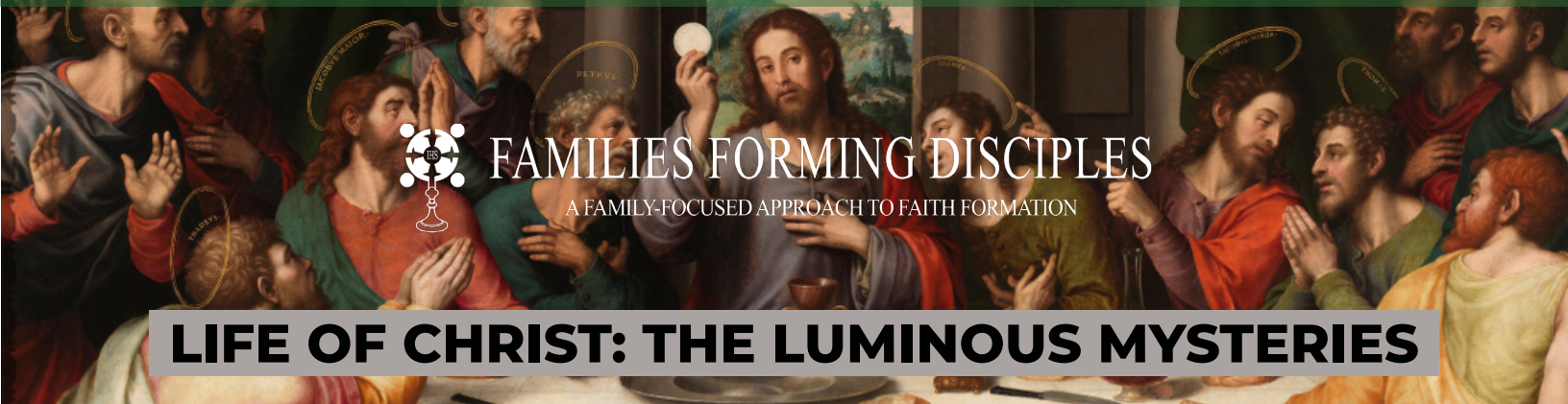


# YEAR 3 - LESSON 6 - CATECHIST GUIDE WK. 1



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### LIFE OF CHRIST: THE LUMINOUS MYSTERIES

#### TOPIC: THE INSTITUTION OF THE EUCHARIST

#### LESSON 6 REFERENCES:

##### Sacred Scripture

MT 26:17-56;  
MK 14:12-52; LK 22:7-53;  
JN 6, 18;  
1 COR 11:23-26

#### CATECHISM OF THE CATHOLIC CHURCH NOS. 568

CREED	LITURGY	LIFE	PRAYER
nos.	nos.	nos.	nos.
608-12, 619-23	1322- 1419	2168- 95	2600, 2605, 2611- 12, 2624, 2637

#### MATERIALS

- Bibles
- Coloring pages (Can be used anytime during the lesson) [Last Supper](#)
- Last Supper [Crossword Puzzle](#)
- Crayons, colored pencils

#### Goals:

- Families will review from the Old Testament God's Covenant with Israel and the Passover.
- Families will read, reflect and discuss their faith in Jesus and the Eucharist.
- Families will pray, reflect and share about the Washing of the Apostles' Feet at the Last Supper (*Lectio Divina*).
- Family members will choose an act of service and love to do for their families.

#### \*Planning Note for Week 3 gathering:

The best way to conclude the Week 3 lesson is by taking the families to Eucharistic Adoration for 10-15 minutes if possible. If this is not possible, consider inviting families to Eucharistic Adoration at another time.



#### OPENING PRAYER

Lord Jesus Christ,  
We entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples. Amen.

#### ICE BREAKER

Gorilla, Man, Net is a variation of Rock, Paper, Scissors.

1. Families form a line.
2. Members pair up and stand back to back.
3. When they hear the word "go" each person turns around and immediately gives their gesture of gorilla, man, or net.

Here are the gestures:

**GORILLA:** roars while beating his/her hands on their chest.

**MAN:** stands with his/her head facing up and hands and arms folded proudly.

**NET:** Pretends to throw a net on his/her partner.

Here are the rules:

- Gorilla beats man because he is bigger and stronger.
- Man beats net because he invented it.
- Net beats gorilla because a net captures a gorilla.

Whoever wins goes and finds another partner who won, and whoever did not win will sit out. Play until you have one victorious winner.



# TEACH

## 1. Hook/Question

**Watch:** *The Passover Story for Seder*  
(5 min)



## 2. Introduce Topic

**Explain:** In Year 2 of *Families Forming Disciples*, we talked about how God foreshadowed or left clues in the Old Testament about what would happen when His Son Jesus came to make the New Covenant. We also learned about God's covenant with the Israelites and how He saved them from slavery in Egypt.



## 3. CONTENT

**Read:** [Exodus 12:21-28](#)

**Ask:** God gave the Israelites very specific instructions. What did each family have to do to save their first born?

**Answer:** Slaughter a lamb, wipe its blood on their doorposts, and *eat the lamb*.

**Ask:** What was the meal they ate together called?

**Answer:** Passover.

**Ask:** Why was it called “Passover”?

**Answer:** Because the angel of death passed over the houses that had sacrificed a lamb and marked their doors with its blood, while inside the families were eating the lamb, bitter herbs and unleavened bread.

**Explain:** The Passover lambs took the place of, redeemed, or bought back the lives of the Israelites’ first born.



**Explain:** After that, every year the Jewish people, or Israelites, celebrated the Passover feast as God had told them to do. Fast forward 1,500 years to when Jesus and his Apostles are planning to celebrate Passover together, but this time the feast will do more than re-live the freeing of the Israelites from the Egyptians. This time, at the Lord's Supper, Jesus will institute the Eucharist as the sign of the New Covenant that God makes with all people. In this covenant, Jesus himself will be the sacrificial lamb of God who will *redeem* us—essentially purchase our freedom from our slavery to sin and its consequence of eternal death—as the Passover lamb had “redeemed” or bought back the lives of the Israelites’ first born. Jesus’ sacrifice opens the gates of heaven to us! By His Passover to the Father through His death and Resurrection, Jesus rescues us from the powers of sin, death, hell, and the devil. Through the New Covenant, God—Father, Son, and Holy Spirit—is with us forever. Jesus gives us His Body and Blood, Soul and Divinity, under the forms or appearances of bread and wine. He has promised to be with us always. Amazingly, in the Eucharist, because God loves us

# CONTENT CONTINUED:

and knows how much we need Him, we are able to see Him, feel Him and receive Him sacramentally into our bodies and hearts.

Jesus tried to explain this to his followers. In the Gospel of John, chapter 6, we read that, when Jesus did miracles and preached, He was very popular and huge crowds of people flocked to see Him. However, the fact that Jesus was the true Lamb of God who would take away the sins of the world was so important that Jesus didn't foreshadow, leave clues, or just speak figuratively; rather, He plainly told the people that He was truly the Lamb of God, and that He would give His Body and Blood for them to eat and drink.

When they heard this, most of them walked away and would not believe in Him any longer. Jesus was surely disappointed by their response, but He had to let them go. He couldn't change what He had told them because it was the truth. He didn't back down in saying that **"whoever eats my flesh and drinks my blood has eternal life"** (Jn 6:54).

We read in John 6:66-69, **"As a result of this, many of his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, 'Do you also want to leave?' Simon Peter answered him, 'Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God.'"**

Peter did not understand what Jesus was saying about eating His flesh and drinking His blood because the Eucharist is a mystery. But what Peter did know was that Jesus was the Son of God, and Peter believed in Him. That is why he answered, **"To whom shall we go Lord? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God."**



## 4. FAMILY CONVERSATION

If you were there when Jesus was talking about eating His Body and drinking His Blood, what would you have done? (Take some time to share.)

As follow-up questions for sharing and/or self-examination, consider:

Why do you believe in the mysteries of our faith and the teachings of Jesus and His Church? Is it because you know and have a relationship with Him? Are you a disciple trying to learn from Jesus, or an admirer watching Him from a distance?

Lastly, finish by sharing about this question: Do you think any of the same disciples that walked away later changed their mind and went back Jesus to be part of the Christian community?

## LECTIO DIVINA

### Step 1:

- Ask everyone to sit comfortably as families in circles. Explain that you will all be listening to and reflecting on a story about Jesus at the Last Supper.
- Pray: *Dear Lord Jesus, as we read and think about the story of Your life, we ask the Holy Spirit to come and speak to the hearts of all here, from the oldest to the youngest.*
- Calmly Read **John 13:1-20**.
- Wait at least 30 seconds to give everyone time to reflect.
- Explain: Now I am inviting each of you to share about what stood out to you in this story of Jesus' washing of the apostles' feet.
- Share Guidelines: (a) Respectfully listening to each family member as he/she is sharing his/her reflection is very important. (b) Avoid interrupting or even correcting what another is saying (we're looking to listen, not critique).
- Give families time to share.

### Step 2: Serving One Another

- Re-read **John 13:13-17**: "You call me 'teacher' and 'master', and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow so that as I have done for you, you should also do. Amen, amen, I say to you, no slave is greater than his master nor any messenger greater than the one who sent him. If you understand this, blessed are you if you do it."
- Explain: When Jesus washed the apostles' feet, He was showing them how to love and serve one another.
- As Christians who are trying to bring others to Jesus, we are called to love and serve one another. When we do that, it is easy to see God's love alive within us!
- Ask each family member to name something they can do to show love and to serve his/her family this week. (Again, respectfully listening to each family member as he/she is sharing his/her reflection is very important. Everyone should listen rather than critique).

## 5. MISSION

### First, Introduce Mission Activity

Introduce Mission Activity to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

### Second, Explain Activity

Your Family At-Home Mission is to watch the videos and to accomplish your plan to serve one another as you just discussed after you read about Jesus *Washing of the Disciples' Feet*. Be ready to share your *Serving One Another Experience* at the Week 3 gathering.

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## Last, Model for Families

Share with families about your own your reflections on the *Washing of the Disciples' Feet*, and your family's *Serving One Another Experience*.

### 6. REVIEW & CLOSE IN PRAYER

God our Father, You have brought us here together so that we can give You thanks and praise for all the wonderful things You have done. We thank You for all that is beautiful in the world and for the happiness You have given us. We praise You for daylight and for Your word which lights up our minds.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Adapted from Eucharistic Prayers for Children I-III, 1975 edition



### REMIND

Remind families about the next meeting date and time.



## SUPPORTING QUOTES FROM CHURCH DOCUMENTS

### *Catechism of the Catholic Church*, no. 1323:

“At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet “in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us”

### Pope Benedict XVI, Post-Synodal Apostolic Exhortation *Sacramentum Caritatis* (2007), nos. 9-10:

In instituting the Eucharist, Jesus had spoken of the “new and eternal covenant” in the shedding of his blood (cf. *Mt* 26:28; *Mk* 14:24; *Lk* 22:20). This, the ultimate purpose of his mission, was clear from the very beginning of his public life. Indeed, when, on the banks of the Jordan, John the Baptist saw Jesus coming towards him, he cried out: “Behold, the Lamb of God, who takes away the sin of the world” (*Jn* 1:29). ... Jesus is the *true* paschal lamb who freely gave himself in sacrifice for us, and thus brought about the new and eternal covenant. The Eucharist contains this radical newness, which is offered to us again at every celebration. ...

... In instituting the sacrament of the Eucharist, Jesus anticipates and makes present the sacrifice of the Cross and the victory of the resurrection. At the same time, he reveals that he himself is the true sacrificial lamb, destined in the Father’s plan from the foundation of the world, as we read in *The First Letter of Peter* (cf. 1:18-20). By placing his gift in this context, Jesus shows the salvific meaning of his death and resurrection, a mystery which renews history and the whole cosmos. The institution of the Eucharist demonstrates how Jesus’ death, for all its violence and absurdity, became in him a supreme act of love and mankind’s definitive deliverance from evil.

### Pope St. John Paul II, Encyclical *Ecclesia de Eucharistia* (2003), no. 4:

The agony in Gethsemane was the introduction to the agony of the Cross on Good Friday. *The holy hour*, the hour of the redemption of the world. Whenever the Eucharist is celebrated at the tomb of Jesus in Jerusalem, there is an almost tangible return to his “hour,” the hour of his Cross and glorification. Every priest who celebrates Holy Mass, together with the Christian community which takes part in it, is led back in spirit to that place and that hour.