

## **Lesson 18:**

## **Share a Holy Meal**

**Focus:** Jesus cared for the 5,000 hungry people in the story of the loaves and fishes.

**Jesus continues to feed and care for his followers today through the Eucharist.**

### **Materials needed:**

- **Jesus Feeds 5,000 people coloring sheet (2 sided) – 1 per child**
- **First Communion coloring sheet – 1 per child**
- Index cards saying “Lord’s Prayer”, “Sign of Peace”, “Holy Communion”, “Closing prayer and blessing” (blank cards in large tub)
- First Communion bookmarkers (in large tub)
- DVD – “The Bread of Life” (Begin video when it fits best in with your lesson.)

### **Before class begins:**

- Print out your note cards.
- Place all your note cards (except the ones for this week) in order on the wall.

### **Prayer:**

**Our Father/Hail Mary/Glory Be**

### **Say:**

- **How many of you get together with your families for special occasions? What is something you almost always do when you are together? (eat!)**
- **Food is such a big part of our lives. Almost every special gathering will include some kind of food.**

- **Jesus knew how important food is for life. Many of the stories he told were about sharing meals with friends. Let's listen to one of them now.** (Read the story "Jesus Uses a Boy's Lunch to Feed 5,000 People" from the coloring sheet.)

Say:

- **Jesus told His friends to give the crowds something to eat. Who are the friends the story is talking about?** (The Disciples)
- **How do you think the disciples felt when Jesus asked them to share their food with that big crowd?**
- **What happened when Jesus took the food and blessed it?** (There was more than enough food for everyone. They collected 12 baskets of leftover food, even after more than 5,000 people had been fed.)
- **Jesus performed a miracle that day, feeding thousands of people with just a small amount of food.**
- **Jesus' disciples never dreamed that so many people could be fed.**
- **Through His miracle, Jesus was showing them that He had power over creation and could do *anything*.**
- **Very soon, Jesus would change plain bread and wine into His Body and Blood. Do you think the disciples would remember what happened on that day when a few loaves and fishes fed 5,000 people? You bet they would!**
- **They would remember Jesus' miracle and they would believe that Jesus could definitely change bread and wine into His Body and Blood.**
- **Jesus continues to feed his followers (that's us!) today. In the Mass, Jesus gives us his Body and Blood.**
- **Does it seem strange to you that we would have Jesus' Body and Blood for a meal?**
- **You have to know that it is not Jesus' earthly body that we eat. It is the Body of the risen Jesus, the glorified Jesus and that is very different.**

- **The Holy Spirit changes the bread and wine into the Body and Blood of Jesus but it still looks and tastes like bread and wine to us.**

(Point to the note cards on the wall.) Say:

- **After the Great Amen, it is time to prepare for a holy meal. The meal is called holy because the bread and wine have become the Body and Blood of Christ.**
- **Next at Mass, we pray the Lord's Prayer and then offer each other the Sign of Peace. Before we receive the Body and Blood of Jesus, we give each other a sign of love and a reminder that we are all united by Jesus' love. (Put signs on the wall.)**
- **What comes next is the most important part of the Mass. It is called Holy Communion or Holy Eucharist.**
- **When Jesus shared the bread and fish with the hungry people they felt His love and care. At Mass, Jesus' followers remember Jesus' love for them as they receive His Body and Blood.**
- **The priest will call down the Holy Spirit to change plain bread and wine into the Body and Blood of Jesus.**
- **Very soon you will also be a part of this very important ritual.**
- **You will watch the priest call down the Holy Spirit to change the bread and wine into Jesus' Body and Blood.**

- **You will come forward to receive Jesus' Body and Blood and remember how much Jesus loves you.**
- **After Communion, the priest prays the final prayer, asks for God's blessing and sends everyone out to love and serve the Lord.**

If you have time:

Kids can color the First Communion or Loaves and Fishes sheets.

OR

See how many of the cards the kids can put in order using the new ones.

OR

Color a First Communion book marker to take home.

OR

Play "Hit or Miss"

Write on a large sheet of poster paper 10-15 words that were mentioned in the Bible story of the loaves and fishes (ex. Jesus, crowd, bread, fish, blessed, food, leftovers, basket, apostles, 5,000, enough) Then add some words that have nothing to do with the story. Attach the paper to the wall at the children's eye level.

Blindfold a volunteer and turn him around three times. Point him toward the sheet of paper and have him touch the paper with his index finger. Ask the class if the word has anything to do with the Bible story. The class must use the word in a sentence that tells information about the story. Repeat until all the words have been used.