

Saint Tarcisus

Love for Jesus in the Eucharist

Ages about 7-11 | Video 6:05 | Group lesson about 25-35 minutes

Central truth The Eucharist is Jesus' gift of himself, worthy of reverence and loving care.

Learning goals Recall Tarcisus's mission in the tradition; explain reverence for the Eucharist; identify safe ways children can serve at Mass.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online [Open this video on Servus Dei](#)

Before watching | 2 minutes

Ask how we care for something very important. Explain that Catholics receive Jesus himself in the Eucharist, which is more than an ordinary object.

Watch and notice

Follow Tarcisus as he carries the Eucharist to imprisoned Christians, faces an attack, and inspires the soldier in this dramatized tradition.

Talk together | 6-8 minutes

1. What was Tarcisus carrying?

The Eucharist, Jesus truly present. His task was to bring Communion to Christians who could not attend Mass.

2. Why was his mission important?

The community cared for imprisoned believers and wanted them to receive Jesus. Reverence and care for people belong together.

3. What does the soldier notice in the retelling?

Tarcisus's love and faith lead him to ask about Jesus. The scene illustrates how a faithful example can awaken curiosity.

4. How can children show reverence safely?

Listen at Mass, pray, handle assigned church tasks carefully, and follow adult guidance. Tell a trusted adult if someone threatens or hurts them.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

Saint Tarcisius

Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Draw Tarcisius's peaceful mission before the attack, then picture a safe way to show reverence at church.

Read & Write Recall the purpose of the mission, explain Eucharistic reverence, and choose an appropriate act of service.

Adapt by readiness

Ages 7-8: focus on Jesus' gift and prayer at Mass; offer a picture of a church or helping an adult.

Ages 9-11: distinguish faithful courage from deliberately entering danger; name a trusted adult.

Prepare a prayer corner | Optional 4 minutes

With adult help, tidy a small prayer space and place a Bible or cross there. Write one prayer thanking Jesus for the Eucharist. This activity uses ordinary materials, never a consecrated host.

Look for understanding Look for reverence rooted in love for Jesus and one safe church habit. Children should know the Eucharist is not ordinary bread.

Closing prayer Jesus, thank you for giving yourself to us in the Eucharist. Help us pray with love and serve with care. Saint Tarcisius, pray for us. Amen.

At home Ask an adult about an age-appropriate way to help at church. Practice a quiet prayer of thanks before or after Mass.

Handout answer notes Mission: Eucharist for imprisoned Christians. Reverence: Jesus truly present. Service: prayer, listening, or an authorized age-appropriate church task.

Teach with care

Preview the attack and death passage; use a shorter viewing if needed. Do not reenact violence or ask children to imagine choosing death. The Vatican presents Tarcisius through early testimony and later oral tradition; age, dialogue, and the soldier's conversion are not equally documented. Reverence does not mean Jesus depends on a child's physical protection. Courage includes seeking safety and adult help; never imitate the dangerous journey.

Words to explain Eucharist: Jesus truly present, Body, Blood, Soul, and Divinity. Reverence: loving respect for what is holy. Catacombs: ancient underground burial places.

Sources for the leader

Story source: [Servus Dei video and English transcript](#)

Church teaching and tradition: [Benedict XVI: Saint Tarcisius, August 4, 2010](#)