with him at Mass or in Adoration. We remember that we are on holy ground, and we avoid being silly with our friends while we are in church.

Check Your Understanding (pages 152–153)

This short quiz gives you a chance to check your child's comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(b) 2(a) 3(a) 4(a) 5(a)



VIDEO TIME

“Adore Him”

Watch the *Received* video for Lesson 5.2 with your child. Remember to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- In Adoration, we see the Lord face-to-face in the Blessed Sacrament.
- Music can help us praise Jesus in the Blessed Sacrament.
- Different kinds of songs help us worship God, from psalms and chants to modern worship music.
- When we praise God, we praise him with the hosts of heaven—all the angels and saints—and all the Church around the world.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Felicity asks if Jesus likes music, and her mom says he loves it! What is your favorite song? Do you think Jesus would like this song? Why or why not? Pause and listen to your child's answer.

SAY: There are many reasons why Jesus would like a song. Maybe the song is joyful, it reminds us how great God is and how much he loves us, or it feels like a prayer. He might like it because it makes it easier for you to pray, it makes you grateful for all God has given you, or it makes you want to be close to him and to the Blessed Mother. Maybe it makes you want to be a better person, it helps you imagine heaven, or it reminds you of all the angels and saints. Or maybe he likes it because you wrote it for him yourself.

ASK: What are the psalms? Pause and listen.

SAY: Felicity's mom explains that the psalms are songs from the Bible. King David loved God and sang and even danced for God! He wrote the psalms to pour out his heart to God. Even though King David wrote them thousands of years ago, people still sing or recite the psalms at Mass every day all over the world! They teach us who God is. They help us express our love for him. And they teach us to pray from our heart as King David did.

ASK: What are some ways that singing helps us praise God and worship him? Pause and listen.

SAY: Singing comes naturally to us. You don't need a great voice—everyone can sing! Singing makes us happy to pray. Maybe that's why someone once said, "When you sing, you pray twice"—with the words of the song and with the joy of singing them! God works through the music to help us adore Our Lord and be happy in his presence.



STEP
6

FRIEND ON THE JOURNEY (workbook pages 154–155)

St. John Paul II

Turn to workbook page 155 and read about St. John Paul II together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. John Paul II teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet St. John Paul II, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: St. John Paul II is the patron saint and founder of World Youth Day, a regular gathering of young people from all over the world. If you'd like to celebrate his legacy, take some time to learn about World Youth Day and share what you've learned with your child.

Talking to a friend: Look back at the picture of St. John Paul II on page 154. Remind your child that St. John Paul II is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out his picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. John Paul II card. Ask him to intercede for your family.



STEP
7

WRAP-UP ACTIVITY

(workbook page 156)

“Prepare Your Heart”

SAY: In this lesson, we've talked a lot about visiting Jesus in the Blessed Sacrament. Now, I'd like you to make a list of the things you want to tell Jesus when we visit him together.

Make sure your child has a pencil. Read the instructions together. Then, give your child time to write his or her list of things to tell Jesus. When your child has finished, plan your visit to Jesus in the Blessed Sacrament either at an Adoration chapel near your home or during regularly scheduled hours for Adoration at your church.

SAY: Let's make a plan right now to go to Adoration together this week, and I'll write it down on the calendar.



Closing Prayer (page 157)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 212 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.





Unit 6

How Do We Live Out Our Eucharistic Mission?

In this unit, you and your child look more closely at prayer—how we live out our relationship with God and come to know him personally, sharing our needs with him and learning to hear his voice. You will also explore what the Eucharist teaches us about human dignity and how it calls us into a close relationship with God, ourselves, and others. Your child will think about how the Eucharist sends each of us out to serve others in Jesus' name. This is our Eucharistic mission.

Lesson 6.1

WHY PRAYER MATTERS

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 6.1 begins on workbook page 160.

In this lesson, you will teach your child about prayer. Being Jesus' disciples means having a personal relationship with him and talking to him. Prayer is how we do this. There are different kinds of personal prayer and different ways to listen for God's voice. One way is through the traditional prayers of the Church, which we all share. They help deepen our prayer and unite us to one another.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- understand what prayer is and why it is important;
- be able to name and define four types of prayer—thanksgiving, contrition, petition, and intercession;
- be introduced to different ways God speaks to us;
- become familiar with common prayers of the Church and be able to recite some, such as the Hail Mary, the Our Father, the Glory Be, and the Act of Contrition.

RESOURCES

Mass Book

In *Receiving Jesus*, read about talking to Jesus before Mass in "It's Time to Go to Mass!" on page 3. Talk to your child about why we prepare for Mass in this way.

Online Parent Certification

Lesson 6.1 in the online resource asks you to consider your own prayer life. Think about how prayer gives you a chance to share your heart with God and be guided by him. Meditate on the Our Father and the Hail Mary. Which lines of these prayers mean the most to you?



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 160.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today comes from the Gospel of Matthew. Jesus is teaching us about prayer. He says,

“Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you”
(Matthew 7:7).

He is telling us to go to God, our Father, with everything in our hearts. God is listening, and we receive every good thing from him. You can ask God for everything you need.

Lesson Preview

SAY: Our Eucharistic mission is to live as Jesus taught his followers to live. This means we pray, receive the sacraments, and serve others. Today, you will learn about prayer—how we talk to God! Prayer gives you the chance to share your heart with God and be guided by him. There are many ways to pray, and they all help you draw closer to God!



Opening Prayer

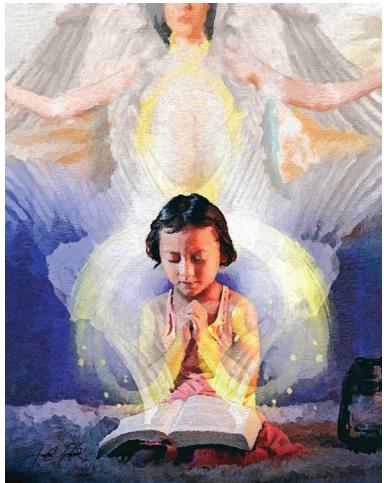
SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 161, read aloud the sentences under “Let Us Pray.”

ASK: What would you like to pray for today? Give your child time to write his or her intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 160.

SAY: Let's listen to God as we look at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: I'm going to give you the three questions to think about now as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What do you see in this painting? Who is in this painting?

Potential answer: Your child may observe a little girl praying, the angel above her, a book or the Bible in front of her, a lamp, and all the vibrant colors.

ASK: Jesus loves it when we pray to him. Can you think of a good time each day when you can pray as this girl is praying? How will you begin?

Potential answer: Take this time to talk about things your child can do to form a regular habit of prayer.

ASK: When we pray, what happens? How does this painting show the power of prayer?

Potential answer: Your child may say things like "God hears us" or "God answers our prayers." Take this time to talk about how prayer helps us know God and grow in our relationship with him. The image is also showing how our guardian angel prays for us and brings our prayers to God.

End with the Sign of the Cross.





WARM-UP ACTIVITY (workbook page 162)

“Prayer Plan”

Make sure your child has a pencil. Read the instructions together.

SAY: Today’s lesson is about prayer. Let’s make a plan for praying every day!

Talk about each line of the plan, and ask your child to write down his or her answers. Consider making and following a similar plan for yourself so that you can model the habit of prayer for your child.

Teaching tip: If time permits, consider sharing ideas to help your child start his or her prayer time each day. For example, your child might begin by saying a familiar prayer like a Hail Mary or Our Father, by reciting a favorite Bible verse, or by just talking quietly with Jesus. Remind your child to begin and end with the Sign of the Cross.



HAVE YOU EVER WONDERED ... ?

(workbook page 163)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible source here:

- The Our Father: Matthew 6:9–14

Read the heading on workbook page 163 and then read the text of this section together.

ASK: Have you ever wondered what Jesus teaches us about prayer?

SAY: In this lesson’s Scripture story, Jesus teaches the Apostles how to pray. Please read this page to me. OR Let’s take turns reading the paragraphs on this page.

At the bottom of page 163, read the highlighted questions together.

ASK: Why is prayer important? Give your child a moment to think about the answer and respond.

SAY: Following Jesus means living as he taught his disciples to live, and prayer is an important part of this. Without prayer, our friendship with God is just an idea. When we pray, that friendship becomes real.



Look over workbook pages 164–167 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“Different Ways to Pray” (page 164)

Read the heading out loud, and then read the text with your child.

SAY: Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

ASK: **What are some different ways to pray?** Give your child time to think about and answer the question.

SAY: You can pray in your own words, from your heart. You can pray prayers from the Mass, like the *Confiteor* or the *Gloria*, or psalms from the Bible. You can also pray traditional Catholic prayers, like the Rosary, which is filled with shorter prayers like the Our Father, the Hail Mary, and the Glory Be. The Sign of the Cross is a prayer. So is “Help me, Jesus!”

“Talking to God” (page 165)

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

ASK: **What is personal prayer?** Give your child time to think about and answer the question.

SAY: Personal prayer is when we talk to God using our own words. God loves us. He wants us to tell him what is in our hearts. We can talk to him about everything!

“Listening to God” (pages 166–167)

After reading the heading and text with your child, read the highlighted question at the bottom of the page.

ASK: **How can we listen for God’s voice?** Give your child time to think about and answer the question.

SAY: God speaks to us through the Holy Spirit. His voice is different from people’s voices. We can listen for his voice in the readings and prayers at Mass and in sacred music, and we should listen for his voice when we read the Bible. Sometimes, we hear God’s voice in what someone says, especially someone we love. Sometimes, we just hear it in the quiet of our hearts. And sometimes God speaks to us by showing us something beautiful.

Check Your Understanding (pages 168–169)

This short quiz gives you a chance to check your child’s comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(b) 3(b) 4(c) 5(b)





VIDEO TIME

“A Relationship with Jesus”

Watch the *Received* video for Lesson 6.1 with your child. Remember to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- Religious sisters are brides of Christ.
- Our relationship with Jesus is a lot like our relationships with one another.
- When we learn from his Word, we are invited to spend time with him.
- We love Jesus and others imperfectly. But Jesus loves us perfectly, and we pray to him to grow in our relationship with him.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Sister Rose asks how Felicity and Theo know that their mom loves them. How do they show her they love her? What do they tell her? Pause and listen to your child's answer. Encourage your child to think of ways he or she also receives and shows love.

SAY: Felicity and Theo tell Sister Rose that when they're hungry, their mom makes them food. When they're sick, she takes care of them. And she answers their questions. They show her they love her by making her gifts and giving her hugs. And sometimes they have cuddle nights.

ASK: Like us, Theo and Felicity don't always love their mom perfectly. What do they do when they mess up? Pause and listen.

SAY: They say they are sorry and make it up to her.

ASK: How is our relationship with Jesus like this?

SAY: As Sister Rose says, we can ask Jesus questions or for help. We can thank him for being so good to us. We can sit with him and adore him. And when we make mistakes, we can apologize and ask for forgiveness. As in any loving relationship, Jesus listens to us and loves us. “Just talk to him, love him, and be loved,” Sister Rose says.



STEP
6

FRIEND ON THE JOURNEY

(workbook pages 170–171)

St. Carlo Acutis

Turn to workbook page 171 and read about St. Carlo together. (Note: Since the workbook was published, Pope Francis approved Carlo Acutis for canonization. The date for his canonization is April 27, 2025.)

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Carlo teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet St. Carlo, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: St. Carlo Acutis had leukemia and stayed close to Jesus throughout his illness. If you would like to celebrate his legacy in a deeper way, consider volunteering to raise money for children with leukemia.

Talking to a friend: Look back at the picture of St. Carlo on page 170. Remind your child that St. Carlo is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out his picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. Carlo Acutis card. Ask him to intercede for your family.



STEP
7

WRAP-UP ACTIVITY

(workbook page 172)

“Write Your Own Prayer”

SAY: We've talked a lot about prayer today. Now, you get to write a prayer of your own!

Make sure your child has a pencil. Read the instructions together and then read the examples aloud. Invite your child to write a line or two for each kind of prayer. Suggest things to pray for if your child needs help. When he or she has written a line or two in each box, be sure to read the completed prayer out loud together.

SAY: Let's think of more things to pray for this week. You can write a new prayer whenever you wish!



Closing Prayer (page 173)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.



FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 214 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.



Lesson 6.2

CARING FOR OTHER PEOPLE

LESSON OVERVIEW

Use this lesson plan with your child's *Received* Student Workbook, second edition. Lesson 6.2 begins on workbook page 174.

In this lesson, you will teach your child about our lifelong call to discipleship as Christians. Discipleship means having a relationship with God and caring for our brothers and sisters. By serving people who are in need, we serve Christ. You will help your child explore the ways he or she feels called personally to serve others.

Parent's Prayer

God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.

Bird's-Eye View

In this lesson, you will help your child

- learn that when we help others, we help Jesus;
- recognize that every single person in the world is precious to God;
- understand that we each have a mission and a responsibility, as members of the Church, to love others and live as disciples of Christ;
- find ways of serving others that interest your child, and come up with an action plan for service.

RESOURCES

Mass Book

In *Receiving Jesus*, under "The Preparation of the Gifts" on page 41, read about offering our time, talent, and treasure to Jesus, and ask your child how he or she can serve Christ and the Church by giving those things to others.

Online Parent Certification

Lesson 6.2 in the online resource asks you to reflect on Jesus' words in Matthew 25:31–46, which describe our call as Catholics to recognize the human dignity of every person and to help those who are poor or suffering. You are also invited to consider the unique talents, gifts, and abilities God has given you to accompany people who are in tough situations.



Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 174.

Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

SAY: Our Scripture passage today comes from the Gospel of Matthew. This is one of the most well-known passages in the Bible.

“I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me” (Matthew 25:35).

Jesus is saying clearly that caring for other people means we are caring for him. It isn't just a special gift the Holy Spirit gives certain people. It is a Gospel commandment for all of us.

Lesson Preview

SAY: Today, you will learn about ways to live as Jesus' disciple. We do this by loving and serving others as Jesus did.



Opening Prayer

SAY: Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 175, read aloud the sentences under “Let Us Pray.”

ASK: What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.





Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 174.

SAY: Let's listen to God as we look at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and

what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

SAY: Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

ASK: What looks different about this picture? (*Hint:* Who is the teacher, and who are the students?)

Potential answer: Help your child to see that the adult men are sitting and looking at the child Jesus. The child (Jesus) is teaching the adults!

ASK: How do you think the child Jesus feels in the Temple?

Potential answer: Your child might say things like happy, content, comfortable, or excited. Consider taking this time to read the Gospel account about the boy Jesus in the Temple (Luke 2:41–52). In verse 49, Jesus says, "Did you not know that I must be in my Father's house?" Talk about the Temple as God's house, and ask your child again to imagine how Jesus feels when he is there.

ASK: Why do you think there are lots of people gathered to listen to Jesus?

Potential answer: Your child might say something like a lot of people are listening to Jesus because he is God, because he is a good speaker, or because he has important things to say. Consider asking your child what Jesus might have been teaching the adults at this moment.

End with the Sign of the Cross.



WARM-UP ACTIVITY (workbook page 176)

“Sharing God’s Love”

Have colored pencils, markers, or crayons available. Read the instructions together.

SAY: We’re going to look at ways we can show other people God’s love for them. This lesson is about ways we can stay close to Jesus. Let’s brainstorm for a minute or two. Can you think of some people who need help with things or who really need to be reminded that God loves them? How could you help them?

Specific prompts might include *How could you help Dad today? What would make your brother or sister’s life a little easier? Who do we know who’s very old? Could you call them and say hello and ask them how they are doing? Could you offer to take an elderly person’s dog for a walk or shovel her front walkway when it snows?* Invite your child to draw a picture of how he or she can help, and write a caption for your child’s picture at the bottom.



HAVE YOU EVER WONDERED ... ? (workbook page 177)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 229. Talk about each word, and read the definitions together.

You can find the Bible source here:

- The sheep and the goats: Matthew 25:31–46

Read the heading on workbook page 177 and then read the text of this section together.

ASK: **Have you ever wondered why Catholics help others?**

SAY: This lesson’s Scripture story is about how important it is to Jesus that we help others as if we were helping him personally. Please read this page to me. OR Let’s take turns reading the paragraphs on this page.

At the bottom of page 177, read the highlighted question together.

ASK: **How do we show Jesus that we love him?** Give your child a moment to think about the answer and respond.

SAY: We show Jesus that we love him by being kind to others, protecting those who are weak, and helping those who need help. Because we love him, we love and care for others.



Look over workbook pages 178–181 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

“All People Have Dignity” (pages 178–179)

Read the heading out loud, and then read the text with your child.

SAY: Please read these two pages to me. Or Let's take turns reading the paragraphs on these two pages.

At the bottom of page 179, read the highlighted question.

ASK: **What makes every person precious to God?** Give your child time to think about and answer the question.

SAY: We are precious to God because he made every one of us in his image, and we belong to him. Human dignity means that every person is valuable, no matter who they are or what they do. Every single one of us belongs to God, and he delights in us. Because of this, we must take special care of people who cannot care for themselves—unborn babies, very young children, people with disabilities, people who are sick, and those who are homeless or poor. God commands us to love them because we love him.

“We Are Called to Care for All People” (page 180)

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted questions.

ASK: **Who in your life needs Jesus' love? What can you do to help them?** Give your child time to think about and answer the questions.

SAY: Can you think of someone who might need your help? What could you do for them?

Remind your child that even a small kindness can remind someone that Jesus loves them. Does your son or daughter know another child who needs someone to sit with at lunch or on the bus? Do you have a relative who would love a visit or phone call? Sometimes, just spending time with someone is a gift. Even a smile matters! People love getting smiles from children. Or could your child save up and give some of his or her own money to a charity that helps less fortunate children? Remind your child that when we do any of these things, we show our love for Our Lord.

“We Live as Disciples of Jesus” (page 181)

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

ASK: **How can we live as Jesus' disciples?** Give your child time to think about and answer the question.

SAY: Being Jesus' disciple means we have a mission—to live as he lived and be a witness to him. We live as he did when we receive the sacraments, pray, and serve others out of love for him. We



witness to him when we show our love for God and for other people. Our mission is simple, really—to love as Jesus loves.

Check Your Understanding (pages 182–183)

This short quiz gives you a chance to check your child's comprehension. Ask your child to complete it, and review the answers together. If he or she seems uncertain about some answers, help with looking them up in the text.

Answers: 1(a) 2(a) 3(a) 4(b) 5(a)



VIDEO TIME

“Felicity’s First Communion”

Watch the *Received* video for Lesson 6.2 with your child. Remember to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

Think about ...

- At your first Communion, you will receive Jesus for the first time in an intimate way.
- When you receive Jesus, you become like him.
- The Mass is a wedding where the faithful come together to receive Jesus in the Eucharist.
- We participate in the Mass in hopes that we will one day enjoy perfect communion with God in heaven.

Talk about ...

Below are some questions to help you and your child talk about the story and characters.

After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

ASK: Felicity is dressed for her first Communion and says she looks like a bride. How is first Communion like a wedding? Pause and listen to your child's answer.

SAY: Felicity's dad explains, “Jesus is going to give himself to you, and you get to receive him. That is the most amazing and special relationship you will ever have, because Jesus loves you more than anyone else could.” It is also like a wedding, he says, because “the family of God comes together to celebrate. It's a piece of heaven. It is through his grace that we will all one day be with him forever.”

ASK: What happens when you receive Jesus? Pause and listen.

SAY: When you receive Jesus, you receive all of him—Body and Blood, Soul and Divinity—and you become like him. He lives in you, and you carry him with you wherever you go in the world.



ASK: Jesus gives us his whole self in Holy Communion. How can you give yourself to him? How can we live as he wants us to? Pause and listen.

SAY: You can give yourself to him by welcoming him as you receive him in the Eucharist, by praying, and by doing his will. You can help people who need your help because Jesus said that when you help others, you are helping him. And you can go to Confession whenever you mess up so that your heart is pure and always open to receive him.



**STEP
6**

FRIEND ON THE JOURNEY (workbook pages 184–185)

St. Martin de Porres

Turn to workbook page 185 and read about St. Martin together.

SAY: Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Martin teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

ASK: If you could meet St. Martin, what would you like to ask him? Pause and listen to your child's answer.

Going deeper: St. Martin de Porres cared for others with great tenderness and devotion. If you'd like to celebrate his legacy, find out about the ministries in your parish that serve the poor, and consider getting involved in one with your child.

Talking to a friend: Look back at the picture of St. Martin on page 184. Remind your child that St. Martin is a friend your son or daughter can talk to whenever he or she needs his help. Your child might like to tear out his picture to hang in a special place.

If you are using the *Received* prayer cards, pray the prayer on the back of the St. Martin de Porres card. Ask him to intercede for your family.



**STEP
7**

WRAP-UP ACTIVITY (workbook page 186)

“Discipleship Action Plan”

SAY: We've talked about living as Jesus' disciples today. Now it's time to come up with a plan for going to Mass, praying, and serving others.

Make sure your child has a pencil. Read the instructions and work together to come up with an action plan. Make sure the goals are practical and the plan is achievable for your child. Think of ways you can support your child every day. Consider writing a plan of your own to work on alongside your child.



Closing Prayer (page 187)

SAY: It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.



FAMILY LIFE ACTIVITIES

These activities can be done at any time. The instructions are on page 216 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.





“Jesus has made himself the bread of life to give us life.

Night and day, he is there.

If you really want to grow in love,
come back to the Eucharist,
come back to that adoration.”

—St. Teresa of Calcutta

