

The Mass and the Eucharist

Class Session: 1/16 and 1/19

Grade 7

KEY CONCEPT

The Mass is the most important part of our Faith. It is when we fully encounter Jesus Christ present in the Eucharist. The Eucharist is the source and summit of our lives as it is Jesus entering our bodies to fulfill us.

QUICK SESSION

OVERVIEW

STEP 1 - WELCOME

STEP 2 - INVITE

STEP 3 - DISCOVER

STEP 4 - LIVE

STEP 5 - CLOSING

HELPFUL HINT OF THE DAY

Why We Go to Mass

- The Mass is the Divine Liturgy and our most important form of worship.
- During the Mass, we listen to the Word of God through Scriptures and receive the body, blood, soul and divinity of Jesus.
- The priest, who acts *in persona Christi* (in the person of Christ), represents the eternal and perfect sacrifice of Jesus on the cross.
- Since Jesus commanded us to break bread in remembrance of his (Luke 22:19), we are simply doing what he told us to do!

STEP 1 - WELCOME

TIP

Community Activity

STEP 2 – INVITE

TIP

Let Us Pray

- **Memorare**
- **Prayer of St. Thomas Aquinas – Preparation for Mass prayer**
 - **Included as a handout**
 - **An example of prayer that we can say before Mass to help us mentally prepare for what we are about to receive**
 - **Encourage the kids to use this as they attend Mass on Sunday**

STEP 3 – DISCOVER

TIP

The Mass Activities

STEP 3 – DISCOVER

TIP

Watch: Fr. Mike Schmitz: “The Hour That Will Change Your Life”

- <https://www.youtube.com/watch?v=LwwilkrLxTM&t=1104s>
- **We will watch from 18:50 minutes till the end**

Discuss the video and further questions about the Mass

- **Questions to use:**
 - **What stuck out to you about the video?**
 - **Do you recognize the Eucharist as Jesus at each Mass?**
 - **If more of us recognized the Eucharist as Jesus, would it change how we approached the Mass?**

Have the students use the Bibles and read John and then do the Eucharist sheet. Can work in pairs

Review the Gestures and Postures used at Mass sheet.

STEP 5 – CLOSING

TIP

Close in prayer together

- **Memorare and Glory Be**

Prayer of St. Thomas Aquinas

Almighty and ever-living God, I draw near to the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the physician of life, unclean to the fountain of mercy, blind to the light of eternal brightness, poor and needy to the Lord of heaven and earth. So I ask you, most generous Lord: graciously heal my infirmity, wash me clean, illuminate my blindness, enrich my poverty, and clothe my nakedness. May I receive the Bread of angels, the King of kings and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, and such resolve and determination as may secure my soul's salvation. Grant as I may receive not only the visible sign of the Lord's Body and Blood, but also all the reality and power of the sacrament. Grant most kind God, that I may receive the Body of your only-begotten Son, our Lord and Jesus Christ, which he received from the Virgin Mary, and may receive it in such a way that I become a living part of his Mystical Body and counted among his members.

O most loving Father, grant me your beloved Son. While on this earthly pilgrimage, I receive him under the veil of this sacrament; so may I come at last to see him face to face for all of eternity. For he lives and reigns with you forever and ever. Amen.

The Eucharist

Read Jn 6:35-39, and answer the following questions.

1. Who is the Bread of Life?

2. Was Jesus speaking in riddles when He said that we must eat His Body and drink His Blood to have eternal life?

3. Did everyone accept this teaching?

4. Is this cannibalism? When people eat human flesh? Why or why not?

5. If you believe and eat Jesus' Body and drink His Blood, what is promised to you?

6. Who can come to Jesus?

7. Who left Jesus? Why did they no longer follow Him?

8. What did Peter say? What did His apostles do?



Gestures and Postures of the Congregation at Mass

Entrance Rites

Make the sign of the cross with holy water (a sign of baptism) upon entering the church.

Genuflect toward the tabernacle containing the Blessed Sacrament and the Altar of Sacrifice before entering the pew. (If there is no tabernacle in the sanctuary, or it is not visible, bow deeply, from the waist, toward the altar before entering the pew.)

Kneel upon entering the pew for private prayer before Mass begins.

Stand for the entrance procession.

Bow when the crucifix, a visible symbol of Christ's sacrifice, passes you in the procession. (If there is a bishop, bow when he passes, as a sign of recognition that he represents the authority of the Church and of Christ as shepherd of the flock.)

Remain standing for the entrance rites. Make the sign of the cross with the priest at the beginning of Mass.

Strike your breast at the "mea culpa(s)" ("through my fault") in the Confiteor.
Bow and make the sign of the cross when the priest says "May Almighty God have mercy..."

Bow your head when you say "Lord, have mercy" during the Kyrie.

If there is a Rite of Sprinkling (Asperges), make the sign of the cross when the priest sprinkles water from the aspergillum in your direction.

Throughout the Mass, bow your head at every mention of the name of Jesus and every time the Doxology ["Glory be"] is spoken or sung. Also when asking the Lord to receive our prayer.

Gloria: bow your head at the name of Jesus. ("Lord Jesus Christ, only begotten Son...", "You alone are the Most High, Jesus Christ...")

Liturgy of the Word

Sit for the Scripture readings.

Stand for the Gospel at the Alleluia verse.

When the priest announces the Gospel, trace a cross with the thumb on head, lips and heart. This gesture is a form of prayer for the presence of the Word of God in one's mind, upon one's lips, and in one's heart.

Sit for the homily.

Creed: Stand; bow your head at name of Jesus; on most Sundays bow during the Incarnatus ("by the power of the Holy Spirit ... and was made man"); on the solemnities of Christmas and the Annunciation all genuflect at this moment.

Make the sign of the Cross at the conclusion of the Creed at the words "I believe in the resurrection of the dead and the life of the world to come. Amen."

Liturgy of the Eucharist

Sit during the offertory.

Stand as the priest says "Pray brethren that my sacrifice and yours..." and remain standing to respond, "May the Lord accept the sacrifice at your hands..."

If incense is used, the congregation bows toward the thurifer when he bows to the congregation both before and after he has incensed them.

The congregation remains standing until the end of the *Sanctus* ("Holy, holy"), when they kneel for the entire Eucharistic Prayer.

At the moment of the Consecration of each element, bow the head and say silently "My Lord and my God", acknowledging the Presence of Christ on the altar. These are the words of Saint Thomas when he realized that it was truly Christ who stood before him (John 20:28). Jesus responded, "Because you have seen me, you believed. Blessed are they that do not see and yet have believed" (John 20:29).

Stand at the priest's invitation to recite the Lord's Prayer.

Reverently fold your hands and bow your head as you pray the Lord's Prayer.

Remain standing to exchange the sign of peace, if the invitation is made. (The sign of peace may be either a handshake or a bow of the head towards those nearest you, accompanied by the words “Peace be with you”.)

In reciting (or singing) the *Agnus Dei* (“Lamb of God...”), strike the breast at the words “Have mercy upon us”.

Kneel at the end of the *Agnus Dei* (“Lamb of God...”).

Bow your head and strike your breast as you say, *Domine non sum dignus...* (Lord, I am not worthy...)

Reception of Communion

Leave the pew (without genuflecting) and walk reverently toward the altar, with hands folded in prayer.

Make a gesture of reverence as you approach the priest in procession to receive Communion. If you are kneeling at the Communion rail, no additional gesture is made before receiving.

You may receive the host either on the tongue or in the hand.

If the former, open your mouth and extend your tongue, so the priest can place the Host properly. If the latter, place one hand over the other hand, palms open, to receive the Host. With the lower hand, take the Host and reverently place it in your mouth. (See [Holy See's 1985 directives](#)).

If you are carrying a child, it is much less awkward to receive on the tongue.

If you also receive from the chalice, make the same gesture of reverence when you approach the minister to receive.

Make the sign of the cross after you have received Communion.

Kneel in prayer when you return to your pew after Communion, until the priest sits down, or until he says “Let us pray”. (GIRM 160 American adaptation says that people may “stand, sit or kneel”.)

Conclusion of Mass

Stand for the concluding prayers.

Make the sign of the cross at the final blessing, as the priest invokes the Trinity.

Remain standing until all ministers have processed out. (If there is a recessional, bow in reverence to the crucifix as it passes by.)

If there is a hymn for the recessional, remain standing in your pew until it concludes. If there is no concluding hymn, remain in your pew until all the ministers have gone out of the main body of the church.

After the Mass is concluded, you may kneel for a private prayer of thanksgiving.

Genuflect reverently toward the Blessed Sacrament and the Altar of Sacrifice as you leave the pew, and leave the nave (main body) of the church in silence.

Make the sign of the cross with holy water as you leave the church, a reminder of our baptismal obligation to carry Christ's Gospel into the world.