

Family Faith

Chapter 20

The Last Supper

The Last Supper was the first Mass.

Chapter Summary

The night before Jesus died, he celebrated the Passover feast with his Apostles. This Passover meal became a new Passover, which was the first Mass. The new Passover that Jesus celebrated was called the Last Supper. When Jesus said, “This is my body” (Matthew 26:26; Luke 22:19; Mark 14:22), and, “This is my blood” (Matthew 26:29; Mark 14:24), he changed the bread and wine into his very Body and Blood and instituted the Eucharist. When Jesus instructed his Apostles to “do this in memory of me” (Luke 22:19), he instituted the priesthood. By instituting the Eucharist, Jesus gave us the supreme gift of his Body and Blood. By giving us the gift of himself, Jesus nourishes us and allows us to become one with him in Holy Communion. At Mass we remember the wonderful things that God has done for us, most especially that Jesus gave up his life for us so that he can nourish us through the very gift of himself in the Eucharist.

More for Parents

Many parents wonder if their children are getting anything out of Mass and if it is worth the hour-long struggle of shushing their noises and correcting their fidgeting. Parents, *it is worth it!* When your children are present at Mass, they are listening to the words of God, which are like seeds sown in their hearts that bear fruit. They are in the presence of the Lord in the Holy Eucharist. They are witnessing others who make it a priority to be with God and be with each other. The symbols and “smells and bells” of Mass give plenty of opportunity for their natural curiosity to ask questions and for parents to teach them about God’s love. A remedy for what the children might call “boring” is helping them understand what is happening and why. Many things can be boring until we understand them. What is something new you can help your child understand about the Mass this week?

For more family faith formation resources go to www.wordofliveseries.org/parents.

Our Family Prays Together

Dear God, you love us so much that you want to live in our bodies and our souls. Help us to know the gift of the Holy Eucharist. Amen.

Let’s Talk about It as a Family

- ***The Last Supper was the first _____.*** (Mass.)
- ***What happens to the bread at Mass?*** (It becomes the Body of Jesus.)
- ***What happens to the wine at Mass?*** (It becomes the Blood of Jesus.)
- ***Does Jesus want to be close to us during the Mass?*** (Yes.)
- ***Is Jesus truly present in the Eucharist?*** (Yes.)

Let’s Live Our Faith

Explore the Mass more deeply with your family:

- Learn about the importance of genuflecting toward the tabernacle to show reverence.
- Discuss ways we can tell Jesus we love him in our hearts when the priest elevates the host.
- Notice all the places that bells are used in the Mass and talk about why those times are special.

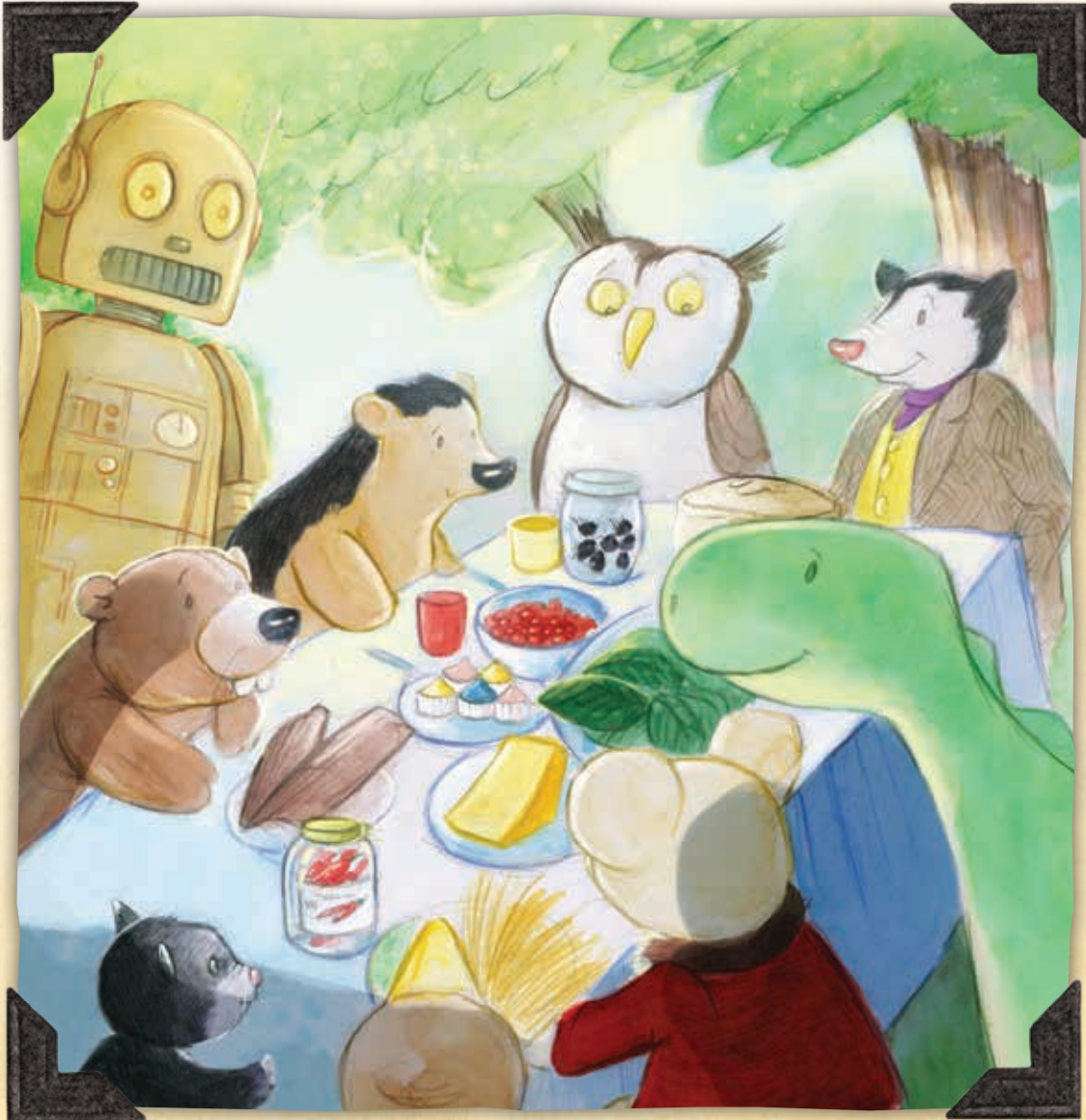
Family Faith Activities

The Last Supper was the first Mass. When we go to Mass, Jesus comes to us in the bread and wine, which become his Body, Blood, Soul, and Divinity.

Choose one or more of the following to do as a family:

- Take some time before Mass to think about Jesus, whom you are going to see or receive.
- Make a visit to the tabernacle on Sunday or another day of the week. Say a prayer of thanksgiving to Jesus for giving us all the Eucharist.
- Take your children to visit the Blessed Sacrament. Remind them that Jesus is present.

Small Wonders



The Toys have a giant picnic to celebrate the last day of summer and hear sad news.

Read the full Small Wonders story at www.wordoflifeseries.org/parents.