The Mass and the Gift of Jesus

A short lesson for home, parish, or classroom

Suggested ages 6-10 | Video 8:01 | Lesson about 30-35 minutes

Central truth

We go to Mass to worship God, give thanks, and receive the gift of Jesus.

Learning goals

Explain why Catholics go to Mass; name the Liturgy of the Word and Liturgy of the Eucharist; choose one way to listen, pray, and love others.

Prepare

Have the video, a Bible, pencils or crayons, and a student activity. Preview the film. Choose a few questions rather than trying to cover every detail.

A simple lesson plan

Welcome (3 min): Ask what the children already notice or wonder about this topic.
Watch (6-8 min): Give the listening purpose below.
Talk (7 min): Choose two or three questions from page 2.
Respond (10 min): Use Draw & Tell or Read & Write.
Share and pray (3 min): Invite an optional response and pray together.

Listening purpose

Why do we go to Mass, and how can each child take part?

Try it together

Make a simple four-part picture strip: we gather; we listen to God's word; we offer thanks and receive the gift of Jesus; we are sent to love and serve. Let children explain their pictures in their own words.

Carry it home

Before the next Mass, choose one person to pray for. After Mass, choose one small act of love for that person.

The Mass and the Gift of Jesus

Discussion, vocabulary, and teaching notes

Why do we go to Mass?
To worship God and give him thanks. Jesus makes his one sacrifice present and gives himself to us.

What do we listen to in the Liturgy of the Word?
Readings from the Bible, including the Gospel; the homily helps us understand and live God's word.

Does Jesus die again at every Mass?
No. His one sacrifice on the Cross is made present to us; the risen Jesus lives forever.

Can a child who is not receiving Communion still take part?
Yes. The child can listen, answer, sing, and pray, and prepare to receive when ready.

Helpful words

Reverence: Deep love and respect for God and what is sacred.
Liturgy of the Word: The part of Mass in which we hear Scripture and respond to God.
Eucharist: Thanksgiving; the sacrament in which Jesus gives us his Body and Blood.
Consecration: Through the Holy Spirit and the words of Jesus spoken by the priest, bread and wine become Christ's Body and Blood.
Communion: Union with Jesus and his Church through receiving the Eucharist.

Teaching with care

Keep the reason for Mass ahead of the list of actions. The Eucharist is truly Jesus, even though the appearances of bread and wine remain. Christ is not divided when the Host is broken. Do not stage a pretend consecration or use food as a substitute for the Blessed Sacrament. Follow parish guidance for First Communion, Confession, the Eucharistic fast, and receiving reverently. Children who are not receiving remain welcome to pray with the assembly.

Pray together: Jesus, thank you for giving yourself to us. Help us listen to your word, pray with your Church, and carry your love home. Amen.

For leaders - Scripture and Church teaching
Order of Mass - USCCB
Eucharistic sacrifice and presence - Catechism 1362-1381
The Last Supper - Luke 22:14-20