



ROMAN CATHOLIC  
**Diocese of Calgary**

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**Parent Session**  
**First Eucharist**  
**Sacramental Preparation**

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SESSION 4  
*“A Life of Discipleship”*

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Hand - Outs



## OPENING PRAYER

*Good and Gracious God,  
Thank you for the wonderful opportunity  
to be together; supporting each other  
and our children along this journey.  
May our hearts be open, and our time be filled  
with friendship, love and joy.  
We ask this through Christ our Lord,  
Amen*



## FOUR KEY POINTS



- 1) Learn about the Last Supper and how Jesus gave us the Sacrament of the Eucharist at the Last Supper.



- 2) Learn that after the consecration, Jesus is truly and completely present in the Eucharist.



- 3) Learn what Jesus means by the “Kingdom of God”.



- 4) Understand why Jesus tells us to call God “our Father” and learn the meaning of each part of the Lord’s Prayer.



DISCUSSION QUESTIONS

1) At Mass are you always mindful that the Liturgy of the Eucharist repeats what happened at the Last Supper?


2) How can you help your child understand what happens at the moment of consecration?




3) How do you see the “Kingdom of God” surrounding your family?


4) Realizing that God is our loving Father and that all the people in the world are his children, do we always think of them as our brothers and sisters?




## IN THIS SESSION YOUR CHILD WILL:

- Learn how to pray a mantra, or short prayer, to Jesus
- Choose a mantra and silently pray the words over and over again
- Learn the Scripture story of the Last Supper
- Learn that Jesus gave us the Sacrament of the Eucharist at the Last Supper
- Understand what takes place during the Liturgy of the Eucharist
- Learn that after the consecration, Jesus is truly and completely present in the Eucharist
- Realize that when we say the Great Amen, we are saying that we believe the Eucharist is Christ's Body and Blood
- Review why the consecration is the most solemn moment of the Eucharistic Prayer
- Pray a prayer based on the Eucharistic Prayer for Children III
- Pray the Lord's Prayer with gestures and sing along with a familiar version
- Learn the Scripture story about how Jesus teaches his disciples to pray
- Learn what Jesus means by the "Kingdom of God"
- Understand why Jesus tells us to call God "our Father"
- Learn the meaning of each part of the Lord's Prayer
- Realize that God is our loving Father and that all the people in the world are his children and therefore, our brothers and sisters
- Pray the Lord's prayer



## FAMILY LEARNING TIME

*“The family is the First School, Parents are the First Teachers”.*

The Scripture passages and activities are all very important in helping your child understand the concepts in these chapters. Spend time reading God’s Word and sharing this love story with your family. As you support your child along this faith journey, we ask you to:

- Participate in Sunday Mass with your child
- Review Chapters 7 and 8 with your child
- Complete any “Activity” portion that has not been finished
- Work together on all “With My Family” activities
- Help them understand the following:
  - ✓ Jesus instituted the Eucharist at the Last Supper.
  - ✓ Jesus himself is truly present in the Eucharist.
  - ✓ It is through the power of the Holy Spirit, acting through the priest, that the bread and wine become wholly and entirely the Body and blood of Christ.
  - ✓ The Kingdom of God is the power of God’s love ruling all over the world.
  - ✓ The Lord’s Prayer sums up all that Jesus taught us.
  - ✓ When we pray the Lord’s Prayer at Mass, we are preparing our hearts to receive Jesus in the Eucharist.



## DISCUSSION QUESTIONS

1) How do you plan to approach the home activities with your child?


2) Do you have any questions about the home activity assignments?






3) Which home activity topics do you anticipate will be easily understood by your child?


4) Which home activity topics do you think may pose a challenge for your child? How will you talk about these topics with your child?




CLOSING PRAYER

*Loving Father,  
You alone are the source of every good gift.  
Everything we have, and all that we are, comes from you.  
Help us to use these gifts for your Glory  
as we lead our children by example.  
Grant us courage and wisdom to be faithful disciples.  
We ask this in the name of your Son,  
our Lord, Jesus Christ.  
Amen*

