The Story of the Sacrifice of the Mass

Learning Goals

› The Eucharist is the Body and Blood of Jesus Christ.
› The Eucharist augments our union with Christ and each other, and separates us from sin by forgiving venial sin and preserving us from future sin.
› The Eucharist is a new manna that spiritually feeds us on our earthly journey until we reach Heaven.

Connection to the Catechism of the Catholic Church

› CCC 1094
› CCC 1334
› CCC 1391–1395

Vocabulary

› Sacrifice
› Original Sin
› Manna

BIBLICAL TOUCHSTONES

“He who eats my flesh and drinks my blood abides in me, and I in him.”

JOHN 6:56

Then the LORD said to Moses: “I am going to rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not. The Israelites ate the manna for forty years, until they came to settled land; they ate the manna until they came to the borders of Canaan.

EXODUS 16:4; 35
Lesson Plan

Materials

- Eucharist Video Pre-Viewing Activity
- Eucharist Video Fill-In-The-Blank
- Sophia SketchPad Video
  [Eucharist Video available at SophiaSketchPad.org]
- Adam and Eve to the Holy Mass

DAY ONE

Warm-Up

Ask students to turn to Eucharist Video Pre-Viewing Activity (page 180). Have students complete the pre-viewing activity before watching the Sophia SketchPad Eucharist video. Choose a few terms to discuss briefly with the class before viewing the video to gauge what your students know in advance.

Activity

A. Show Sophia SketchPad Eucharist video found at SophiaSketchPad.org.

B. Ask your students for their initial thoughts and reactions to the video. Ask them about anything that stood out to them from the video and any questions that they might have.

C. Ask students to turn to Eucharist Video Fill-In-The-Blank (page 182). Have students read over the questions without answering them. Explain that you will show the video a second time and students should pay attention for answers to the fill-in-the-blank questions.

D. Show the Sophia Sketch Pad Eucharist video a second time. Then give students time to complete Eucharist Video Fill-In-The-Blank.

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**Eucharist Video Pre-Viewing Activity**

**Directions:** Complete the pre-viewing activity before watching the video. In the left column, write words or phrases that come to mind in connection to the terms. In the right hand column, write at least two questions you have about the terms.

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**Eucharist Video Fill-In-The-Blank**

**Directions:** Watch the Eucharist video once. Then, after watching it a second time, complete the following questions.

1. Jesus gives us the teaching of the Eucharist in the 6th chapter of the Gospel of ____________.

2. At the Last Supper, Christ made His Apostles the first ____________ and commanded them to follow His example and celebrate ____________ for all Christians.

3. When Adam and Eve sinned, they broke the unity between Heaven and earth. ____________.

4. Although man offended God, God's ____________ never failed. He began a plan to save us from sin and bring us back to union with Him.

5. In the Passover, the ancient Jews sacrificed and ate an unblemished ____________ at God's command.

6. ____________ is the Lamb of God. His life, death, and Resurrection are the only reason Heaven is open to us.

7. Through Holy Communion, you and I receive God's own life, His own strength and power, called ____________. It helps us resist sinful tendencies and to become what we are truly meant to be, perfect just as God the Father is perfect.

8. Adam and Eve walked in the garden alongside God. But now you and I can physically be with Jesus — God, in the flesh — united with Him at each ____________.
Formative Assessment

Review and discuss answers to Eucharist Video Fill-In-The-Blank. Allow students to ask any other questions students might have that come up after viewing the video or from the discussion. Have students turn to a neighbor and take turns sharing one thing that they learned from the video about the Eucharist and one question they have about the Eucharist.

DAY TWO

Warm-Up

Show the Eucharist video again located at SophiaSketchPad.org.

Activity

A. After watching the video again, ask your students the following questions and discuss the answers:

- Mercy is love that keeps on loving even after it has been rejected. How does God’s mercy enter into our salvation? God loves us despite our rejection of His love. He enacted a plan to save us from our sin in the ultimate act of love, sending His only Son to die on the cross for us.

- Why don’t Christians sacrifice animals anymore? Animal sacrifices on their own were not sufficient. They could never pay the ultimate offense man gave to God – an offense that deserves eternal banishment from God. God, in His mercy, desires union with man. In order to pay man’s debts and conquer death, God came down from Heaven, became man, and paid the price for our sins on the Cross. Jesus is the Lamb of God. His life, Death, and Resurrection are the only reason Heaven is open to us.

- Holy Mass is a special worship service because it is an offering or a sacrifice. Why did Jesus command the Apostles to celebrate Mass for all Christians? So that we can receive His Body and Blood and participate in the salvation He won for us on the Cross.

- What are some of the effects of receiving the Eucharist? What are some ways that we can live out those effects in our daily lives? It unites us to Christ. Through it we receive a share in God’s own life, or grace. We are strengthened to resist sinful tendencies and to become what we are truly meant to be: perfect, just as God the Father is perfect. There are many different ways we can live out these effects in our daily lives; accept reasoned answers.

- What would you say to someone who said the Eucharist is just a symbol for Jesus’ Body and Blood? (Students should use information from the video as well as their own knowledge to support their answers.) Help students come to the conclusion that Jesus was being 100% literal when He told his followers they had to eat His Body and drink His Blood in order to have eternal life. He is present to us in the Eucharist, under the appearance of bread and wine, which are not symbols of Jesus’ Body and Blood, but really truly are His Body and Blood.
B. Explain to your students that “Holy Communion augments our union with Christ. The principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus. Indeed, the Lord said: ‘He who eats my flesh and drinks my blood abides in me, and I in him’ (John 6:56). Life in Christ has its foundation in the Eucharistic banquet: ‘As the living Father sent me, and I live because of the Father, so he who eats me will live because of me’ (John 6:57)” (CCC 1391). In other words, the main effect of receiving the Eucharist is that it unites us to Christ. Our whole Christian life is rooted in this unity with Jesus.

C. Explain further that another primary effect of receiving the Eucharist is that it separates us from sin. In fact, “the Eucharist cannot unite us to Christ without at the same time cleansing us from past sins and preserving us from future sins” (CCC 1393). Jesus tells us that His blood “will be shed on behalf of many for the forgiveness of sins” (Matthew 26:28). The Eucharist forgives our past venial sins and helps to preserve us from future sin. We should not, however, receive the Eucharist in a state of mortal sin. We should prepare our hearts and souls to be receive the Eucharist worthily and that means being free from any serious sin.

Formative Assessment

Ask students to turn to Adam and Eve to the Holy Mass (page 183). Have students draw a picture in the left box that depicts the links between Adam and Eve, the Passover Lamb, Jesus Christ, and Holy Mass and then, in the right box, write a brief paragraph that explains their drawing and the connection.

DAY THREE

Warm-Up

A. Project and have a student stand and read aloud Exodus 16:4 and 16:35:

Then the LORD said to Moses: “I am going to rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not. The Israelites ate the manna for forty years, until they came to settled land; they ate the manna until they came to the borders of Canaan.
B. Ask your students the following questions:

- The Israelites had been complaining in the desert that they did not have food to eat and would soon die. What did God provide the Israelites in the desert? *Manna, bread from Heaven.*
- How long did the Israelites eat the manna? *For forty years: the entire time they wandered the desert before they entered the Promised Land, the land of Canaan.*

C. Project and have a student stand and read aloud John 6:51 “I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

D. Ask your students what Jesus is comparing to Manna. His *Flesh.*

**Activity**

Arrange students into pairs or trios. Ask students to turn to *Manna and the Eucharist (page 184).* Have each group brainstorm ways in which manna and the Eucharist are different from each other and fill in the corresponding sides of the Venn diagram. Then, have each group brainstorm ways in which manna and the Eucharist are similar to each other and fill in the corresponding section of the Venn diagram.

Some ways in which manna and the Eucharist are different are manna was physical food that the Israelites ate to nourish their bodies. The Eucharist, while physical food under the appearance of bread and wine, is truly spiritual food which nourishes our souls. The Eucharist is the body and blood of Jesus that gives eternal life. Manna was a mysterious food substance that appeared in the desert that gave earthly life which ultimately ended like all earthly life. Manna was given to the Israelites. The Eucharist is given for the entire world.

Some ways in which manna and the Eucharist are similar are both were given from Heaven. Both gave life to God’s people until they reached their destination (The Promised Land and Heaven).
Assessment

A. Draw a large Venn diagram on the board. When students have completed the activity on Manna and the Eucharist, review and discuss the ways which your students filled in theirs. Add reasoned answers to the Venn Diagram on the board.

B. Help students to see how the Eucharist is like a new manna. Whereas the manna that God gave to the Israelites in the desert was intended to feed them and give them physical life in their desert wanderings until they reached the Promise Land, the Eucharist feeds us and gives us spiritual life during our earthly journey until we reach the true Promised Land, the Kingdom of God, Heaven. Jesus said, “For my flesh is true food, and my blood is true drink” (John 6:55). Our response to the Eucharist should be the same as the response of some of those in the crowd that day, “give us this bread always” (John 6:34), so that we may never hunger again.
## Eucharist Video Pre-Viewing Activity

**Directions:** Complete the pre-viewing activity before watching the video. In the left column, write and words or phrases, or draw a picture of what comes to you mind in connection to the term. In the right hand column, write at least two questions you have about the term.

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Eucharist Video Fill-In-The-Blank

Directions: Watch the Eucharist video once. Then, after watching it a second time, complete the following questions.

1. Jesus gives us the theology of the Eucharist in the 6th chapter of the Gospel of ________________.

2. At the Last Supper, Christ made His Apostles the first _____________________ and commanded them to follow his example and celebrate _____________________ for all Christians.

3. When Adam and Eve used their free will to turn their back on God, which is called _____________________, they broke the unity between Heaven and earth.

4. Although man offended God, God's _____________________ never faded. He began a plan to save us from sin and bring us back to union with Him.

5. In the Passover, the ancient Jews sacrificed and ate an unblemished _____________________ at God's command.

6. _____________________ is the Lamb of God. His life, death, and Resurrection are the only reason Heaven is open to us.

7. Through Holy Communion, you and I receive God's own life, His own strength and power, called _____________________, to resist sinful tendencies and to become what we are truly meant to be: perfect, just as God the Father is perfect.

8. Adam and Eve walked in the garden alongside God. But now you and I can physically be with Jesus—God, in the flesh—united with Him at each _____________________.

Answer Key
1. John
2. Priests/Mass
3. Original Sin
4. Mercy
5. Lamb
6. Jesus
7. Grace
8. Holy Mass
Answer Key

Accept reasoned answers. Students should demonstrate some understanding that because of the Original Sin of Adam and Eve, death and sin entered the world. Man was in need of salvation. God accepted animal sacrifices for a time as a stand in for the debt of sin that mankind owed. Thus, in the Passover, an innocent, unblemished lamb was sacrificed so that the Angel of Death would spare the Israelite home. No amount of animal sacrifices were sufficient, however, so in the fullness of time, the Son of God assumed a human nature to offer Himself, as a man, for the sins of others. Jesus is the Lamb of God, whose once and for all sacrifice took away the consequence of sin and brings us all into eternal life with the Father.

Adam and Eve to the Holy Mass

Directions: Draw a picture that depicts the links between Adam and Eve, the Passover Lamb, Jesus Christ, and Holy Mass. Then, write a brief paragraph that explains your drawing and the connections it represents.
Some ways in which manna and the Eucharist are different are: manna was physical food that the Israelites ate to nourish their bodies. The Eucharist, while physical food under the appearance of bread and wine, is truly spiritual food which nourishes our souls. The Eucharist is the body and blood of Jesus that gives eternal life. Manna was a mysterious food substance that appeared in the desert that gave earthly life which ultimately ended like all earthly life. Manna was given to the Israelites. The Eucharist is given for the entire world.

Some ways in which manna and the Eucharist are similar are: both were given from Heaven. Both gave life to God's people until they reached their destination (The Promised Land and Heaven).