

FAITH AT HOME

A Parent Companion



BREAD FROM HEAVEN



Lesson Overview:

Today we learned about another connection between the Old Testament and the Eucharist. After Israel left Egypt in the Exodus, they entered the desert. They cried out to God for food and He sent them bread from Heaven, called manna. During His ministry, Jesus said that He was the true bread sent from heaven. In John 6, He taught: “Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” So they said to him, “Sir, give us this bread always.” Jesus said to them, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.”



ISRAELITES GATHERING MANNA
by Nicolas Poussin Source: Alamy

Jesus also miraculously fed the crowds following Him with only five loaves and two fish. In this miracle and through His teaching, Jesus wants us to know that He will feed us with His Body, the food that will last forever.

Review with your child:

1. What is manna? **The bread that God rained down from heaven for the Israelites.**
2. How is Jesus our heavenly bread? **His Body and Blood sustain and nourish us so that we might have eternal life.**
3. Why did Jesus perform the miracle of the multiplication of loaves? **To show that He is God and that He cares for us.**

SAINTS AMONG US

Eucharist



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FAITH IN ACTION

Jesus feeds us with His Body, but asks us to feed Him in return in the poor and needy: “for I was hungry and you gave me food, I was thirsty and you gave me something to drink” (Mt 25:35). Does your parish have a soup kitchen you can support? Are there families you know who need help? Reflect on how you can serve Jesus in the hungry as a family.

AT HOME

1. Say the Our Father and Anima Christi with your family.
2. When you sit down to eat with your family, make sure to say thank you to Jesus for giving you food.

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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