

# Lesson in a Bag™

## Lesson 1, Eucharist

**In the Name of the Father, and of the Son,  
and of the Holy Spirit**

1. We Pray
2. We Listen  
Activity 1
3. We Learn  
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4. We Learn
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6. We Pray



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*touching hearts. enlivening minds.*

### Lesson in a Bag Includes:

1. Catechist Cards
2. 20 copies of student handouts

# Catechist Cards



Lesson in a Bag™: Lesson 1, Eucharist

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# Lesson 1 Objectives

**We Listen** - To learn the Scripture story about Jesus calling his first Apostles.

**We Learn**- To understand that as members of the Church, we belong to Christ.  
To name the three Sacraments of Christian Initiation that begin our life in the Church.

**We Learn**- To recall that Baptism welcomes us into the Church and takes away all sin.  
To learn that Confirmation strengthens our faith and that in the Eucharist we receive Jesus' Body and Blood.

**Heart to Heart**- To learn what is involved in preparing for First Eucharist.  
To realize that Jesus will be with the students along the way.



# 1

## Opening Prayer

*(student packet: page 1)*

*Begin the prayer by leading the children in praying the Sign of the Cross, emphasizing the gestures.*

**Say, "The Sign of the Cross reminds us of our Baptism."**



## 2

# We Listen

*(student packet: page 2)*

*Look at the illustration.*

**Say,** “After Jesus was baptized, he went to the Sea of Galilee. Many of the men who lived there were fishermen. What did the fishermen use to catch fish?” *(fishing nets)*

“Did you know that Jesus did not go to the Sea of Galilee to catch fish? Let’s listen to the Scripture story to learn why Jesus was there.”

*Read aloud the Scripture story.*

**Ask,** “What were the names of the fishermen at the Sea of Galilee?” *(Simon Peter and Andrew; James and John)*

**Ask,** “Why did Jesus call out to the four fishermen?” *(Jesus wanted them to be his followers and helpers.)*

**Say,** “Jesus called you to a new way of life that will lead you closer to God.”



# 3

## Activity 1

(student packet: page 3)

**Say,** "Following Jesus means making changes in the way we live. Remember that the Apostles made changes in their lives so that they could follow Jesus."

*Have the children close their eyes as you say:*

"Jesus calls each one of us to follow him. What is one way you can follow Jesus today?"

"Imagine that Jesus called you to follow him. Write one word that would describe how you would feel if Jesus asked you to follow him. Draw a picture that shows how you could respond to Jesus' inviting you to follow him."



# 4

## We Learn *(student packet: page 4)*

*Read aloud the first three paragraphs.*

**Ask, "Who began the Church?"** *(Jesus. Emphasize that the Church is a community of people who believe in Jesus Christ.)*

**Say, "We are followers of Jesus. He is the Son of God. He died and rose from the dead to save us."**

**Ask, "What do the Sacraments do?"** *(bring us closer to God and help us answer his call to be his followers)*

*Read aloud the last two paragraphs.*

**Ask, "What are the three Sacraments of Christian Initiation?"** *(Baptism, Confirmation, and Holy Communion)*



# 5

## Activity 2

*(student packet: page 5)*

**Say,** “Imagine what your Baptism might have been like. Draw a picture of yourself at your Baptism.”

*When the students have finished the activity, invite a few volunteers to share their drawings with the group.*





# 6

## We Learn

*(student packet: page 6)*

*Read aloud the first three paragraphs.*

**Say,** “Baptism is the first Sacrament we receive. It welcomes us into the Church. We are joined to Christ and to people all over the world who believe in Christ. Water is a sign of Baptism, and the water of Baptism washes away our sins.”

*Read aloud the next two paragraphs.*

**Say,** “In Confirmation, our faith grows even stronger. The Holy Spirit helps us to live as Jesus’ followers.”

*Read aloud the last paragraph.*

**Say,** “It is so special to be able to receive Jesus’ Body and Blood in the Sacrament of the Eucharist.”

**Ask,** “Which Sacrament welcomes us into the Church?” (*Baptism*)

“In which Sacrament do we receive the Body and Blood of Christ?” (*the Eucharist, or Holy Communion*)

“Which Sacrament strengthens the grace we receive at Baptism?” (*Confirmation*)



# 7

## Heart to Heart

*(student packet: page 7)*

**Say,** “A heart-to-heart talk is a serious and truthful talk with someone. In this heart-to-heart talk, we will talk about preparing for First Eucharist.”

*Read the selection aloud.*

**Ask,** “How do you feel about getting ready for receiving First Holy Communion?”

“How does it feel to know that Jesus is with you and that he is calling you to receive him in Holy Communion?”



# 8

## Activity 3

*(student packet: page 8)*

**Say,** “One day Jesus and the Apostles were out fishing. They brought in so many fish that their nets were tearing. Then Jesus said: ‘From now on you will stop fishing for fish. You will fish for people!’”  
(based on Luke 5:10).

**Say,** “Write your name on the fish. Then draw more fish and write the names of people who are helping you prepare for your First Holy Communion. Some of the people might be a priest, your teacher or catechist, your parents, and family members.”



# 9

## We Pray

*(student packet: page 9)*

**Say,** “This closing prayer is a thank-you prayer to God the Father, God the Son, and God the Holy Spirit. I will read the parts for the leader and you will read the parts marked **All!**” *(You may wish to have the children practice reading the response.)*

*Begin with the Sign of the Cross.*

**Leader:** God, our Father, you called us at Baptism to be your children.

**All:** We thank you, Lord.

**Leader:** You sent your Son, Jesus, to teach us how to live.

**All:** We thank you, Lord.

**Leader:** You send your Holy Spirit to help us follow Jesus.

**All:** We thank you, Lord.

**Leader:** Let us go in peace to love and serve the Lord and one another.



# Student Piece



# **We Pray:** **The Sign of the Cross**

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.



# **We Listen:** **Jesus Says, "Follow Me"**

Around the time when Jesus first began to preach, two brothers were fishing in the Sea of Galilee. Their names were Simon Peter and Andrew.

As Simon Peter and Andrew were casting their fishing nets into the sea, someone called to them:

"Follow me, and I will make you fishers of men."

It was Jesus! They saw him walking on the shore. They dropped their nets right away and went to Jesus.

A little while later, two other brothers, named James and John, were fishing in a boat. They were with their father.

Jesus called to them too. "Follow me!" he said.

James and John left their boat and their father at once. They too followed Jesus.

These four fishermen became Apostles of Jesus.

Based on Matthew 4:18–22

## **With My Family**

As a family, talk about a way you can show Jesus that you want to be his followers. Also, on a calendar in your home, mark days when you will spend time preparing for First Eucharist as a family, even if it involves something as simple as practicing a prayer.



# Activity 1

**Imagine** that Jesus called you to follow him.

**Write** one word describing how you would feel.

**Draw** a picture of yourself following Jesus.