

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 1 – Preparing the Way for Christ

Let's Watch – God Is with Us

1. What excites you the most about receiving your First Communion?
 - **dressing up, having a party, seeing Grandma & Grandpa from out of town, etc.**
 - **receiving Jesus – who is really present to us in the Eucharist.**
2. Why do you think Jesus makes himself present to us in the form of bread & wine? Couldn't he have done something more exciting?
 - **so he can be true food for our souls**
 - **so he can be very close to us by entering into us when we receive him**
3. The Eucharist is the most important gift in the world because Jesus is truly present in the Eucharist. What are some things you can do to prepare yourself to receive First Holy Communion?
 - **learn about the Eucharist**
 - **go to Confession**
 - **pray that you can be close to Jesus.**

Let's Read God's Word – The Feast of Passover

1. In the Mass we remember how Jesus saves us from sin. Jesus brought us the gift of salvation. Have you ever been given a gift that made you thankful?
 - **family, home, school, church, friends.**
 - **We should thank God for all the good things in our lives.**
2. How do you think the Israelites felt when they celebrated the 1st Passover? How do you think they felt the next day when they left for Egypt?
 - **scared about the 10th plague, curious about what was to happen next, excited or doubtful about what would happen the next day**
 - **happy & excited to leave – nervous or anxious about what was to happen next**
3. God told the Israelites to mark their doors with the blood of the lamb to prove that they were his people. What are some ways that you can show you belong to God?
 - **Jewelry, actions (praying in public), words we use, actions**
4. The Passover feast is celebrated by Jews every year, and recalled in our Scripture readings each Lent & Easter, to remember the amazing way God saved his people. What is something that God has done for you? How do you remember, celebrate, & give thanks for God's work in your life?
 - **big things, little things – our life, family, friends, things that make us happy,**
 - **answering prayers, helping us to get healthy, finding a lost item, do well in school**
 - **He wanted all of creation to share in his love and friendship.**

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Session 1 – Preparing the Way for Christ

Let's Learn About Our Faith – Jesus is the True Sacrifice

1. Discuss some of the sacrifices you can offer God in your daily life.
 - **joys, problems, homework, chores, ANYTHING**
2. How do you think the Israelites felt the 1st time they saw the manna? What does the manna tell us about God and his relationship with his people?
 - **surprised, confused, curious. happy & relieved for food.**
 - **Manna tells us that God cares about his people – he takes care of their needs**
3. The Israelites offered many sacrifices to show how much they loved God. What are some ways you show how much you love God?
 - **loving other people, being kind, obeying God – parents – teachers.**
 - **Praying, making little sacrifices (giving \$ for toy to poor instead)**
4. In the Tabernacle, God dwelt among his people. Where can we find God's presence today?
 - **our hearts – because of our Baptism**
 - **tabernacle – in any church**

Did You Know – The Passover Seder Meal

1. Have you ever participated in a Passover Seder meal – or have friends who do?
 - **what was it like?**
2. What is the meal recalling?
 - **the exodus of the Israelites from slavery in Egypt.**

Let's Do Activities

Jesus is the new Passover Lamb

- **People**
- **Moses**
- **Egypt**
- **Pharaoh**
- **Doorposts**
- **Passover**

Who am I?

- **Moses**
- **Pharaoh**
- **Israelites**
- **Lamb**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 1 – Preparing the Way for Chris

Let's Recall & Reflect

1. What was special about the Tabernacle in the Wilderness?
 - **it was the house of God.**
 - **it was the place the Israelites came to pray & to offer sacrifice.**
2. God gave the Israelites manna when they were hungry. How does God care for you & provide for your needs?
 - **gave you your family, created the world & everything in it**
 - **all food, clothes, books & toys ultimately come from God.**
 - **God provides his love – gives us grace in the sacraments – forgives sins - answers prayers**

Story of a Saint – St. Catherine of Siena

1. St. Catherine lived at a time when people were hungry for the truths of the Faith. Have you ever been hungry to learn & know something? Who fed your mind & heart and helped you to learn?
 - **for truth – parents, teachers & friends, books, esp. the Bible & stories about saints.**
2. God used St. Catherine to help people learn the truth about God's love so that they could grow closer to Jesus. How can you help other people grow closer to Jesus?
 - **Tell people about God's love.**
 - **be an example of God's love**
 - **invite people to learn about God's love by coming to Mass with you.**
 - **pray for other people.**
3. God will always provide what we need. What is something you need right now? God used St. Catherine to meet other people's needs. Ask someone to pray for God to meet your need. Ask them how you can pray for them, too!
 - **help in school, with a new friend, answer to questions, etc.**

Let's Read a Story – Buried Treasure

1. Why did Mr. Norm, the handyman, say we should care about the past? What do you think he meant when he said, "The past is always present"?
 - **Because everything we have today is only here because someone built it.**
 - **What people did in the past made things the way they are today.**
2. Why are the events of the Bible important for us today?
 - **They tell the story of how God saves us.**
 - **They are the real things that God did, & our world would not be the same without them.**
 - **Without God's act of Creation – nothing would even exist!!!**
3. What are some things that Jesus said or did that impact us today?
 - **He told us about the Father & the Holy Spirit – so we know about the Blessed Trinity.**
 - **He told his Apostles to go and baptize all nations – and we are baptized b/c of this.**
 - **He gave his Apostles the authority to forgive sins – so we have the Sac. of Reconciliation.**
 - **He instituted the Sacrament of the Eucharist at the Last Supper – so we receive him at Mass.**
 - **He died for our sins, so we can go to Heaven to be with God forever.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 2 – The Last Supper

Let's Watch – Be His Friend – Chris S.

1. Why did God create the universe?
 - **He wanted to be your friend and to have a relationship with you.**
2. How is Jesus our best friend?
 - **He made us and died to save us.**
 - **He is always with us & will never leave us.**
 - **He always knows what is best for us and will never lead us astray.**
3. What did Jesus do at the Last Supper?
 - **He gave himself to us in the Eucharist as spiritual food for our souls.**
 - **That was the 1st Mass & at every Mass we can receive Jesus into our souls just like the Apostles did at the Last Supper.**

Let's Read God's Word – The Last Supper

1. At the last Supper, Jesus gave the Apostles something new & special. Discuss ways in which receiving your 1st Holy Communion is new & special for you?
 - **receiving Jesus in Holy Communion for the 1st time!, able to join parents & siblings.**
 - **Learning about helps them grow in their faith**
2. How do you think the Apostles felt at the Last Supper?
 - **excited to celebrate Passover with Jesus.**
 - **Surprised when Jesus changed from the script.**
 - **In awe at Jesus' words that he was giving them his Body & Blood.**
 - **Worried about what was going to happen next.**
3. What did the 1st Passover do for the Israelites? What does the New Passover do for us?
 - **1st – saved the Israelites from slavery & death in Egypt.**
 - **New – saves us from slavery to sin & gives us eternal life.**
4. Why did Jesus say to his Apostles, "Do this in memory of me"? How is this command fulfilled?
 - **Jesus wanted his Church to celebrate the Eucharist until he comes again.**
 - **It is fulfilled at every Mass.**

Let's Learn About Our Faith – Jesus Institutes the Sacrament of the Eucharist

1. Why is receiving Holy Communion such an important part of your life as a Catholic?
 - **receive Jesus himself!**
 - **receive the strength to live a good Christian life.**
2. What event is made present to us at the Mass?
 - **Jesus' Last Supper & his sacrifice on the Cross.**
3. Why did Jesus perform miracles?
 - **to teach people & to help them acquire the gift of faith.**
 - **they teach us that God can do anything , God loves us & takes care of us.**
 - **They prepare us for the great miracle of the Eucharist – he can do anything!**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 2 – The Last Supper

Did You Know – Transubstantiation

1. What is Transubstantiation?
 - **The change of bread & wine into the Body & Blood of Christ.**
2. What does Real Presence mean?
 - **The reality that Jesus is truly present, Body, Blood, Soul, & Divinity, in the Eucharist.**

Did You Know – At the Last Supper

1. Who did Jesus make priests?
 - **Jesus made the Apostles the very 1st priests.**
2. What are the words of Consecration?
 - **The words of Jesus that the priest repeats at Mass – “This is my body,” and “This is the chalice of my blood.”**

Let’s Do Activities

Jesus is Really Present

- **When the bread and wine are changed into Jesus’ Body and Blood, this is called Transubstantiation.**

The Last Supper

1. **B – The Passover Meal**
2. **B – bread & wine**
3. **A – Transubstantiation**
4. **C – Body, Blood, Soul & Divinity**
5. **A – Priest**
6. **A – Communion**
7. **C – souls**

Let’s Recall & Reflect

1. How does the miracle of changing water into wine at the Wedding Feast at Cana point forward to the miracle of the Eucharist? What do we learn about Jesus from this miracle?
 - **Jesus has the power to turn something into something else – water into wine, wine into His Precious Blood.**
 - **Jesus is God, he can do anything, he loves us & takes care of us.**
2. What happens when the priest says the Words of Consecration?
 - **the bread & wine change into the Body & Blood of Jesus.**
 - **they keep the appearance of bread & wine – but their substance is completely changed.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 2 – The Last Supper

Story of a Saint – St. Clare of Assisi

1. Who was St. Clare inspired by?
 - **St. Francis of Assisi**
2. How did she save the town from the attack from the army of soldiers?
 - **She took the Blessed Sacrament to a high wall on the edge of town where the enemy could see it.**
3. Why did the army run away?
 - **They were frightened by the power of Jesus?**

Let's Read a Story - Boxes

1. If you had the same homework assignment as Nick and Sam – to bring items to school that are important to your family history – what would you bring?
 - **pictures, special stuffed animal or toy,**
 - **something that belonged to their parents or grandparents when they were little**
 - **souvenir from a family trip.**
2. What are some of the special feast days set aside to celebrate Jesus, Mary, the saints, or important events in the life of the Church?
 - **Christmas, Easter, Pentecost, Immaculate Conception, Ascension, Mary, mother of God,**
 - **anniversary of the sacraments you have received**
3. What are some things that we can do to better celebrate these special days?
 - **go to Mass – even when it is not a Holy Day of Obligation.**
 - **decorate or have special food**
 - **celebrate baptism just like a birthday – it is your spiritual birthday!**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 3 – The Death & Resurrection of Jesus

Let's Watch – Jesus Gave You Everything (Dr. Scott)

1. What was Jesus' greatest act of love?
 - **his Death on the Cross for our sins.**
2. What does it mean that "Jesus gives everything for us"?
 - **He gave his life in order to save us from our sins.**
 - **He loves us so much, that he holds NOTHING back from us – even his own life.**
 - **Jesus wants us to be like him & to share in his life now & forever in Heaven.**
3. What does it mean that Jesus is the Lamb of God?
 - **He is the New Passover Lamb.**
 - **Just as the Passover lamb was sacrificed to free Israel from slavery in Egypt, Jesus offered himself as a sacrifice on the Cross so that we can be free from sin.**
 - **Jesus made the perfect sacrifice to free us from our sins.**

Let's Read God's Word – The Death & Resurrection of Jesus

1. How would you feel if you had found Jesus?
 - **confused, surprised, sad that someone had taken the body.**
 - **later: overjoyed!**
2. In the instructions for Passover, God told the Israelites not to break any of the bones of the Passover lamb. How do these instructions for Passover relate to Jesus' Death on the Cross?
 - **Jesus was treated like the sacrificial Passover lamb**
 - **Jesus' legs weren't broken when he was crucified.**
 - **none of the lambs bones were broken at Passover**
3. Why did the soldier stick his spear in Jesus' side? What happened when he did this?
 - **to show that Jesus was really dead.**
 - **blood & water flowed out of Jesus' side.**
4. Who was the 1st person to discover that the tomb was empty?
 - **Mary Magdalene.**
 - **Peter & John were the next**

Let's Learn About Our Faith – Called to be Witnesses

1. In what ways can you be a witness of Christ to your family & friends?
 - **the way you treat others.**
 - **tell others what you are learning in class & why it is so important.**
2. What is salvation? What did Jesus do for our salvation?
 - **the forgiveness of our sins & the healing of our friendship with God so we can be w/him.**
 - **Jesus' Death saved us from our sins.**
 - **Jesus' rising from the dead & ascending opened the gates of Heaven for us.**
3. What did the Apostles do as soon as they received the Holy Spirit at Pentecost?
 - **started sharing the Good News @ Jesus & God's love w/everyone they met.**
4. Why do you think Jesus wants us to share in his mission of bringing God's love to everyone? How do you feel about sharing in Jesus' mission?
 - **he wants everyone to experience the joy & happiness that comes from the love of God.**
 - **nervous, scared – don't worry, the HS will give us the strength we need. CONFIRMATION!**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 3 – The Death & Resurrection of Jesus

Did You Know – Jesus is the Lamb of God

1. Do you remember hearing these words at Mass?
2. Will they mean something different to you now?

Did You Know – Source & Summit

1. Why is the Eucharist the Source & Summit?
 - **source - Christ himself nourishes & strengthens us so that we can follow him more closely.**
 - **summit – we are united to Christ, which is the ultimate goal of our lives.**
 - **It is a memorial of Christ's sacrifice for us & we receive him as food!**

Did You Know – The Holy Spirit

1. What is the Trinity?
2. What do we receive at Baptism?
 - **the H.S & we become temples of the Holy Spirit**
3. What do we receive at Confirmation?
 - **a special outpouring of the HS – increasing & deepening the grace of our Baptism.**

Let's Do Activities

Jesus Came to Earth

- **5 4 2**
- **6 3 1**

A-Maze-ing Faith

Let's Recall & Reflect

1. How is Jesus the perfect sacrifice for our sins?
 - **He fulfills & goes beyond everything that was required in the Old Covenant:**
 - **he never sinned**
 - **his bones were not broken**
 - **he willingly offered himself**
2. What is our mission as members of the Body of Christ? How does the Holy Spirit strengthen us for this mission?
 - **to share the message of God's love w/everyone & be witnesses to God's love.**
 - **HS fills us with Sanctifying Grace – God's own life & gives us Actual Grace – to help us love God & make good choices.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 3 – The Death & Resurrection of Jesus

Story of a Saint – Venerable Antonietta Meo

1. Think of a time when you were sick or hurt. Did you feel happy or sad?
 - **sad , scary**
 - **joy – if we got to miss school, watch movie or be with parent/gparent.**
2. Why do you think Venerable Antonietta was able to be cheerful even when she was suffering?
 - **she realized her suffering brought her closer to Jesus.**
 - **When we are suffering, Jesus is especially close to us.**
 - **She let God bring something good out of something that seemed bad at first.**
3. Venerable Antonietta asked Jesus for the grace to bear her pain & offer her suffering for the salvation of others. What hard thing do you need Jesus' help to bear? How can you offer your hardship for other people?
 - **God wants to help us with all of our burdens & hardships.**
 - **We should ask Jesus to be close to us & help us carry our own crosses of suffering.**
 - **We can also offer up our suffering for other people.**
 - **Jesus suffering saves us from our sins.**
 - **Our suffering can be a special prayer to help other people know & receive God's love.**
 - **Suffering can remind us to say a prayer for someone**
 - **it can also be a sacrifice we can offer to God.**

Let's Read a Story – Trading Places

1. Old Man Willis gave up his time to help a sick friend. Describe a time when someone gave up something for you. How did it make you feel?
 - **sibling giving up your favorite food.**
 - **parents giving time to care for you when you are sick.**
 - **friend sharing toy with you.**
 - **feel good, thankful**
2. When we give up things for others, we act like Christ who sacrificed himself for us. What are some little things that we can do or give up for our family & friends?
 - **let someone else have toy, food, seat in car, 1st turn, etc.**
 - **say a prayer for someone instead of eating dessert, etc.**
3. What are some ways that we can thank Jesus for what he did for us?
 - **do what he asks us to do – keep my commandments.**
 - **go to Mass**
 - **say our own prayers of thanksgiving**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 4 – The Sacrament of the Eucharist

Let's Watch – The Most Special Meal

1. How is Jesus true food for our souls as we journey toward Heaven?
 - **Jesus is really present in the Eucharist**
 - **when we receive Jesus we are filled with grace that helps us to keep journeying toward Heaven.**
 - **The journey toward Heaven is very difficult w/o the grace that Jesus offers us in the Eucharist.**
2. Why is the Eucharist such a special meal?
 - **because we really receive Jesus.**
 - **What could be more wonderful than Jesus' gift of himself to us in the Eucharist?**
3. What are some things that we can do to show respect as Mass?
 - **behaving properly, paying attention, saying the responses, praying > communion, etc.**

Let's Read God's Word – Jesus Is the Bread of Life

1. How do these words of Jesus help you to understand the importance of Holy Communion?
 - **we believe they are true b/c Jesus said them & everything he said is true**
 - **so when we receive his Body & Blood in communion, we receive Jesus.**
2. After the miracle of the loaves and fishes, why do you think the people followed Jesus to Capernaum? What do you think they wanted from him?
 - **b/c Jesus performed a great miracle.**
 - **see more miracles, be fed again**
 - **to hear more of his teaching so they could follow him?**
3. What is the true food & drink that Jesus promises to give us? Why is this food better than the bread & fish that he provided for the 5,000?
 - **Jesus's Flesh & Blood.**
 - **Receiving the Eucharist is better for our souls, b/c we are given the possibility of eternal life – not just earthly life. It is Jesus himself, not just regular food.**
4. Why did some of the people leave after listening to Jesus talk about his Flesh and Blood? How do you think they felt? How do you think Jesus felt?
 - **left b/c they didn't believe Jesus – what he was saying was strange,**
 - **They were probably confused & disappointed.**
 - **Jesus was probably sad b/c he loved them a& wanted them to be with him in the Euch.**

Let's Learn About Our Faith – The Real Presence of Christ in the Eucharist

1. How does the Eucharist unite you to Jesus Christ?
 - **We rare receiving Jesus himself.**
2. Why do we call the Eucharist the source & summit of the Christian life?
 - **in the Eucharist, we find Christ himself.**
 - **source – it gives us strength for our Christian life.**
 - **summit – it unites us to Christ – which is the highest goal of our lives.**
3. What is an Act of Spiritual Communion? What is so special about it?
 - **a prayer that asks Jesus to come into our hearts in a special way.**
 - **It shows how much we want to be united to Jesus.**
 - **When we pray it, Jesus unites himself to us – even though we don't receive Eucharist.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 4 – The Sacrament of the Eucharist

4. What does it mean to genuflect, & why do we genuflect toward the Tabernacle? What are some other ways that we can show our love & respect for the Eucharist?
 - **to bend the right knee to the ground. – it is a sign of reverence.**
 - **We do it to show our love & respect to for Jesus, who is really present in the Tabernacle.**
 - **We can also show this be being quiet, saying a prayer, bowing before the Host or Chalice during Communion, even if we are not receiving Communion.**

Did You Know? – What do we Call it?

1. What does Eucharist mean?
 - **Thanksgiving in Greek**
2. Why the Lord's Supper
 - **Jesus instituted the Eucharist at the Last Supper.**
 - **We share in the Last Supper when we receive the Eucharist.**
3. Why Holy Sacrifice?
 - **It makes Jesus' sacrifice on the Cross present to us.**
4. Why The Most Blessed Sacrament?
 - **It is the center of the sacramental life of the Church.**
5. Why Holy Communion?
 - **Because it unites us with Jesus – communion means sharing something special**
 - **Jesus shares himself with us & we share ourselves with Jesus.**

Let's Do Activities

Eucharist Mosaic

The Source & Summit

Let's Recall & Reflect

1. Why does Jesus say we need to eat his Flesh & drink his Blood? What are the spiritual benefits we get when we receive the Eucharist?
 - **in order to have eternal life.**
 - **we receive grace & our venial sins are forgiven & the grace helps us avoid future sin.**
2. Think about all the different names that you know for this sacrament. Which one is your favorite?
 - **Holy Communion – favorite**
 -

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 4 – The Sacrament of the Eucharist

Story of a Saint – St. Tarcisus

1. Imagine that you are a Christian in St. Tarcisus' time. What would it be like to go to Mass secretly? How would you feel knowing that you could be thrown in jail for your faith?
 - **different to keep the Faith a secret.**
 - **Priests wouldn't dress differently like now. You wouldn't wear anything that would identify you as a Christian.**
 - **scary - , but also you might take your Faith really seriously & appreciate God's protection & his provision**
2. Why do you think St. Tarcisus agreed to take the Eucharist to Christians in prison?
 - **He knew how important the Eucharist was.**
 - **He knew the Christians suffering in prison needed help & strength.**
 - **They needed the grace of the Eucharist.**
3. St. Tarcisus showed his great love for Jesus in the Eucharist by dying to protect the Eucharist from harm. What are some ways that you can show your love for Jesus in the Eucharist?
 - **paying attention at Mass, preparing carefully to receive Holy Communion**
 - **spending time praying before the Tabernacle or in Eucharistic Adoration**
 - **talking about the Eucharist & the Mass with respect.**

Let's Read a Story – How Small Is God?

1. Why do you think God sometimes appears in disguise?
 - **to know overwhelm or scare us?**
 - **to teach us to always be looking for him?**
 - **to help us learn how to have faith?**
2. How can God be both big & small?
 - **big – he created everything. He is bigger, greater, and stronger than everything else.**
 - **small – he is in everything & can be everywhere.**
 - **There is nowhere God cannot be, nothing he can't see, nothing is too little for him to pay attention & take care of.**
 - **God came as a small child and in Mass he comes to us in the Host – a small piece of bread.**
3. The Eucharist appears like bread & wine. What is it really?
 - **the Body, Blood, Soul, & Divinity of our Lord Jesus Christ**
 - **under the appearance of bread & wine.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 5 – Life in Christ

Let's Watch – *Jesus is really present.*

1. In what ways does Jesus want to be your best friend?
 - **He wants to be as close to us as possible every day.**
 - **He comes to us in the Eucharist so we can receive him at every Mass.**
2. Why is Mass so amazing?
 - **We get to really enter into what Jesus did at the Last Supper.**
 - **All the angels & saints gather with us as 1 family of God to worship God & Jesus.**
3. What can we do to prepare to receive Jesus at Mass?
 - **Pay attention & listen to the readings & prayers.**
 - **prepare to give yourself totally to Jesus when you receive Holy Communion.**

Let's Read God's Word – *St. Paul writes about the Eucharist.*

1. According to St. Paul, when we worship God, how does it affect our relationship with God? with other Catholics? Why do you think this is?
 - **We draw closer to God & to one another.**
 - **Our worship tells God how much we love him & it allows us to receive his love.**
 - **We are also drawing closer to other Catholics and loving them.**
2. How does Holy Communion unite us together in Christ?
 - **When we receive the Eucharist, we are united with our sisters & brothers in Faith.**
3. St. Paul had already taught the Corinthians about the Eucharist when he was in their city. Why do you think he also wrote to them about the Eucharist in a letter?
 - **It is so important that we need to hear the truth about it over & over.**
 - **The Corinthians needed to hear it again, just like we need to hear it again & again.**
4. What does St. Paul say that the cup & bread of the Eucharist really are? What do we do when we receive the Eucharist?
 - **the Blood of Christ & the Body of Christ.**
 - **We are sharing in the Body & Blood of Christ – we are all 1 body, the Body of Christ.**

Let's Learn About Our Faith – *Preparing for Holy Communion*

1. Why is it important to be in a state of grace when receiving Holy Communion?
 - **Mortal sin breaks our relationship with God. We must repair it so we can receive God's graces in the Eucharist.**
 - **If we don't, our hearts can harden toward God.**
 - **Being in the state of grace shows reverence to Jesus and prepares us to be united w/him.**
2. What does reverence mean? Why is it so important to show proper reverence for the Sacrament of the Eucharist?
 - **Reverence means respect, especially for something that is holy.**
 - **It is not only holy, it is Jesus himself!**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 5 – Life in Christ

3. What is the one special grace from the Eucharist that you are really excited about? Why?
 - **it increases our union with Christ & with his church.**
 - **it protects, increases & renews the life of faith we received at Baptism.**
 - **it separates us from sin – forgives past venial sins & helps us choose not to sin in the future.**
 - **it helps us grow in love.**
4. If you could only receive a tiny piece of a Host or only receive a small drop of the Precious Blood, would it change the grace you receive from Eucharist? Why or why not?
 - **No. – every drop & piece is all of Jesus’ Body, Blood, Soul & Divinity.**

Did You Know – What is a Host?

6. What Latin word does the word “host” come from and what did it mean?
 - **Hostia – victim of a sacrifice**

Did You Know – What is a Host?

1. What do you do at adoration?
 - **Spend time in the presence of Jesus – praying, listening, talking, adoring**
2. When do we have adoration at St. Cecilia?
 - **1st Saturday, Holy Thursday**

Let’s Do Activities

God’s Special Gift

Graces Tic-Tac-Toe

- **x o x**
- **o o o**
- **x o x**

Let’s Recall & Reflect

1. Why is the Eucharist our most important food?
 - **it is Jesus himself**
 - **receiving the Eucharist unites us to Jesus – which is our most important goal in life.**
 - **it gives us grace, which is God’s own Divine Life within us.**
2. Why do we do special things to prepare to receive Holy Communion? What are some things you can do to prepare your heart to receive Jesus?
 - **because it is so important & so special – we want to show proper reverence to Jesus.**
 - **be in a state of grace & fast 1 hour before.**
 - **also pay attention & say a prayer before Communion to prepare our heart to receive Jesus**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 5 – Life in Christ

Story of a Saint – St. Anthony of Padua

1. What can we learn from the donkey in this story?
 - **Jesus is really present in the Eucharist – so it is more important than anything!**
 - **We need to show reverence in the Eucharist – because it is really Jesus!**
2. The donkey recognized Jesus in the Eucharist without being distracted by the hay. What are some things that might distract us from Jesus?
 - **good & bad things. books, video games, sports, friends, school, etc.**
 - **problems, fears, worries**
3. We want to always recognize Jesus, like the donkey in the story did. What can we do to get past the distractions in our lives?
 - **Ask Jesus to help us keep our focus on him!**
 - **Set apart special time for God.**

Let's Read a Story – Ducks

1. Which is more important: what something looks like on the outside, or what it really is on the inside?
 - **inside.**
 - **outside appearances can change easily, but that doesn't change the inside.**
2. In the Mass, what do the bread and wine become?
 - **the Body, Blood, Soul & Divinity of our risen Lord, Jesus Christ.**
3. Why would Jesus come to us appearing as food and drink?
 - **to remind us that we need him to give us strength & his own life – and we need him even more than we need regular food & drink.**
 - **The Bread from Heaven, Jesus, gives us his heavenly life, just as regular bread feeds our regular life.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 6 – The Liturgy of the Mass

Let's Watch – The Mass is awesome.

1. How is the mass kind of like going back in time?
 - **the sacrifice of Jesus on the Cross is really made present to us through the power of the Holy Spirit.**
 - **We are participating in God's plan of salvation.**
2. How can we give ourselves to God at Mass?
 - **by participating in the prayers, singing, & offering our whole lives to Jesus in a special way when we receive the Eucharist.**
3. In addition to the people in the church, who else is at Mass?
 - **All the angels & saints in Heaven are present at the Mass.**

Let's Read God's Word – The Letter of St. Paul to the Corinthians

1. How can you show respect and reverence when you receive Holy Communion?
 - **walking slowly with head bowed & hands folded in prayer.**
 - **making a throne with the palm of your hand to receive the Host.**
2. Who gave us the Eucharist & showed us how to celebrate it? Can we ever change the Liturgy of the Eucharist?
 - **Jesus**
 - **No, it isn't ours to change – it is a gift from God.**
3. How long will Jesus be present with us in the Eucharist? What will happen then?
 - **until the end of time / the end of the world.**
 - **Then, he will come to his full glory & won't need to be hidden in the Eucharist any more.**
4. Why do you think St. Paul wrote to the Corinthians to remind them about the institution of the Eucharist? When do we hear this same reminder?
 - **because it is so important that we celebrate the Eucharist the way Christ showed us – that we can't hear about it enough.**
 - **They weren't treating it the way they should.**
 - **We hear the reminder at every Mass.**

Let's Learn About Our Faith – The Liturgy of the Mass

1. How does it make you feel at Mass that you are with Jesus at the Cross?
 - **excited to join Jesus every week.**
 - **excited to join parents, older siblings in receiving Holy Communion**
2. In the Mass, we worship God together with all the angels & saints in heaven. How does it make you feel to know you are worshipping God together with them at mass?
 - **excited to be with everyone**
3. Why do we say that the Mass is a sacrifice? Is each Mass a new or different sacrifice?
 - **it makes present to us the 1 time, perfect sacrifice of Jesus on the cross.**
 - **No, it is never a new or different sacrifice – it is always a participation in Jesus's 1 time sacrifice on the cross.**
 - **Jesus is not sacrificed again, and the sacrifice is never different.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 6 – The Sacrament of Reconciliation

4. What does the word *liturgy* mean? What does God make present to us in the Liturgy?
 - **public worship & participation in the work of God.**
 - **the Last Supper & Jesus' Crucifixion - so that we can participate in those events.**

Did You Know – A Liturgy for all time

1. How long has the Mass been celebrated in this way?
 - **almost 2000 years**
2. Who wrote a description of the Liturgy of the Mass about 100 years after Jesus died & rose?
 - **St. Justin Martyr**

Did You Know – Why do we need to go to Mass?

1. What is the Sabbath day of the New Covenant?
 - **Sunday – the Lord's Day**
2. What days are we obligated to go to Mass?
 - **every Sunday and the Holy Days of Obligation.**
3. Is it a sin to miss Mass on one of these days?
 - **yes, a grave sin – you must go to reconciliation before you can receive the Eucharist**

Let's Do Activities

Mass & Paschal Mystery

- **Last Supper – Jesus gave us the Mass**
- **Crucifixion – Jesus died on the Cross**
- **Resurrection – Jesus rose from the dead**
- **Ascension – Jesus went up to Heaven**

The Saints Teach us about the Mass

- **St. Dominic Savio St. Justin Martyr**
- **St. Paul St. Augustine**

Let's Recall & Reflect

1. What are some ways that the Mass today is the same as the Mass in St. Justin Martyr's time?
 - **same things: gather on Sunday, listen to Scriptures & homily, pray, share a sign of peace, listen to the priest pray & consecrate bread & wine, receive the consecrated bread & wine – the Eucharist.**
2. When do we have an obligation to go to Mass? Why is it so important for us to go to Mass?
 - **Sundays & Holy Days of Obligation**
 - **Mass is the best & most important ways we offer our praise, thanksgiving & adoration to God.**
 - **We participate in Jesus' perfect, saving sacrifice.**
 - **Opportunity to worship together with the Body of Christ & receive Jesus to nourish our souls.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 6 – The Sacrament of Reconciliation

Story of a Saint – St. Dominic Savio

1. St. Dominic Savio had a great model of holiness & love in his teacher, St. John Bosco. Who is someone in your life who sets a good example for you? How does that person help you grow in holiness?
 - **parents, grandparents, teachers, priests, older siblings.**
 - **They show us what a holy life looks like, teaching us about God’s love, giving us good advice, praying for us, & encouraging us to make better choices.**
2. The Bible tells us to “pray constantly” (1 Thess 5:17). Why do you think Dominic spent so much time praying? When do you like to pray?
 - **because he loved God so much & wanted to be close to him.**
 - **pray in morning, before meals, before going to bed, any time.**
 - **Just thinking about God & telling him we love him is a prayer.**
3. Dominic was always looking for ways to make small sacrifices for his friends. What are some small sacrifices you can make for your friends?
 - **help siblings & friends with homework or chores.**
 - **spend time with someone who seems lonely**
 - **share with someone who doesn’t have enough**
 - **offer to pray for someone who is sad or sick**

Let’s Read a Story – Once upon a time

1. What do you think the king in the story should do with his people?
 - **the king knows what the people need better than the people themselves know.**
 - **they need the special time at his castle, so he should keep offering it to them.**
 - **He should keep telling them that it is important & tell them to keep coming.**
 - **He should help them understand why they need it.**
2. One of the reasons that Jesus came to earth was to teach us how to live better lives. List 2 of the things that Jesus taught us.
 - **love God above all else, love each other as God loves us**
 - **feed the hungry, clothe the poor, pray for other people**
 - **forgive people who hurt us, trust God**
 - **ask God for everything we need, celebrate the Eucharist.**
3. In the story, Brad said that mass was boring. But why do we really go to Mass?
 - **Not to be entertained.**
 - **to draw close to Jesus & be nourished by the Eucharist**
 - **to praise & adore God**
 - **to thank him for his many gifts**
 - **learn what he wants to teach us in the Scriptures.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 7 – The Liturgy of the Word

Let's Watch – *Stories are amazing.*

1. Why is the Bible so special?
 - **The bible is really God speaking to us & it tells us the stories of how God has saved us.**
 - **The stories speak to us today because it is God's Word always speaking to us.**
2. What are the 4 Bible readings in the Liturgy of the Word?
 - **1st reading – from the Old Testament.**
 - **Responsorial Psalm – from the Book of Psalms**
 - **2nd reading – from the New Testament.**
 - **Gospel – from one of the 4 Gospels.**
3. What does the Liturgy of the Word prepare us for?
 - **It prepares us for the 2nd part of the Mass - the Liturgy of the Eucharist**

Let's Read God's Word – *The Road to Emmaus – Part 1*

1. What are some ways you can listen better to the Readings at Mass?
 - **Follow along in the book or look at the person who is reading**
2. Why were Jesus' disciples leaving Jerusalem on Easter Sunday? How would you feel if you were in their place?
 - **Jesus had been crucified – he was dead, maybe he wasn't the Messiah**
 - **They were sad & confused & scared – maybe someone would do that to them.**
3. Why do you think Jesus started at the very beginning of the Scriptures to explain why the Messiah had to suffer and die?
 - **The whole story of God's plan for salvation is connected – it begins with Adam & Eve.**
 - **Jesus fulfills the Old Testament.**
4. The disciples didn't recognize Jesus, even when he explained the Scriptures to them. Why do you think it's sometimes hard to recognize when God is speaking to us? What can we do to be better listeners?
 - **We may not expect him to talk to us.**
 - **We may be distracted by everything going on.**
 - **It takes practice to learn to listen – we can hear him when we read & listen to the bible.**
 - **We need to spend time with him.**

Let's Learn About Our Faith – *The Liturgy of the Word*

1. What is your favorite part of the Liturgy of the Word, and why?
 - **Stories about Jesus or singing the Responsorial Psalm.**
2. How is the Liturgy of the Word like a conversation? Which part is our response to God?
 - **God speaks to us in the 1st & 2nd & Gospel readings**
 - **We response to God in the Responsorial Psalm, Alleluia, & the Creed.**
3. Why do we have readings from 4 different parts of the Bible at Mass? How is this like Jesus' teaching on the road to Emmaus?
 - **They are all connected & tell 1 story of God's salvation.**
 - **OT – tells how God prepared his people for the Messiah**
 - **NT epistles – helps us live the Christian life**
 - **GOSPEL – contains the message of Jesus in his words & deeds.**
 - **All these readings tell us about salvation history & how the whole bible is about Jesus.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 7 – The Liturgy of the Word

Did You Know – The Word of God

1. What does the Word of God mean?
 - **2 things:**
 - **The bible contains God’s own words**
 - **Jesus is the Word of God made flesh –**
 - **He perfectly reveals God to us because he is God**

Let’s Do Activities

The Liturgy of the Word

- **5 – The priest talks about the Readings**
- **1 – We hear from the Old Testament**
- **7 – We offer special prayers to God**
- **4 – The priest or deacon reads from the Gospels**
- **2 – We sing a Psalm response**
- **6 – We stand and say what we believe**
- **3 – We hear the New Testament Epistles**

The Nicene Creed

- **Father, Jesus, Light, Light, Holy Spirit, Mary, Crucified, Scriptures, Hand, Holy Spirit, Father, Church, Baptism, World**

Let’s Recall & Reflect

1. When we hear Scripture, we hear God speaking to us. Why is it important that we both listen and respond?
 - **God wants to have a conversation with us – so we both need to talk & listen.**
 - **God’s word is meant to change us when we hear it.**
 - **God wants to teach us & increase our faith by speaking his Word to us.**
2. What do we mean by “the Liturgy of the Word”? How does it prepare us for the Liturgy of the Eucharist?
 - **The 1st part of the Mass – we hear readings from Scripture & respond through the Creed & Prayers of the Faithful.**
 - **It prepares us for the Liturgy of the Eucharist – God’s word tells us about God’s love & his plan of salvation.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 7 – The Liturgy of the Word

Story of a Saint – St. Justin Martyr

1. Why do you think St. Justin Martyr spent so much of his life studying and searching for truth? How do you think he felt when he discovered God and the Church?
 - **Because he knew that truth is important.**
 - **He wanted to know the truth & he wasn't satisfied with anything else.**
 - **He probably felt happy & excited when he learned about God & the Church.**
 - **Finally, he had found that for which he was looking.**
2. When Justin learned the truth about God and the Church, did he stop studying and learning? Why or why not?
 - **He didn't stop – he studied even more.**
 - **There is always something new to learn about God.**
 - **We never know & understand everything about God in this life.**
3. When Justin found the truth, he wanted to share it with everyone. What is one thing you can do this week to share God's teaching with someone?
 - **Tell someone about St. Justin Martyr, the story of the disciples on the road to Emmaus, the Liturgy of the Word.**
 - **Invite someone to Mass – tell someone that God loves them.**

Let's Read a Story – Love Letters

1. If you were writing a letter to a loved one who was far away, what kinds of things would you say in your letter? What would you want to read about if that person wrote back to you?
 - **Tell them you loved them**
 - **What you have been doing, thinking, & reeling recently.**
 - **Help them feel like they were closer to you by telling them things about yourself.**
 - **Want to hear how much they love you or details of their lives.**
 - **Letters help us feel closer to others – even when they are far away from them.**
2. How are the readings at Mass like letters from God?
 - **God tells us how much he loves us & helps us come to know him better.**
 - **They are not just stories – they are God's Word.**
 - **They are exactly what he wants us to hear & know about him.**
3. What are some ways that we might suffer for being a follower of Jesus?
 - **People might make fun of us or not want to be friends with us.**
 - **Not get to do what our friends are doing, because we know God doesn't want us to do it.**
 - **A teacher or grown-up might speak unkindly about our Faith.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 8 – The Liturgy of the Eucharist

Let's Watch – *The Miracle at Every Mass.*

1. What happens to the bread and wine at every Mass?
 - **The bread & wine are really changed into the Body & Blood of Christ.**
2. What does it mean when you say “Amen” at the end of the Eucharistic Prayer?
 - **You believe that the bread & wine have been changed into the Body & Blood of Jesus Christ.**
3. What is Jesus asking us to do when the priest says, “Go in peace”?
 - **To spread the Good News to our family, friends, and all the community.**

Let's Read God's Word – *The Road to Emmaus – Part 2*

1. How can you better recognize Christ's presence in the Eucharist?
 - **Watching how the priest reverently looks to Heaven as he is holding the Host & Chalice.**
 - **Recognize Jesus when they hear Jesus' words in the consecration.**
2. What did Jesus do at the meal with his disciples? Why was it so special?
 - **Jesus took bread, blessed it, broke it, and gave it to his disciples.**
 - **It was the same thing that Jesus did with the bread at the Last Supper when he instituted the Eucharist.**
 - **The disciples recognized Jesus when he did this action.**
3. How are Jesus' actions at the meal at Emmaus like what we see at Mass?
 - **Jesus took bread, blessed it, broke it, and gave it to his disciples.**
 - **At Mass, the priest, acting in persona Christi Capitis, takes the bread, blesses it, breaks it, and gives it to us.**
 - **Jesus becomes present when the bread is blessed/consecrated.**
 - **Because the priest acts in the Person of Christ the Head, it is really Jesus consecrating the Eucharist at Mass – just as it was Jesus who broke the bread at the Last Supper and at Emmaus.**
4. It was late in the day, and it was about a day's walk from Emmaus to Jerusalem. Why do you think the disciples walked all the way back to Jerusalem that same night?
 - **They were so excited – they had seen Jesus – and wanted to tell His followers about it right away.**
 - **Jesus is more important than anything else.**

Let's Learn About Our Faith – *The Liturgy of the Eucharist*

1. What is your favorite part of the Liturgy of the Eucharist, and why?
 - **The Sanctus – singing with the angels**
 - **Our Father – it is the prayer Jesus taught us.**
2. At what point in the Liturgy of the Eucharist do the bread & wine become the Body & Blood of Jesus? How does this connect the Mass to the Last Supper?
 - **When the priest says the Words of Consecration: “This is my body,” and “This is the chalice of my blood.”**
 - **These are the words Jesus spoke at the Last Supper.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 8 – The Liturgy of the Eucharist

3. Who is really offering the sacrifice of the Mass? What is our role in the Mass?
 - **Jesus, the Head of the Church – the priest is acting as his representative.**
 - **We unite our lives to the sacrifice of Jesus in order to offer ourselves to the Father.**
4. “Amen” means “I believe” or “it is true” in the language that Jesus and his disciples spoke. Why do we respond “Amen”?
 - **We are saying that we believe the Eucharist is really the Body and Blood of Jesus.**
 - **Our response shows our faith, and it shows that we have prepared ourselves to receive the Eucharist and that we know how important it is.**

Did You Know – In Persona Christi Capitis

1. What is Jesus’ role at the Mass?
 - **He is the one who offers the Sacrifice of the Mass – just as he did at the Last Supper and on the cross.**
2. What is the priest’s role at the Mass?
 - **He is acting as the representative of Jesus.**

Did You Know – Our Own Sacrifice

1. How is it our sacrifice?
 - **We are united Christ in offering his sacrifice as a perfect offering to God the Father.**
 - **We are called to offer ourselves to God, too – our lives, our efforts to love God & make good choices, and even our struggles.**

Let’s Do Activities

The Liturgy of the Eucharist

- **3,7,1,5,2,6,4**

Let’s Recall & Reflect

1. How is our encounter with Jesus in the Liturgy of the Eucharist different from encountering Jesus in Scripture or prayer?
 - **Jesus is really present, and we receive him into our body and our soul.**
 - **We are closer to Jesus than at any other time.**
 - **In scripture & prayer, we hear Jesus speaking to us, and we learn about him & his love for us.**
2. We are called to unite ourselves to Jesus’ sacrifice. What specifically do you want to offer to God?
 - **Everything that we are feeling & experiencing**
 - **all the good works and acts of kindness and charity.**
 - **joy, excitement, sadness, physical pain, worry, fear or anxiety, difficulties we are facing.**

YOU ARE LOVED – QUESTIONS & RESPONSES

Session 8 – The Liturgy of the Eucharist

Story of a Saint – St. Pius X

1. When Pope St. Pius X became pope, most people received their 1st Holy Communion between the ages of 12 & 14. How would you feel if you had to wait until you were 12 to receive your 1st Communion?
 - **sad to wait to be close to Jesus – it is hard to wait for something so exciting & important.**
2. Why do you think Pope St. Pius X encouraged people to receive the Eucharist as frequently as possible?
 - **He knew how important it is and how much Jesus wants to unite us to himself in this sacrament.**
 - **We need the grace & strength of the sacrament.**
3. Pope St. Pius X loved the Eucharist, and God used this love to bring many, many people closer to him. Who would you like to help come closer to God's love?
 - **everyone, but especially those closest to us in our lives.**

Let's Read a Story – The Big Picture

1. Why do you think things sometimes look like a mess to us, but not to God?
 - **We can only see our own part of the picture – like 1 thread on the back of a tapestry.**
 - **We can't always see the whole picture.**
 - **God sees and knows everything.**
 - **He is the weaver who makes the tapestry or the artist who paints the picture.**
2. When Jesus died on the Cross, it seemed like his followers had lost everything. How was this just the beginning?
 - **It was the sacrifice that made our salvation possible.**
3. How do the Sacraments of Reconciliation and the Eucharist help us to be better followers of Jesus?
 - **They draw us closer to God & help us to be more like Jesus.**
 - **They cleanse us of our sins & give us the grace to follow Jesus' teachings & live better lives.**
 - **They give us the strength to love others like Jesus loves us.**