

Focus: Sharing a Meal

Materials:

- Prayer Altar: Cross, Candle, Chasuble on stand (priest's vestment) and Altar Cloth
- CD: Bible Songs for Kids-Vol 1
- Gospel: in Lesson Plan
- Set the Table of the Altar kit
- Koosh ball

Gathering (children find/sit on a carpet square)

Say: Good Morning everyone, my name is _____. Last week we talked about Trinity Sunday, day that celebrates that God is three persons; God the Father, God the Son and the Holy Spirit. This week we will hear about a special meal that Jesus had with his friends and talk about the Eucharist and how that helps us be better followers of Jesus.

Opening Prayer

Together we make the Sign of the Cross (do in reverse so children can mirror).

Say: Now let's put our hands together and bow our heads.

Let us pray. Lord God, the bread we break is our sharing in the Body of Christ. At the table of the Lord feed us, support us and make us your people. We ask this through your Son, Jesus Christ. Amen.

Song/Movement

Praise Him, Praise Him, All Ye Little Children, track: 29, from [Bible Songs for Kids- Vol. 1](#)

Play music, encourage children to stretch or move to the music (clapping, stamp feet march in place to the beat), turn to each other and shake hands, saying hello, etc.

Praise Him, praise Him, all ye little children,
God is love, God is love;

Praise Him, praise Him, all ye little children,
God is love, God is love.

Love Him, love Him, all ye little children,
God is love, God is love,

Love Him, love Him, all ye little children,
God is love, God is love.

Serve Him, serve Him, all ye little children,
God is love, God is love,

Serve Him, serve Him, all ye little children,
God is love, God is love.

Thank Him, thank Him, all ye little children,
God is love, God is love;

Thank Him, thank Him, all ye little children,
God is love, God is love.

Praise Him, praise Him, all ye little children,
God is love, God is love;

Praise Him, praise Him, all ye little children,
God is love, God is love.

Memory Verse

Say: Now let's take a moment together to learn a verse from the bible.

Jesus is bread from heaven.

Have the children repeat the verse after you a couple of times.

Say: *When Jesus lived on earth, bread was the most important food people had to eat. That's what kept them alive. Jesus wanted us to know that being his friend and doing what he teaches is most important. It's more important than riches, fame, power, beauty, sports or anything else. Our friendship with Jesus will lead us to ever lasting life. We will live with God forever.*

Gospel Story

Say: *Today we are reading from the Gospel of John.*

Have children make sign of the cross on their forehead, mouth and heart saying. *“Lord, open my mind, my lips and my heart so that I may learn it, speak it and love it.”*

Read: None, pp. N/a,

Jesus went to the synagogue.

[Use the index and middle finger of one hand to “walk” over the palm of the other]

He told the people

[Chatty hand, thumb against fingers.]

That he is the living bread from heaven

[Point heavenward]

Some people did not believe him.

[Cross your arms and shake head ‘no’]

Jesus told them

[Chatty hand, thumb against fingers.]

That unless they eat this living bread

[Hold your hands as though you are receiving communion (like an altar) and place an imaginary host in your mouth.]

They do not have his life within them.

[Shake head sadly]

Those who do eat this bread,

[Hold your hands as though you are receiving communion (like an altar) and place an imaginary host in your mouth.]

Will live forever.

[Point heavenward]

They will have life because of Jesus.

[Place your hand over your heart.]

After the reading say: *The Gospel of the Lord*

Children respond: *Praise to you, Lord Jesus Christ*

Discussion Starters:

- *Where did Jesus go?*
- *What did he do there?*
- *What is special about the bread that Jesus gives us?*
- *Who helps us live forever with God in heaven?*

Reflection on Reading:

Jesus said we should eat this living bread from heaven. Every week, during Mass, a miracle happens. The bread and wine that Father blesses become the Body and Blood of Jesus. It still looks and tastes like bread and wine, but Jesus told us they are really him. When you are older you will eat this bread, Jesus will become part of you and fill us with his love. The bread that is Jesus leads us to everlasting life.

Gospel ActivityActivity 1:**The Mass-Sharing a Meal Together-Setting the Table:**

Discuss with the children the many times we celebrate our unity by sharing a special meal: Christmas, Easter, Thanksgiving, Birthdays and so forth. Are there other times? Ask the children what their family eats on these special occasions. Do they use special dishes and glasses? Help them see that certain foods have become symbols of what we are celebrating. Just as we use the Bread and Wine that becomes the Body and Blood of Jesus to celebrate that Jesus is with us and gives us the Holy Spirit to be able to share life forever with God.

Show the children the Articles of the Mass that we use to set the table during the Mass. We use a Lectionary and Book of the Gospels for the Word of God and we use a cup (chalice) and a plate (paten) for the Eucharist (the Body and Blood of Christ).

While the children may be too young to understand transubstantiation or the concept of the Real Presence of Jesus, it isn't too early to begin explaining that something special happens at Mass and we know that Jesus is with us when we gather together.

--Set the Altar in preparation for communion: Set in closet

Activity 2:**Hot Bread!**

Seat everyone in a circle. Explain that you are going to pretend the ball is a loaf of bread, just out of the oven. You can't hold it too long, because it's so hot.

As the music (any song on this week's CD) everyone should pass the hot bread as fast as they can. When the music stops, whoever is holding the bread shares one way we can be like Jesus.

Complete the weekly bulletin as a group-let the children color them if there is extra time

Closing Prayer

(Children respond: "I Believe!")

Ask: *Do you believe in God, who is our Father in heaven?*

Do you believe in Jesus, who is the bread of life?

Do you believe in the Holy Spirit, who helps us to remember what Jesus taught us?

Sending Forth

Say: *As we leave keep in mind the gift that we are given by Jesus and his death an resurrection. Say a special prayer this week, maybe at the table for a meal, thanking God for your family and the food we eat and those who don't have any food for their dinner.*

Lining Up/Closing Song

Play "To God Be the Glory" track 31 from Bible Songs for Kids- Vol 1 while children put away any materials and lineup. Hand out weekly bulletins. Remind them it is important that they return to their family quietly so that we may all listen and pray together in church.