

FAITH AT HOME

A Parent Companion



Overview of *Saints Among Us* Book 4:

It has been found that when parents are involved in religious education it is much more effective and has a lasting impact on the lives of their children. This is why we have the “At Home” and “Living the Faith” component for each lesson. Parishes cooperate with parents, who are the primary educators of their children. Book 4 focuses on the Eucharist and First Communion. We will learn about Jesus’ presence in the Eucharist, how to adore Jesus in the Blessed Sacrament, and how to receive Communion with prayer and love. Each lesson will begin with a prayer meditation from the Bible. It will then present the material of the lesson for the day. We will then have a fun activity to reinforce what we are learning. We are also learning prayers throughout the twelve weeks. We will send home copies of these prayers.

BREAKING BREAD



Lesson Overview:

We begin the semester by looking at the simple reality of breaking bread. In the ancient world this simply meant sharing food together. Meals are one of the most important things that we do, because they not only refresh our bodies, but also provide us with times of fellowship. This is why meals are so important in our family celebrations, such as Thanksgiving and Christmas. In the Bible we also see that God uses meals to teach His people and to draw them close to Him. In the Old Testament, the Passover meal was a key moment of salvation, when God saved His people from slavery in Egypt through the blood of the Passover Lamb. Jesus used the Passover meal to give us His Body and Blood. The Church continues to celebrate the Lord’s Supper at the Mass, as Jesus gives us His Body and Blood to eat. The Acts of Apostles describes how the early Church met regularly to break bread for the Eucharist in their homes: “Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved” (2:46). We continue to break bread as a community each Sunday at Mass.

Review with Your Child:

1. What will you receive in the Sacrament of the Holy Eucharist? **Body, Blood, Soul, and Divinity of Jesus Christ.**
2. Why was the breaking of bread essential in the lives of the first Christians? **They found Jesus in the breaking of the bread.**
3. Where has the tradition of the breaking of bread continued throughout the history of the Church? **At Mass.**

SAINTS AMONG US

Eucharist



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FAITH IN ACTION

Breaking bread as a family every day during family meals keeps us close together. Try to make time to eat together every day. A longer and more special family meal on Sunday helps to make the Lord's Day a time for celebration and family life.

AT HOME

1. Pray the Our Father and Anima Christi as a family.
2. Discuss the importance of the breaking of the bread and how this relates to your own family meals.

PRAYERS

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, cover me.

Water from Christ's side, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Suffer me not to be separated from You.

From the malicious enemy defend me.

In the hour of my death call me

And bid me come unto You

That I may praise You with Your saints

and with Your angels

Forever and ever.

Amen.



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