

Focus: We are Jesus' Light in the World

Materials:

Prayer Altar: Cross, Candle, Chasuble on stand (priest's vestment) and Altar Cloth
CD: SEED CD
Gospel: In Lesson Plan
Unconsecrated Host
Food Pyramid Picture
Book: 100 Bible Stories/100 Bible Songs
Mirror
Flashlight

Gathering (children find/sit on a carpet square)

Say: *Good Morning everyone, my name is _____. Last week we talked about Welcome back from our summer break. This week we are going to hear about how Jesus is our food in the Eucharist.*

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.

Like a caring mother and father, God, you prepare us for a wonderful meal in which the food and drink is Jesus himself. Help us to recognize Jesus in the Eucharist and in the world. In the name of Jesus Christ we pray. Amen.

Song/Movement

Like Jesus, track: 6, from Seed CD

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.

1. The more we love each other,
each other, each other.
The more we love each other, like
Jesus we'll be.

2. For Jesus in your friend and Jesus
in my friend.
The more we love each other, like
Jesus we'll be.

Repeat all
[Break]
Repeat verse 2

Memory Verse

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

Jesus is the living bread from heaven.

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

Say: *People all over the world eat bread. Everyone understands that bread is important for keeping our bodies healthy. Jesus wants us to understand that Eucharist is important for keeping our souls healthy. Even though many of you are not old enough to take communion, you can go up and*

get a blessing. When you are older and can understand more about Jesus as the Living Bread of life you will receive Jesus in the Eucharist too. It will be important to remember that Jesus is really there, present in the bread and wine that becomes his body and blood.

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,

(Hold up the unconsecrated host and briefly explain that during Mass, Fr. says a prayer that transforms this bread into the Body of Christ. Tell the children that each time you hold it up, they should make the pantomime for Jesus—Touch center of each palm with index finger of opposite hand)

Jesus told the people:

[Chatty hand, thumb against fingers.]

“I am the Bread of Life.

[Hold up the host, children touch center of each palm with index finger of opposite hand]

Whoever eats this bread will live forever.

[Make an altar with your hands (like you are receiving Eucharist) and pantomime placing the host in your mouth]

The bread is myself

[Hold up the host and have the children touch center of each palm with index finger of opposite hand -- the sign for “Jesus”]
given for the life of the world.

[Open arms wide.]

Amen, amen I say to you,

[Fold hands in prayer]

whoever eats this bread which is my body

[Hold up the host]

and drinks this wine which is my blood

[Touch center of each palm with index finger of opposite hand.]
has life forever.

[Cross hands over your heart.]

I will raise them up on the last day.

[Raise hands slowly, palms up.]

Just as I have life because of my Father,

[Point heavenward.]

so the one who feeds on me

[Make an altar with your hands and pantomime placing the host in your mouth]
will have life because of me.

[Cross hands over your heart.]

I am the living bread of heaven.”

[Hold up the host and have the children make the sign for “Jesus”]

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

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

Discussion Starters:

- *How does Jesus describe himself?*
- *Why is bread so important in this story?*
- *Who is the gift from God given for the life of the world?*
- *What is it like to receive a gift?*
- *What do you usually say to the person who gives you a gift?*
- *How can we say thank you to God?*

Reflection on Reading:

Jesus describes himself as the bread of life. He is the way we grow and become good followers. Even though you are too young to receive Eucharist, you are learning about Jesus to you get ready before you come to the altar to receive it. By learning about Jesus now, you're getting ready for the day when you'll receive the Bread of Heaven.

We know that the bread and wine are truly Jesus because Jesus said so. Jesus gave us the Bread and Wine of heaven so that we could touch him and he could be part of us every day.

Gospel Activity

Activity 1:

Show the children the picture of the Food Pyramid. Show them that one of the larger sections is the foods we make from grains; the whole wheat bread, rice, quinoa, polenta etc. are important to our health. Eating well gives us energy to run, dance, play and work. It is important to remember to eat well to stay healthy.

Say: A loaf of won't last forever. It gets old and stale. Not only that, but when we eat it, we are satisfied for a little while and then we are hungry again. Even though Jesus knew that bread was very important to life, he wanted something more for his children. He wanted something that would last forever. One day, as he was teaching, Jesus said, "I am the bread of life. He who comes to me will never go hungry. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

We want our friendship with Jesus to be healthy too. Jesus said he is the bread of life, this means he can be our energy to do God's work. Jesus feeds us with love and the Word of God. Jesus teaches us with his words and stories. His stories help us be healthy in our heart and soul. When our soul is healthy, we feel joyful; when we feel joyful we can love and praise God. Jesus tells us what we need to do to live in God's Kingdom forever.

Read the story "Shine for Jesus" on page 114 of 100 Bible Stories, 100 Bible Songs and then play the sing along to the song on the CD, Track 5, Disc 2.

Activity 2:

Say: Have you ever sat outside on a bright and sunny day and used a mirror to reflect the sun's light? If one of you will take this flashlight and shine it on me I will show you what I

mean. You see, as the light shines on me, I hold up my mirror and I can reflect the light to shine on you. I am not the light, I am just letting my mirror reflect the light to shine on you.

If I am going to reflect my light on you, there are a couple of things that are very important: I must keep my mirror facing toward the light. If I turn away from the light, I cannot reflect the light.

I must make sure nothing comes between the light and me. If that happens, I cannot reflect the light.

Who was the true light that the Bible said was coming into the world? It was Jesus. Jesus is the Light of the World.

The Bible says that we are to let our light shine, but we need to remember that “Our Light” is Jesus. We are not the light, we are mirrors that reflect the His Light. If we are going to reflect the light of Jesus, we must remember a couple of things.

We must keep our faces turned toward Jesus.

We must not let anything come between us and Jesus. Jesus should always come first in our lives.

When we remember those two things, we will reflect His light to the entire world...

Dear Jesus, we want to reflect your light in the world. Help us to keep our faces turned toward you and helps us to keep anything from coming between us and you. 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 follow Jesus?*

Do you believe in Jesus, who teaches us about the importance of being nourished in our hearts and body?

Do you believe in the Holy Spirit, who is God's gift to us?

Sending Forth

Say: When we go back to church we can remember to say a special prayer to Jesus and thank him for teaching us about God's love and being His light in the world to others.

Lining Up/Closing Song

Play “*Follow Me*” track 10 from Seed CD 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.