

The Sacred Heart of Jesus: The Heart That Stayed

Jesus gives himself in love

Ages about 7-11 | Video 2:45 | Group lesson about 25-35 minutes

Central truth A child's prayer at Mass leads into the Last Supper and Jesus's loving self-gift on the Cross.

Learning goals Children will connect the Sacred Heart with Jesus's love, recall the Last Supper, and name a respectful way to pray 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 do people show love through actions? Watch how the story connects Jesus's gift at supper, the Cross, and the Mass.

Watch and notice

Notice the child learning to pray, Jesus giving himself at the Last Supper, and the child thanking Jesus at Mass.

Talk together | 6-8 minutes

1. What did Jesus give at the Last Supper?

He gave his Body and Blood under the appearances of bread and wine.

2. What does the Sacred Heart help us remember?

Jesus loves us and gives himself for our salvation.

3. Why did the child become quiet at Mass?

He began to recognize Jesus's loving presence, beyond simply copying others' movements.

4. How can you pray with love and attention?

Offer a short thank-you, listen to Scripture, or ask an adult about what happens at Mass. Questions are welcome.

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

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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 the child praying at Mass and a thank-you prayer of your own.

Read & Write Recall the Last Supper, explain the Sacred Heart, and compose a brief prayer.

Adapt by readiness

Ages 7-8: offer “Jesus, thank you for...” as a spoken prayer.

Ages 9-11: distinguish the appearance of bread from the Church’s faith in Christ’s real presence.

A thank-you heart | Optional 4 minutes

Draw a paper heart and add three words or pictures expressing thanks to Jesus. Use it as a prayer reminder. Explain that the paper heart is a symbol, while Jesus is a real Person who loves us.

Look for understanding Children connect the heart image with Christ’s love and the Eucharist with his true presence.

Closing prayer Jesus, thank you for loving us and giving yourself to us. Help us receive your love and share it wisely. Amen.

At home Ask an adult one question about Mass and pray a short thank-you together.

Handout answer notes Supper: Body and Blood under bread and wine’s appearances. Heart: Christ’s love and self-gift. Prayers vary.

Teach with care

Preview references to Jesus’s suffering and Cross. Keep the explanation non-graphic and avoid suggesting that loving someone means staying in an unsafe situation. The child is a fictional teaching character; the retelling uses simplified Last Supper and Passion scenes. Christ is truly present in the Eucharist, Body, Blood, Soul, and Divinity. The theme “love stays” does not require children to remain with anyone who hurts them; seek trusted adult help.

Words to explain Sacred Heart: Jesus’s heart as the sign of his saving love. Host: the bread consecrated at Mass, truly Christ. Last Supper: Jesus’s final meal with his apostles before his Passion.

Sources for the leader

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

Catholic teaching: [Christ’s human heart and love: Catechism 478](#)

Catholic teaching: [The Eucharist: Catechism 1374](#)

Thank you for your love

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Jesus gives himself in love. We can speak to him in prayer.

Name _____

Adult helper Read aloud. Invite drawing, pointing, or spoken answers. Writing is optional.

1 Draw the child thanking Jesus at Mass.



2 Draw or write something you want to thank Jesus for.



Tell What does your heart picture help you remember about Jesus?

Pray Jesus, thank you for your love and your gift of yourself. Amen.

At home Share your picture and one thing you learned about God or following Jesus.

The love that gives

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Remember the supper, the Cross, and the child's prayer.

Name _____

1 Recall the supper

What did Jesus give his friends at the Last Supper?

Jesus gave ...

2 Understand the heart

What does the Sacred Heart tell us about Jesus?

Jesus ...

3 Pray in thanks

Write a short thank-you prayer.

Jesus, thank you for ...

Pray Jesus, thank you for your love and your gift of yourself. Amen.

Go deeper How can learning about Mass help us pray with understanding?