



Sunday Gospel Background

When a single grain of wheat falls into the ground, it appears to die, but in fact it bursts its hull, sprouts, and grows into a stalk with many grains of wheat upon it. In his Death, Jesus' life seems to end but in fact grows into a rich harvest of followers. Jesus gave up his life so that we could have life forever with God in Heaven. We remember Jesus' sacrifice at every Mass. He gives himself to us in Holy Communion. This lesson contains many references to baking bread. Try to take some time to savor the taste of fresh bread together this week. If you have time, you might even bake bread together. Either way, take the opportunity to share with your child how important it is for you personally to receive Jesus' Body and Blood in Holy Communion.

Share Experiences

Check off the boxes as you complete each part of the lesson.

- Pray together** "Dear Jesus, thank you for coming to live with us and for teaching us about God. Help us listen to your words and grow as God's children. Amen."
- Cover Activity • Wheat Becomes Bread (page 1)** Have your child read the title in gold and describe the pictures. Explain that in Jesus' time, grain was harvested by hand. People used long knives on handles to cut the stalks down near the ground. Others tied the stalks together into a sheaf. On the threshing floor, they beat the stalks until all the grain came off. They then scooped up the grain and tossed it into the air over and over again until the chaff, all the leftover bits of stalk and outside kernel, blew away. They then ground the grain into flour. (Note: You'll come back to the crucifix later.)
- Story • Making Bread Together (page 2)** Talk about favorite kinds of bread or any experiences your family has had baking bread together. Read this story aloud together, alternating readers at each paragraph.
- Discuss the Know questions related to the story.** 1. Open-ended. 2. Jesus made bread the sign of his love and presence because it's a common food in many parts of the world. He wanted his Body to be available to everyone.
- Activity • Making Bread Word Search (page 2)** Invite your child to complete this word search. You will return to it later in the lesson.

Discover Gospel and Doctrine

- Sunday Gospel • Jesus Is Like a Grain of Wheat (page 3)** Proclaim the Gospel by reading the five parts aloud together. You might take the Narrator part and alternate reading the Jesus parts with your child.
- Discuss the Know questions related to the Gospel.** 1. Open-ended. 2. The grain of wheat dies to bring new life. Jesus died and rose to new life so that we can go to Heaven.
- Connecting Gospel and Doctrine (page 3)** Read together "Jesus' Death Gives Life." When you get to the word *sacrifice*, help your child understand that when we make a sacrifice, it is a form of "dying"—we put the needs or wants of another before our own. Point out that Jesus' sacrifice involved really dying. **Ask:** Why did Jesus sacrifice his life? Continue reading at "Jesus gave up..." to find out.
- Catholic Faith Word • sacrifice (page 4)** Review the meaning of the word *sacrifice* with your child. Explain that we "die to self" when we make sacrifices, even small ones. Out of our sacrifices, good things can grow in our lives and



in the lives of others. Help your child understand that this term is used to refer to Jesus' Death. We also refer to the Mass as a sacrifice. Jesus gives his Body and Blood to us in Holy Communion.



- **Open** the *What the Church Believes and Teaches* handbook to page 22. Read aloud the two paragraphs in the Eucharist section. Talk about what your child likes best about your family's Thanksgiving meals. Share that what makes many family meals special are four things: *Gathering, sharing stories, sharing a special meal, and going home*. Print these in a column on a sheet of paper. Read the section about the Mass. Then print the following in a column next to the meal words: *Liturgy of the Word, Concluding Rites, Liturgy of the Eucharist, and Introductory Rites*. Invite your child to match each part of a meal to its similar part of the Mass. If you want, you can number the Mass parts in their correct order: 1. Introductory Rites, 2. Liturgy of the Word, 3. Liturgy of the Eucharist, 4. Concluding Rites.

Next time you're at Mass, encourage your child to pay attention to the flow of the Mass and notice the different parts.

Once you have completed this section of the lesson, close the handbook and return to Good News, page 4.

Live the Gospel

- **Activity • A Eucharist Crossword (page 4)** Give your child time to complete the crossword. When finished, read the completed sentences together, inviting your child to fill in the missing words. Help your child understand that the words Jesus spoke at the Last Supper are the words the priest says during the Eucharistic Prayer at Mass. The answers are **4. Jesus, 5. Supper, 2 down. bread, 7. eat, 6. love, 1. Mass, 3. altar, 2 across. Body, 8. Amen.**
- **Activity • I Am the Bread of Life (pages 2, 4, and 1)** Have your child turn back to the word search on page 2. The letters that weren't circled spell a message. Give your child some paper to write down the remaining letters, beginning at the top left and going right. **Answer: I am the bread of life. Whoever eats it will live forever. Ask: Who said this? Jesus. Ask: What is he talking about? His Body is Holy Communion.** Turn to the Memory Verse on page 4. Encourage your child to memorize these words of Jesus.

Now invite your child to turn to page 1. **Ask: Why is a crucifix on this page about making bread? Jesus' body died on the Cross. Jesus' Body is Holy Communion.** Invite your child to color the crucifix.

- **Activity • Lenten Calendar (page 4)** Direct your child's attention to the four calendar squares to guess the Lenten word—*FAST*. Then read the suggested actions. These actions will help your child experience different ways to fast and sacrifice. This will complete your Lenten calendar.
- **Closing Prayer** Have your child repeat each line of the prayer after you. **Pray:** "Loving God, thank you for the gift of Jesus' sacrifice for us. Help us to grow more and more like Jesus. Help us to be Jesus' Body in our world. Amen."



Parent Resources

For weekly videos, assessments, and more, scan this code or go to pflaumweeklies.com/family
Visit www.usccb.org/bible/readings to read this Sunday's Scripture