EUCHARIST

SAINTS AMONG US

STUDENT WORKBOOK 4

English

ARCHDIOCESE OF DENVER

SAMPLE

SAINTS AMONG US

Restored Order Curriculum

SAMPLE

Student Workbook

BOOK 4: EUCHARIST

ARCHDIOCESE OF DENVER

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BREAKING BREAD

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LESSON 1

The Road to Emmaus by Carl Bloch. Source: Wikimedia Commons

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PRAYING WITH THE BIBLE

Begin with the Sign of the Cross.

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

1.

READ: Luke 24:28-32

2.

MEDITATE:

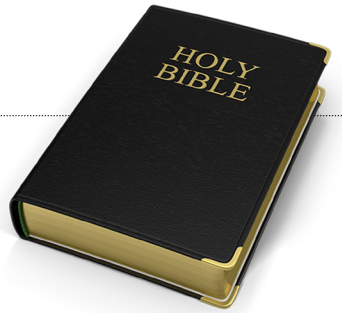
- Jesus breaks bread with you every time you go to Mass. He comes to be with us through His Body and Blood in the Eucharist.
- The disciples teach us an important prayer: "Stay with us." We need to ask Jesus to stay in our hearts after we meet Him at Mass.

3.

PRAY:

God, please give us the gift of knowing that Jesus is present with us at Mass. Help us to get ready for First Communion.

Tell God what is on your heart and ask Him for what you need.



4.

LISTEN:

Let's be quiet so we can hear what God might be saying back to us, inside our heart.

End with the Sign of the Cross.

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

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LESSON SUMMARY

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This semester, you are preparing to receive your first Holy Communion. This is the final Sacrament of Initiation after Baptism and Confirmation.

Jesus, who is God, came to earth as a man to give redemption to all humanity. People need salvation (saving) from their sins, so Jesus chose to come to earth and offer Himself as the greatest sacrifice to take away all of our sins. In this way, we can also have eternal life in Heaven. Jesus offered Himself up on the Cross, and He also offers Himself up in the Eucharist so that we might have bodily and spiritual nourishment.

We are going to talk a lot this semester about sharing bread together and what it means for us that Jesus gave us Himself as the living bread. Bread was a common food for all ancient people. Wheat or barley grew well and was easy to make into flour and then bread. Bread has always been nourishment for people. When Moses led the Israelites out of Egypt and they were hungry, God rained down manna from heaven, which is bread. He gave them bread to sustain them. As we go through this semester, you will also see how Jesus is the bread that sustains us.

FAMILY CELEBRATION ACTIVITY

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WRAP UP

1. What will you receive in the Sacrament of the Holy Eucharist?

2. Why was the breaking of bread essential in the lives of the first Christians?

3. Where has the tradition of the breaking of bread continued throughout the history of the Church?

FINAL PRAYER

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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AT HOME

- Pray the Our Father and Anima Christi as a family.
- Discuss the importance of the breaking of the bread and how this relates to your own family meals. Share memories with your family about favorite meals together.