Journey through Lent
Teaching the Liturgical Year

LESSONS for
APRIL 2020
Journey through Lent
Teaching the Liturgical Year

Lessons for Middle and Upper Elementary
Journey through Lent
PALM SUNDAY

Middle and Upper Elementary

Materials
- Christ’s Passion in Sacred Art PowerPoint (available here: SophiaOnline.org/ChristPassionSacredArt)
- The text of the Sunday Gospel (available at SophiaOnline.org/PalmSunday2020)

Learning Goals
The Gospel for Palm Sunday contains the entire Passion narrative. When we hear it proclaimed, we are meant to journey with Christ as He takes up His Cross and gives His life for us. In this lesson, students will meditate on Jesus’ Passion through the words of the Gospel and sacred art.

Gospel Reflection
The Gospel reading this week is the Passion narrative from Matthew 26:14-27:66, available at the following link: SophiaOnline.org/PalmSunday2020.

Activity
A. First, download Christ’s Passion in Sacred Art PowerPoint available for free at the following link: SophiaOnline.org/ChristPassionSacredArt.
B. Create a prayerful atmosphere in your classroom or, if possible, take your students to a chapel.
C. Have students read the Gospel passage (Matthew 26:14-27:66), or read it aloud to your students.

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Activity (continued)

D. Project the images of Christ’s Passion from Christ’s Passion in Sacred Art PowerPoint as you read through the account of the Passion. Noted next to each image is a line from the Gospel reading that indicates when to begin projecting that new image.

E. Give students a few minutes of silence when each new image is projected to allow reflection on it in their own hearts.

F. When finished, have students choose one of the images that stood out to them and write a brief paragraph about what God might be speaking to them through it.
Journey through Lent

TRIDUUM

Middle and Upper Elementary

Materials

› Handout A: What Is Triduum?
› Handout B: The Last Supper

Learning Goals

Triduum is the shortest liturgical season in the Church year. It comprises three days from the evening of Holy Thursday through the evening of Easter Sunday. During this time, we remember and celebrate the very events of our salvation: Christ’s Last Supper and Institution of the Eucharist and the ordained priesthood, and His Passion, Death, and Resurrection. In this lesson, students will learn about Triduum and reflect on the Last Supper with sacred art and Scripture.

Activity

A. Have students read the information on Handout A: What Is Triduum?. Then, have your students answer the questions, or discuss them together as a class.

B. Have students complete Part 1 from the Handout B: The Last Supper activity. Make markers and/or colored pencils available for students to add their drawing to the painting The Last Supper by Vicente Juan Macip. When they have finished their drawings, show students the original painting, located at the following link: SophiaOnline.org/TheLastSupperMacip.

C. Then, have your students complete Part 2 from Handout B by reading the story of the Last Supper from Luke 22:14-20 and answering the questions.
What Is Triduum?

Triduum is the shortest season of the liturgical year – a total of three days! In fact, the word Triduum is Latin for “the three days.” It is the most solemn season and the highest point of the entire liturgical year. During the three days of Triduum we remember and celebrate the events that won our very salvation.

Triduum begins with the evening Mass of the Lord’s Supper on Holy Thursday, and ends with Evening Prayer on Easter Sunday. It includes the Celebration of the Lord’s Passion and Adoration of the Holy Cross on Good Friday, the Easter Vigil in the evening of Holy Saturday, and the celebration of Mass on Easter Sunday. Even though there is a lot going on during Triduum, in reality, everything from the beginning of Mass on Holy Thursday evening to the end of Mass at the Easter Vigil on Holy Saturday night makes up one single liturgical celebration.

Holy Thursday

On Holy Thursday we celebrate the origin of two Sacraments. During the Last Supper Jesus instituted the Eucharist. For the first time, Jesus took ordinary bread and wine and changed them into His true Body and Blood, Soul and Divinity. It is also at the Last Supper that Jesus made His Apostles the first priests. He gave them the authority to celebrate the Eucharist when He said “do this in memory of me.” During the Last Supper Jesus also washed the feet of the Apostles, giving them an example of humble service to follow in their own ministry.

We honor both of these Sacraments during the Mass of the Lord’s Supper on Holy Thursday evening, which marks the beginning of Triduum. During this Mass the bishop or priest washes the feet of twelve people from the congregation. This symbolized Jesus washing the feet of His Apostles. We recall in a special way institution of the Eucharist during the Liturgy of the Eucharist. At the end of the Mass, the bishop or priest does not offer the usual concluding blessing. Instead, the faithful are invited to stay
and worship our Lord in the Eucharist during Adoration of the Blessed Sacrament, which lasts into the night. A concluding blessing will not be offered again until the end of the Easter Vigil, signifying the one liturgical celebration that extends throughout Triduum.

Also of importance, earlier in the day on Holy Thursday, every local bishop celebrates a special Mass with the priests of his diocese to honor the institution of the priesthood. At that Mass, the bishop will bless all of the chrism oil for the next year. This holy oil will be used in the Sacraments of Baptism, Confirmation, and Anointing of the Sick in every parish throughout the diocese.

Good Friday and Holy Saturday

Good Friday is the one day in the entire year that no Masses are offered anywhere in the world. Instead, we focus our attention on the remembrance of Christ’s suffering and death on the Cross. It is Good Friday nearly two-thousand years ago that Jesus was put on trial, sentenced to death, beaten and flogged, made to carry His own cross, stripped of His clothing, nailed to the cross, and freely gave His life for the salvation of all souls.

The main liturgy on Good Friday is the Celebration of the Lord’s Passion. While not a Mass, this liturgy includes a Liturgy of the Word, adoration of the Cross, and a communion service with hosts that were consecrated at the Holy Thursday Mass. Adoration, or veneration, of the Cross is a unique form of Catholic devotion. The faithful approach the altar where a cross has Christ Carrying His Cross Artist Unknown been placed (or where an extraordinary minister stands holding a cross), and perform some act of reverence, usually kissing the foot of the Cross.

From the end of the Celebration of the Lord’s Passion, typically around 3 PM, the time that Jesus died, through Holy Saturday, there are no more liturgical celebrations until the Easter Vigil. Our Lord’s body has been placed in the tomb and He has descended to the dead. As a Church, we are at the Lord’s tomb. During this time, we meditate on the events of Christ’s Passion and Death, and we await His Resurrection, just as the Apostles, Mary Magdalene, and His mother Mary did two thousand years ago.

The Easter Vigil and Easter Sunday

The Church’s memorial and celebration of the events of our salvation during Triduum reaches its peak at the Easter Vigil. Taking place at nightfall on the evening of Holy Saturday, the Easter Vigil marks the beginning of Easter. The Vigil begins with a Service of Light. Typically, the Church is completely dark. The priest lights and blesses a fire outside of the Church and a new Paschal Candle is presented, blessed, and lit from the flame. The lit Paschal Candle is then processed into the Church as other candles are lit from this one flame, brightening the once dark Church. This light represents Jesus, who is the Light of the World, returning to life.

The Easter Vigil continues with a Liturgy of the Word. Up to nine readings are proclaimed that recount God’s saving actions throughout Salvation History. We also sing once again the Gloria and the Alleluia, joyful songs of praise to God that we have refrained from singing throughout Lent.

Then, those who have been preparing to enter into the Catholic Church and receive full communion with the Church receive the Sacraments of Baptism and Confirmation. This great and joyful moment culminates with a sprinkling rite in which the entire congregation is blessed with holy water and renews their baptismal promises. The Mass then continues with the Liturgy of the Eucharist. Throughout, we pray special prayers recalling and joyously celebrating all of Christ’s saving acts and His triumphant Resurrection from the dead.
1. What are the five most important liturgical events during Triduum?

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2. Which two Sacraments’ origins do we honor and celebrate on Holy Thursday?

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3. What do Bishops do on Holy Thursday morning?

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4. What happened on the first Good Friday?

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5. What happens during veneration of the Cross?

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6. What does the procession of the Paschal Candle at the Easter Vigil represent?

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The Vigil concludes with an antiphon that we repeat at the end of every Mass throughout the Easter season:

**Celebrant:** The Mass is ended, go in peace, alleluia, alleluia.

**Congregation:** Thanks be to God, alleluia, alleluia.

The Easter Sunday Masses continue the joyful celebration of Jesus’ Resurrection. Easter is not a single day, however, but an entire season, which lasts for seven weeks, or fifty days. It concludes with Pentecost, when the Holy Spirit descended upon the Apostles and filled them with His gifts, enabling them to go out and proclaim the Gospel to the whole world.
7. What is recounted by the various readings at the Easter Vigil?

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8. What three Sacraments are celebrated to bring people who have been preparing for it into full communion with the Catholic Church?

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9. When does the Easter season end?

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10. Have you ever been to one of the Triduum liturgies? Which one? What was it like?

Or:

11. If you haven’t been to one of the Triduum liturgies before, which one would you most like to go to? Why?

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The Last Supper

Directions: Look for the items below in the painting The Last Supper by Vicente Juan Macip and answer the questions.

Part 1
Complete the painting by drawing your own version of Jesus at the Last Supper in the white space. In the original version of this painting, Jesus is holding the Eucharist and giving it to His Apostles for the first time. Sitting on the table in front of Jesus is a chalice that holds His Precious Blood. There is also a halo surrounding Jesus’ head. Be sure your drawing includes all of these things.

Part 2
Read the story of the Last Supper from Luke 22:14-20. Then, answer the questions:

When the hour came, he took his place at table with the apostles. He said to them, “I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it [again] until there is fulfillment in the kingdom of God. Then he took a cup, gave thanks, and said, “Take this and share it among yourselves; for I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of God comes.” Then he took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.” And likewise the cup after they had eaten, saying, “This cup is the new covenant in my blood, which will be shed for you.”

1. How does the painting (and your drawing of Jesus) illustrate this Gospel story?

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2. What does Jesus say when He gives His Apostles the Eucharist for the first time?

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3. What in this Gospel story tells you that Jesus made the Apostles the first priests?

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4. How would you describe the way the Apostles are reacting to Jesus giving them the Eucharist in the painting?

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5. Imagine that you were there at the Last Supper with the Apostles. How would you have felt when Jesus gave you the Eucharist?

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Handout A: What Is Triduum?

1. Mass of the Lord's Supper on Holy Thursday, Celebration of the Lord's Passion and Adoration of the Holy Cross on Good Friday, the Easter Vigil on Holy Saturday, Easter Sunday Masses, and Evening Prayer on Easter Sunday.

2. The Eucharist and Holy Orders.

3. They will bless all of the chrism oil for the next year.

4. Jesus was put on trial, sentenced to death, beaten and flogged, made to carry His own cross, stripped of His clothing, nailed to the cross, and freely gave His life for the salvation of all souls.

5. The faithful approach the altar where a cross has been placed (or where an extraordinary minister stands holding a cross), and perform some act of reverence, usually kissing the foot of the Cross.

6. Jesus, the Light of the World, returning to life.


8. Baptism, Confirmation, Eucharist (the Sacraments of Initiation).

9. Pentecost, fifty days after Easter.

10. Accept reasoned answers.

Handout B: The Last Supper

1. Accept reasoned answers.

2. “This is my body, which will be given for you; do this in memory of me,” and, “This cup is the new covenant in my blood, which will be shed for you.”

3. Jesus said to the Apostles, “do this in memory of me.”

4. Accept reasoned answers.

5. Accept reasoned answers.
Journey through Lent

EASTER SUNDAY

Middle and Upper Elementary

Materials

- Handout A: Gospel Reading for Sunday
  April 12, 2020
- Handout B: A Good Lent
- Handout C: Celebrate Christ’s Resurrection

Learning Goals

In the Gospel for Easter Sunday, we read about Mary Magdalene and two Apostles finding Jesus’ tomb empty on the first Easter morning. In this lesson, students will reflect on their Lenten Journey and celebrate the most important feast in the life of the Church, Christ’s Resurrection.

Gospel Reflection

A. Have students read the Gospel passage, or read it aloud to your students, and then answer the focus questions. You may have students answer them on their own or you may discuss them together as a class. Review and discuss the correct answers when finished.

B. Alternatively, assign your students to read the Gospel passage at home with their parents over Easter Vacation and discuss the focus questions together.

Activity

A. Have your students complete Handout B: A Good Lent and answer the reflection questions. When finished, call on students to share and discuss some of the ways that being a faithful Christian can be hard. You may also assign students to complete the activity at home with their parents over Easter vacation.

B. Have your students take home Handout C: Celebrate Christ’s Resurrection during their Easter vacation. Encourage them to consider celebrating Christ’s Resurrection using the ways listed. Then, after you return from Easter vacation, consider having students share stories about the various ways they celebrated Easter.
A Reading from the Gospel of John 20:1-9: The Empty Tomb

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, “They have taken the Lord from the tomb, and we don’t know where they put him.” So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the Scripture that he had to rise from the dead.

1. Who was the first to see the empty tomb? How did this person react?

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2. Who were the next two people to visit the empty tomb?

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3. Summarize what happened during their visit to the tomb. What is significant about their visit in regards to helping us understand the structure of the Church?

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4. What would have been your reaction if you witnessed this event? Explain.

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A Good Lent

Directions: The long journey of Lent has ended! As a Church we have prepared our hearts to receive the gift of salvation Jesus offers to us. We have entered deeply into His Passion and Death, and have stood at entrance to His tomb. And now, after these long weeks of penance and contemplation, we encounter Jesus’ Resurrection, His victory over sin and death! Alleluia! He is Risen!

Remember the three pillars of Lent: almsgiving, fasting, and prayer. Think back over these past weeks of Lent: how did your Lent go? Did you help the poor and needy in some way? Did you fast? Did you spend more time in prayers? Take a look at the assessment below and honestly rate your Lent. Then, answer the reflection questions.

1. Overall, my Lenten journey was successful.  
   Agree/Disagree

2. I chose to give something up for Lent.  
   Agree/Disagree

3. I was successful in giving up what I chose for all of Lent.  
   Agree/Disagree

4. I fasted on Ash Wednesday and Good Friday.  
   Agree/Disagree

5. I did not eat meat on Fridays during Lent.  
   Agree/Disagree

6. I helped others in some way during Lent.  
   Agree/Disagree

7. I gave money to the poor sometime during Lent.  
   Agree/Disagree

8. I prayed more often during Lent.  
   Agree/Disagree

9. I prayed in a different way than I normally do during Lent.  
   Agree/Disagree

10. I read the Bible more often during Lent.  
    Agree/Disagree

11. I received the Sacrament of Penance and Reconciliation at least once during Lent.  
    Agree/Disagree

12. I feel renewed after my Lenten journey.  
    Agree/Disagree

13. I feel like I have a stronger relationship with God after my Lenten journey.  
    Agree/Disagree

14. I have a deeper understanding and appreciation for Jesus’ sacrifice for my Lenten Journey.  
    Agree/Disagree

15. I understand why Lent is important to my faith.  
    Agree/Disagree
Reflection Questions

1. What was your most meaningful experience this Lent? Why?
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2. What was the most difficult part of your Lenten journey? Why?
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3. What is one thing that you did this Lent that you would like to continue to do now that Lent is over? Why?
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Celebrate Christ’s Resurrection!

Jesus is Risen! Alleluia! During your Easter break, try some of the following ideas to celebrate Christ’s Resurrection at home with your family and friends.

1. Re-read the Gospel story of Christ’s Resurrection together with your family and then talk about what Easter is and why it matters whether or not Jesus rose from the dead.

2. Show your love for your parents or sibling by doing an extra chore around the house without being asked.

3. Spend some time outside and reflect on the beauty of God’s creation.

4. Tell a friend or family member who doesn’t go to Church with you about Jesus and how He died and rose again for us.

5. Draw a picture of the Risen Jesus on Easter Sunday and display it in your home.

6. Watch a movie with your family about a Bible story such as The Ten Commandments, Prince of Egypt, or Jesus of Nazareth. Afterwards, discuss how the movie celebrated God’s saving actions in human history. What was your favorite part of the movie? Why?

7. Create a list of ten things that you thank God for. Read the list every night before bed and tell God how thankful you are for the good things He has given you.

8. Spend extra time in prayer talking with God.

9. Read the different Gospel accounts of the Resurrection of Jesus. They can be found in the following passages: Matthew 28, Mark 16, Luke 24, and John 20-21. Think about how the four stories of Jesus’ Resurrection are similar and how they are different. What did you learn that surprised you? What did you read that challenged you? Imagine that you were one of the eleven Apostles when the Risen Jesus first appeared to them. What would you have felt? What would you have thought? How would you have reacted? Think about how your life is different today because of Jesus’ Resurrection. Say a prayer to Jesus and thank Him for all that He has done for you.

10. Consider attending an Easter Vigil Mass and rejoice with the new Christians who are entering into the New Life Jesus gives us through Baptism.

And of course...go to Easter Sunday Mass with your family!
Handout A: Gospel Reading for Sunday, April 12, 2020

1. Mary of Magdala. She ran to share the news with the Peter and John.

2. Peter and John. Although John is not mentioned by name, tradition tells us that the disciple who is referred to as: “The Disciple whom Jesus loved” throughout the Gospel of John is John.

3. Peter and John both ran to the tomb but John got there first. Even though John arrived first, he waited for Peter to enter before he did. This fact points to the fact that Peter had a primacy among the Twelve from the very beginning. It is Scriptural support for Peter as the first Pope and that the Church is hierarchical.

4. Accept reasoned answers.
Journey through Lent
SECOND SUNDAY OF EASTER; SUNDAY OF DIVINE MERCY

Middle and Upper Elementary

Materials
- Handout A: Gospel Reading for Sunday, April 19, 2020
- Handout B: Excerpts from the Diary of St. Faustina

Learning Goals
This week concludes the Octave of Easter with the great feast of Divine Mercy. While the Octave comes to an end, we continue in the Easter Season. This Sunday we reflect on and rejoice in the beauty that is the mercy of God.

Activity
Note: You may send this week’s activities home for students to complete with their parents.

A. Have students read the Gospel passage for the week.
B. Project or show an image of the Divine Mercy painting, such as the one here: SophiaOnline.org/DivineMercy.
C. Discuss with your students how the way we see Jesus in this painting connects to the Gospel reading this month.
D. Have students read the excerpts from St. Faustina’s Diary, and then answer the questions. Call on students to share some of their responses when they have finished.
A Reading from the Gospel of John 20:19-31: Appearance to the Disciples

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe.”

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe.” Thomas answered and said to him, “My Lord and my God!” Jesus said to him, “Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.”

Now, Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written that you may come to believe that Jesus is the Christ, the Son of God, and that through this belief you may have life in his name.
**Excerpts from the Diary of St. Faustina**

**Directions:** After reading the Sunday Gospel for the week, read the excerpts from the diary of St. Faustina. Then answer the questions.

“My Heart overflows with great mercy for souls (...). If only they could understand that I am the best of Fathers to them and that it is for them that the Blood and Water flowed from My Heart as from a fount overflowing with mercy. For them I dwell in the tabernacle as King of Mercy. I desire to bestow My graces upon souls, but they do not want to accept them (...). Oh, how indifferent are souls to so much goodness, to so many proofs of love! (...). They have time for everything, but they have no time to come to Me for graces” *(Diary 367)*.

“Tell sinners that no one shall escape My Hand; if they run away from My Merciful Heart, they will fall into My Just Hands. Tell sinners that I am always waiting for them, that I listen intently to the beating of their heart... When will it beat for Me? Write that I am speaking to them through their remorse of conscience, through their failures and sufferings, through thunderstorms, through the voice of the Church. And if they bring all My graces to naught, I begin to be angry with them, leaving them alone and giving them what they want” *(Diary 1728)*.

“This firm resolution to become a saint is extremely pleasing to Me. I bless your efforts and will give you opportunities to sanctify yourself. Be watchful that you lose no opportunity that My providence offers you for sanctification. If you do not succeed in taking advantage of an opportunity, do not lose your peace, but humble yourself profoundly before Me and, with great trust, immerse yourself completely in My mercy. In this way, you gain more than you have lost, because more favor is granted to a humble soul than the soul itself asks for...” *(Diary 1361)*.

**Conversation Questions**

1. Why is reflecting on the infinite mercy of God so fitting a conclusion to the Easter Octave?

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2. How is this week’s Gospel appropriate for the Feast of Divine Mercy?

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3. Which Sacrament is instituted in this week’s Gospel passage? In what verse(s) is this shown?

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4. Can you relate to St. Thomas the Apostle? Explain. How does St. Thomas’ experience relate to this Feast of Divine Mercy?

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5. How do the words taken from St. Faustina’s Diary relate to the Gospel passage?

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6. What words or phrases from the excerpts in St. Faustina’s Diary are most interesting or important to you? Explain.

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7. How can we seek out and receive God’s mercy in our own lives?

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8. What are the misunderstandings, behaviors, or tendencies that most often keep people from trusting in God’s mercy? How can these obstacles be overcome?

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Journey through Lent
THIRD SUNDAY OF EASTER

Middle and Upper Elementary

Materials

- Handout A: Gospel Reading for Sunday, April 26, 2020
- Handout B: The Appearance on the Road to Emmaus and Holy Mass

Learning Goals

This week we read about the appearance of Jesus to disciples on the Road to Emmaus. In this story, we see the origins and the structure of the Holy Mass that the Church has celebrated for over 2000 years!

Activity

Note: You may send this week’s activities home for students to complete with their parents.

A. Have students read the Gospel passage, or read it aloud to your students.

B. Point out to your students that Jesus is the Master Teacher. The way He teaches the disciples on the Road to Emmaus gives us a blueprint not only for what good teaching looks like, but also the basic structure of Christian worship—Holy Mass.

C. As a class, fill in the Road to Emmaus chart with a list of the different steps Jesus takes in teaching the disciples. Students can fill this in on their activity sheets, and/or draw pictures for each step. Once students have completed the Road to Emmaus chart, have them complete the Holy Mass chart in the same way.

D. Help students compare the two charts and connect the steps that are described in each.

E. Lead your students in praying the following prayer:

   Jesus, thank you for your Word proclaimed at Mass. Help us recognize you in the breaking of the bread.

F. Finally, have your students answer the reflection question.
**A Reading from the Gospel of Luke 24:13-35: The Appearance on the Road to Emmaus**

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?” And he replied to them, “What sort of things?” They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see.” And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.
The Mass is in two parts. First we hear the Word of God proclaimed, and then we celebrate the Eucharist, when the bread and wine become the Body and Blood of Jesus Christ. The structure of Holy Mass has been in the Church since the earliest times. The structure is reflected in the story of the Road to Emmaus. Fill in the blanks with the steps Jesus takes when He teaches the disciples, and draw a picture for each one in the spaces provided.

### The Road to Emmaus

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<tr>
<td>1.</td>
<td><strong>Jesus Meets the</strong> __________________________. <strong>Draw a picture.</strong></td>
</tr>
<tr>
<td>2.</td>
<td><strong>Jesus interprets the</strong> __________________________. <strong>Draw a picture.</strong></td>
</tr>
</tbody>
</table>
3. Jesus took ______________________,
said the blessing, broke it, and gave it to them.  
\[\text{Draw a picture.}\]

4. The disciples ______________________
Jesus.  
\[\text{Draw a picture.}\]

5. The disciples ______________________.  
\[\text{Draw a picture.}\]
Directions: Complete the chart with the structure of Holy Mass. What similarities do you see between the Mass and the story of the Road to Emmaus?

**Holy Mass**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> The Priest</td>
<td></td>
</tr>
<tr>
<td>__________________________</td>
<td></td>
</tr>
<tr>
<td>us.</td>
<td>Draw a picture.</td>
</tr>
<tr>
<td><strong>2.</strong> The Word of God is proclaimed, and the Priest interprets the Scriptures in the</td>
<td></td>
</tr>
<tr>
<td>__________________________</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Draw a picture.</td>
</tr>
<tr>
<td><strong>3.</strong> The priest takes bread, says</td>
<td></td>
</tr>
<tr>
<td>__________________________,</td>
<td></td>
</tr>
<tr>
<td>and gives it to us.</td>
<td>Draw a picture.</td>
</tr>
</tbody>
</table>
4. We receive
__________________________.

Draw a picture.

5. We set off to
__________________________.

Draw a picture.

Reflection Question

Think of a time you “recognized” Jesus in a new way as a result of hearing God’s Word proclaimed at Mass, and explain what happened.

___________________________________________________________________________________________________________
___________________________________________________________________________________________________________
___________________________________________________________________________________________________________
___________________________________________________________________________________________________________
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Answer Key

Handout A: The Appearance on the Road to Emmaus
1. Disciples
2. Scriptures
3. Bread
4. Recognize
5. Set off to tell others

Handout B: The Appearance on the Road to Emmaus and Holy Mass

Holy Mass
1. Meets
2. Homily
3. The blessing (or words of consecration)
4. Jesus in the Eucharist (or the Body and Blood of Jesus). This part of Mass is sometimes referred to as the Breaking of the Bread because we receive Jesus under the appearance of bread and wine.
5. Tell others about Jesus, to witness to the Gospel, accept other answers related to bringing the light of Christ to others.
Journey through Lent
Teaching the Liturgical Year

LESSONS for APRIL 2020

SOPHIA INSTITUTE FOR TEACHERS
Journey through Lent

Teaching the Liturgical Year

Lessons for Lower Elementary
Journey through Lent
Palm Sunday

Lower Elementary

Materials
- Christ's Passion in Sacred Art PowerPoint (available here: SophiaOnline.org/ChristPassionSacredArt)
- The text of the Sunday Gospel (available at SophiaOnline.org/PalmSunday2020)

Learning Goals
The Gospel for Palm Sunday contains the entire Passion narrative. When we hear it proclaimed, we are meant to journey with Christ as He takes up His Cross and gives His life for us. In this lesson, students will meditate on Jesus' Passion through the words of the Gospel and sacred art.

Gospel Reflection
The Gospel reading this week is the Passion narrative from Matthew 27:11-54, available at the following link: SophiaOnline.org/PalmSunday2020.

Activity
A. First, download Christ's Passion in Sacred Art PowerPoint available for free at the following link: SophiaOnline.org/ChristPassionSacredArt.
B. Create a prayerful atmosphere in your classroom or, if possible, take your students to a chapel.
C. Read aloud to your students the abridged version of the Gospel reading (Matthew 27:11-54).
**Activity (continued)**

D. Project the images of Christ’s Passion from Christ’s Passion in Sacred Art PowerPoint as you read through the account of the Passion. Noted next to each image is a line from the Gospel reading that indicates when to begin projecting that new image.

   - For lower elementary students, begin the PowerPoint at slide number 7.

E. Give students a few minutes of silence when each new image is projected to allow reflection on it in their own hearts.

F. Ask your students to share which moment from the Passion narrative and/or which painting stood out to them the most. Project again the images from the PowerPoint as students reference them. Ask your students what about these moments and paintings in particular stood out to them and why they think so.
Journey through Lent
TRIDUUM

Lower Elementary

Materials

- Handout A: What Is Triduum?
- Handout B: The Last Supper Look and Find

Learning Goals

Triduum is the shortest liturgical season in the Church year. It comprises three days from the evening of Holy Thursday through the evening of Easter Sunday. During this time, we remember and celebrate the very events of our salvation: Christ’s Last Supper and Institution of the Eucharist and the ordained priesthood, and His Passion, Death, and Resurrection. In this lesson, students will learn about Triduum and reflect on the Last Supper with sacred art.

Activity

A. Read aloud to your students Handout A: What Is Triduum? as they follow along. Then have your students answer the reflection question, or discuss it together as a class.

B. Have students complete the Handout B: The Last Supper Look and Find activity.
What is Triduum?

Triduum is the shortest season of the Church year – a total of three days! The word Triduum is Latin for “the three days.” It is one of the most important seasons of the entire Church year. During the three days of Triduum we remember and honor the events of our salvation.

Triduum includes:

- **Holy Thursday** Mass at night
- The Celebration of the Lord’s Passion and Adoration of the Holy Cross on **Good Friday**
- The Easter Vigil on **Holy Saturday** night
- **Easter Sunday** Mass
- Evening Prayer on **Easter Sunday**
**Holy Thursday**

Jesus ate the Last Supper with His Apostles on the night before He died. We call this night Holy Thursday. During the Last Supper, Jesus gave us the Eucharist for the first time. He also made His Apostles the first priests. We honor the beginning of both Sacraments, Holy Eucharist and Holy Orders, during Holy Thursday Mass. During this Mass the bishop or priest washes the feet of twelve people. This is a symbol of how Jesus washed the feet of His Apostles and told them to follow His example.

Earlier in the day on Holy Thursday, every bishop has a Mass with the priests of his diocese. There, he blesses the holy oil, or Chrism, that will be used in the Sacraments all year.

**Good Friday and Holy Saturday**

On Good Friday we remember Christ’s suffering and Death on the Cross. On the first Good Friday, Jesus was put on trial, carried His own Cross, was crucified, and died on the Cross.

We celebrate the Lord’s Passion on Good Friday. During this service, we hear Scriptures read, we
adore the cross by kissing the foot of the cross, and we receive the Eucharist, which was consecrated on Holy Thursday. This liturgy usually ends around 3 PM. That is the time that Jesus died.

There are no other liturgies until the Easter Vigil the next night. After the Adoration of the Cross through Holy Saturday, we think about Jesus’ Death in a special way, and we wait for His Resurrection. This is just what the Apostles, Mary Magdalene, and His mother Mary did two thousand years ago.

The Easter Vigil and Easter Sunday

The high point of Triduum is the Easter Vigil. It begins when it gets dark on Holy Saturday night. A new Easter Candle is lit and is carried into the dark Church. Other candles are lit from the Easter Candle. Soon the entire Church is lit by candle light. This light represents Jesus the Light of the World. He has risen from the dead!

During the Easter Vigil, we hear different Scriptures read that tell us about how God saved us from sin. New members of the Church are Baptized and welcomed into the Church family. Others receive
Confirmation. Then, everyone is blessed with holy water so we can remember our baptismal promises. And we receive the Eucharist together as one Body of Christ.

The Masses on Easter Sunday begin our celebration of Jesus’ Resurrection. Easter is an entire season! It lasts for fifty days and ends on Pentecost. That is when the Holy Spirit came down upon the Apostles. They were filled with the Gifts of the Holy Spirit and sent out to share the Gospel with the whole world.

1. **What does the Latin word *Triduum* mean?**

   __________________________________________________________________________

   __________________________________________________________________________

2. **Which two Sacraments do we honor on Holy Thursday?**

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________
3. What happened on the first Good Friday?

__________________________________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________________________________

4. What does the light from the Easter Candle at the Easter Vigil represent?

__________________________________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________________________________

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__________________________________________________________________________________________________________________________________________________________________

5. What three Sacraments are received at the Easter Vigil?

__________________________________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________________________________

6. When does the Easter season end?

__________________________________________________________________________________________________________________________________________________________________
**Last Supper Look and Find**

**Directions:** Compare the two images of *The Last Supper* by Vincente Juan Macip. Can you find 10 apples in the second painting? Circle them when you find them.

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Last Supper Look and Find
Handout A: What Is Triduum?

1. The three days.
2. Holy Eucharist and Holy Orders.
3. Jesus was put on trial, carried His own Cross, was crucified, and died on the Cross.
4. Jesus the Light of the World, who has risen from the dead.
5. Baptism, Confirmation, and the Eucharist.
6. Pentecost.

Handout A: Last Supper Look and Find
Materials

- Handout A: Gospel Reading for Sunday
  April 12, 2020
- Handout B: Easter Morning
- Handout C: Celebrate Christ’s Resurrection

Learning Goals

In the Gospel for Easter Sunday, we read about Mary Magdalene and two Apostles finding Jesus’ tomb empty on the first Easter morning. In this lesson students will celebrate the most important feast in the life of the Church, Christ’s Resurrection.

Gospel Reflection

A. Read the Gospel passage aloud to your students as they follow along. Then discuss the focus questions with them as a class.

B. You may also choose to assign your students to read the Gospel passage at home with their parents over Easter Vacation and discuss the focus questions together.

Activity

Have your students take home Handout B: Easter Morning to color and to think about Christ’s Resurrection on Easter (or you may have them color it in class) and Handout C: Celebrate Christ’s Resurrection during their Easter vacation. Encourage them to consider celebrating Christ’s Resurrection using the ways listed. Then, after you return from Easter vacation, consider having students share stories about the various ways they celebrated Easter.
A Reading from the Gospel of John 20:1-9:
The Empty Tomb

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, “They have taken the Lord from the tomb, and we don’t know where they put him.” So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the Scripture that he had to rise from the dead.
1. Who was the first to see the empty tomb? What did she do?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

2. Who were the next two people to visit the empty tomb?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

3. What would have been your reaction if you witnessed this event? Explain.
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Easter Morning
Celebrate Christ’s Resurrection!

Jesus is Risen! Alleluia!
During your Easter break, try some of the following ideas to celebrate Christ’s Resurrection at home with your family and friends.

1. Re-read the Gospel story of Christ’s Resurrection together with your family and then talk about what Easter is and what it means that Jesus rose from the dead for us.

2. Show your love for your parents or sibling by doing an extra chore around the house without being asked.

3. Spend some time outside and reflect on the beauty of God’s creation.

4. Tell a friend about Jesus and how He died and rose again for us.
5. Draw a picture of the Risen Jesus on Easter Sunday and display it in your home.

6. Watch a movie with your family about a Bible story such as *The Ten Commandments*, *Prince of Egypt*, or *Jesus of Nazareth*. What was your favorite part of the movie? Why?

7. Spend time in prayer talking with God.

8. Go to the Easter Vigil Mass. Rejoice with the new Christians who become members of the Church family through Baptism.

   And of course ... go to Easter Sunday Mass with your family!
Handout A: Gospel Reading for Sunday, April 12, 2020

1. Mary of Magdala. She ran to share the news with the Peter and John.

2. Peter and John. Although John is not mentioned by name, tradition tells us that the disciple who is referred to as: “The Disciple whom Jesus loved” throughout the Gospel of John is John.

3. Accept reasoned answers.
Journey through Lent
SECOND SUNDAY OF EASTER;
SUNDAY OF DIVINE MERCY

Lower Elementary

**Materials**
- Handout A: Gospel Reading for Sunday, April 19, 2020
- Handout B: Divine Mercy

**Learning Goals**
This week concludes the Octave of Easter with the great feast of Divine Mercy. While the Octave comes to an end, we continue in the Easter Season. This Sunday we reflect on and rejoice in the beauty that is the mercy of God.

**Activity**
Note: You may send this week's activities home for students to complete with their parents. If you do so, be sure to include the directions page for parents as background on the Divine Mercy painting.

A. Read the Gospel passage aloud to your students as they follow along.
B. Project or show an image of the Divine Mercy painting, such as the one here: SophiaOnline.org/DivineMercy.
C. Explain the history of the Divine Mercy image: In 1931, Jesus appeared to a nun named Sister Faustina. He told her that He wanted her to help Him to let the world know a special message – the message of Divine Mercy. Jesus wanted the world to know of His great love for people even though we sin. He wanted people to know that all they had to do was ask Him for His mercy and, with the help of the Sacraments, He would give it. He also asked all of us to forgive each other when we hurt one another just as He forgives our sins. Lastly, He wanted us all to trust in Him with our whole hearts.
Jesus asked Sister Faustina to have an image painted of Him. Out of His heart would come two rays of light: one red and one white. These rays of light are to remind us that when He was crucified, blood and water came from His heart when it was pierced. This image was to serve as a reminder that Jesus wants to forgive the sins of anyone who comes to Him. He wants to pour His mercy out upon the whole world. The image would also include a message that says “Jesus, I trust in You!” Whenever we look at this image, we are reminded of God’s great gift of mercy. Sister Faustina followed Jesus’ direction and had an image painted of Him, as He asked.

D. Discuss the painting with your students using the following questions:

- What do the rays on the Divine Mercy image represent? They represent the blood and water that came forth from the heart of Jesus on the Cross after His heart was pierced. They also represent the mercy God wants to pour out on the world.

- The Divine Mercy image includes the words “Jesus, I trust in You.” What are some ways you can trust in Jesus? Accept reasoned answers.

E. Have your students color the Divine Mercy coloring page.
A Reading from the Gospel of John 20:19-31: Appearance to the Disciples

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands and put
my finger into the nailmarks and put my hand into his side, I will not believe.”

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe.” Thomas answered and said to him, “My Lord and my God!” Jesus said to him, “Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.”

Now, Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written that you may come to believe that Jesus is the Christ, the Son of God, and that through this belief you may have life in his name.
Divine Mercy
Journey through Lent
THIRD SUNDAY OF EASTER

Lower Elementary

Materials

- Handout A: Gospel Reading for Sunday, April 26, 2020
- Handout B: The Road to Emmaus

Learning Goals

This week we read about the appearance of Jesus to disciples on the Road to Emmaus. In this story, we see the origins and the structure of the Holy Mass that the Church has celebrated for over 2000 years!

Activity

Note: You may send this week's activities home for students to complete with their parents.

A. Read the Gospel passage aloud to your students, as they follow along. Then have them answer the questions.

B. Point out to your students that Jesus is the Master Teacher. The way He teaches the disciples on the Road to Emmaus shows us not only what good teaching looks like, but also the basic structure of Christian worship—Holy Mass.

C. Have your students complete the Road to Emmaus drawing activity.

D. Lead your students in praying the following prayer:

   Jesus, thank you for your Word proclaimed at Mass. Help us recognize you in the breaking of the bread.

E. Finally, have your students answer the reflection question.
A Reading from the Gospel of Luke 24:13-35: The Appearance on the Road to Emmaus

That very day, the first day of the week, two of Jesus’ disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?” And he replied to them, “What sort of things?” They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and
word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they
did not see.” And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.
1. Who did Jesus appear to on the road to Emmaus?

__________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________

2. How did they recognize Him?

__________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________

3. What did they do after He left them?

__________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________
The Road to Emmaus

Directions: In the box below, draw a picture of the Disciples meeting Jesus on the Road to Emmaus.
Reflection Question
How do we see Jesus at Holy Mass?
Answer Key

Handout A: Gospel Reading for Sunday, April 26, 2020

1. Two Disciples.

2. In the breaking of the Bread (the Eucharist).

3. They went to Jerusalem and told the other Disciples they had seen Jesus.