

Lesson Plan for Lesson 20

The Eucharist

Preparation and Supplies

- Study chapter 20, “The Eucharist,” in the handbook.
- Gather Bibles, one for each participant; newsprint and markers for each group of three or four; several sketches or photographs of Catholic altars; and tape.
- Make enough copies of the handout “Building the Table of the Lord” (Document #: TX003399) so that each group will have one section when the handouts are cut apart along the dotted lines. Cut the handouts apart before class begins.

Pray It! (5 minutes)

Tell the participants that class is going to begin with a reflection on the Eucharist. **Direct** them to turn to the Pray It! “Eucharist Meditations,” on page 215 in the handbook. **Select** four young people and **assign** one of the four readings to each of them. **Ask** the readers to pause after each reading to give everyone time to reflect. **Instruct** the participants to give prayerful thought to the insights in each reading.

Study It! (35 to 45 minutes, depending on your class length)

A. A Short History of the Eucharist

1. **Direct** the young people to form groups of three or four. **Instruct** each group to create a list of the top five excuses Catholics make for not going to or participating in Mass. Then **ask** them to create a list of the top five reasons Catholics have for going to Mass. **Invite** the groups to share their lists.
2. **Direct** the participants to read the chapter introduction and the section “A Short History of the Eucharist,” on pages 213–216 in the handbook. The content covers points 1 and 2 on the handout “Lesson 20 Summary” (Document #: TX003398).
3. **(Optional)** **Direct** the young people to the Scripture Connection “The Bread of Life Discourse,” on page 216 in the handbook. **Give** each participant a Bible, and **ask** the young people to read chapter 6 in the Gospel of John. **Conduct** a discussion on the Eucharist using the questions at the end of the sidebar.

B. The Meaning of Eucharist

1. **Direct** the participants to form groups of three or four. **Ask** each group to choose ten words, phrases, or symbols from the Mass and mix up the letters to create ten word jumbles (for example,



“scripture” becomes “recitpusr”). **Tell** the groups to trade lists and see if they can figure out the correct words in 5 minutes.

2. **Direct** the young people to read the sections “The Meaning of the Eucharist,” “The Eucharistic Rite,” and “An Outline for the Eucharist,” on pages 216–222 in the handbook. The content covers points 3 through 7 on the handout “Lesson 20 Summary.”
3. **(Optional) Use** the information provided in the Did You Know? “Liturgical Clothing and Colors,” on page 221 in the handbook, to conduct a trivia quiz with the participants.

C. Receiving the Eucharist

Direct the participants to read the section “Receiving the Eucharist,” on pages 222–223 in the handbook. The content covers points 8 and 9 on the handout “Lesson 20 Summary.”

Note: If you are running short on time, you may wish to just briefly summarize this section of the handbook.

Live It! (15 to 20 minutes)

1. **Direct** the participants to form groups of three or four. Distribute to each group one section of the handout “Building the Table of the Lord” (Document #: TX003399) along with a sheet of newsprint and markers.

Explain the task as follows:

- You are artists and architects who have been hired to design the altar for the new cathedral in our diocese.
- Your job is to create a design for the new altar based on the information you have been given. Each group will focus on one of the four aspects of the Eucharist: the Eucharist as the source and summit of the Christian life, the Eucharist as thanksgiving, the Eucharist as memorial sacrifice, and the Eucharist as the presence of Christ.
- Your proposal must include at least one picture of the design.
- Based on the information provided to your group, you will present your design proposal to the rest of the class and explain what it means.
- Use whatever materials you think would be appropriate in your design. You may incorporate contemporary and ancient pictures and images, Scripture passages, and phrases.
- You will have 8 to 10 minutes to create your designs.

Distribute the sketches or photographs of altars to the groups to give them some help in developing their own design.

2. **Invite** the groups to present their designs to the class and to explain what their designs mean.
3. Following the presentations, **share** the following comments in your own words:
 - The Eucharist is central to the life of the Church because it brings together in a single ritual all the important elements of the Catholic faith. In it we recall what God has revealed to us through history in the Liturgy of the Word.
 - The Eucharist is also a memorial of the life, death, and Resurrection of Christ. In the Eucharist these saving actions are made present, and we are actually participating in these events!



Closing Prayer (5 minutes)

Following any announcements, **ask** the young people to think about a title for Jesus that captures the essence of who he is for the Eucharistic community. **Tell** them to write down the name Jesus and then, next to that, the titles they come up with. Some examples are: Jesus, Bread of Life; Jesus, Hope for All; Jesus, Perfect Love. **Close** with a litany in honor of Jesus Christ by having each participant read his or her title for Jesus and having the group respond with something like “Be with us” or “Strengthen us.”

