

**Focus:** Sharing a Meal

**Materials:**

Prayer Altar: Cross, Candle, Chasuble on stand (priest's vestment) and Altar Cloth  
CD: Bible Songs for Kids Vol. 2  
Gospel: In the lesson plan  
Set the Table Activity Kit  
Chalice from Set the Table Activity Kit

**Gathering** (children find/sit on a carpet square)

*Say: Good Morning everyone, my name is \_\_\_\_\_. Last week we talked about Trinity Sunday, a 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**

*Standin' In the Need of Prayer*, track: 8, from Bible Songs for Kids-Vol. 2

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.

It's me, it's me, O Lord  
Standing in the need of prayer;  
It's me, it's me, O Lord  
Standing in the need of prayer.

Not my father, not my mother, but  
it's me, O Lord  
Standing in the need of prayer.

Not my sister, not my brother. but  
it's me, O Lord  
Standing in the need of prayer.

Repeat both verses 2 more times.  
Last time repeat last line: "Standing in the need of prayer."

**Memory Verse**

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

*Jesus is the bread of life.*

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

*Say: Jesus tells us that our life will be happier if we follow him and do what he teaches us. He will be all that we need to have a life of love and joy. Jesus teaches us that the love and peace of God are what will make us happy.*

**Gospel Story**

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

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,

At the time of the Feast of Passover,

[Praying hands]

Jesus’ disciples asked him:

[Chatty hand, thumb against fingers]

“Where do you want us to prepare the Passover supper for you?”

[Pretend you are setting the table]

Jesus said to two disciples

[Chatty hand, thumb against fingers]

“Go into the city.

[Point to the distance]

“Follow the man you see carrying a water jar.

[Lift and imaginary jar onto your shoulder and walk in place]

“Say to the master of the house that he enters:

[Chatty hand, thumb against fingers]

‘The teacher asks, ‘Where is the guest room

[Shrug shoulders]

‘where I may eat the Passover meal with my disciples?’

[Pretend to eat some food]

“Prepare the Passover Supper in the room he shows you.”

[Praying hands]

During the meal, Jesus blessed the bread.

[Extend hands in blessing]

He broke it and passed it to his disciples.

[Graceful dealing-out motion]

Jesus said:

[Chatty hand, thumb against fingers]

“This is my body.”

[Touch the center of each palm with the middle finger of the opposite hand]

Jesus took the cup and gave thanks.

[Raise uplifted hands in praise]

He gave the cup do his disciples.

[Pretend to extend the cup to another]

Jesus said: “This is the blood of the promise.

[Touch the center of each palm with the middle finger of the opposite hand]

“It will be shed for many.

[Sweeping motion to indicate everyone-the world]

I will not drink again until I return to heaven.”

[Point heavenward]

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

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

**Discussion Starters:**

- *Where does Jesus send the disciples?*
- *What do they find in the city?*
- *What special meal do the disciples get ready to share with Jesus?*
- *How do good meals help us to grow?*
- *What important meals do you share at home?*
- *What meal do we share when we come together for Mass?*

**Reflection on Reading:**

*In Jesus' day bread and wine were very common foods. They were always used in the celebration of the Feast of Passover. By changing the bread and wine into himself, Jesus makes himself alive again to his people throughout the world whenever we celebrate mass. At Mass, the priest asks God to send his Holy Spirit to change the bread and wine into Jesus. Most of you are too young to receive communion, but when you can you will be welcoming Jesus to become part of you, just as everyone does in church today. Then we try to live our lives as Jesus lived. At Eucharist, you can go forward and receive a blessing. [Show them to cross their hands over their chest]. This blessing can help you live like Jesus.*

*The meal we heard in today's story is why we celebrate Eucharist every week at mass; to remind us what Jesus told us.*

**Gospel Activity**

Activity 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. Help them see that certain foods have become symbols of what we are celebrating.

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

Activity 2:

**Take the Cup of Jesus**

Use the chalice in the "Set the Altar" materials.

To take up the cup of Jesus is to continue his mission, no matter the cost. This mission is the salvation of all people (everyone having the chance to live with God in heaven). Sit with the children in a circle. Hold the chalice in your hands, and tell something you can do to bring others to Jesus and the salvation he offers. Then pass the chalice around the circle, giving everyone a chance to tell what he or she can do to spread the Good News and the love of

Jesus. Finish your circle time with this or another prayer, inviting the children to repeat each line after you:

Dear Jesus,  
One day, we'll celebrate our First Holy Communion.  
help us get ready for that day  
by teaching us to share your love with others today.  
Amen.

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 wants us to live in heaven with him, like Jesus?*

*Do you believe in Jesus, who gives himself to us in the Eucharist?*

*Do you believe in the Holy Spirit, who strengthens us to remember Jesus and live in Jesus?*

### **Sending Forth**

Say: *Remember to treat others with kindness so that we can show them that we believe in Jesus and he has taught us to be children of God.*

### **Lining Up/Closing Song**

Play "*The Light Medley*" track 10 from 25 Sunday School Songs 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.