

Family Formation

Session 24: Living the Mass

Handout: “Do this in Remembrance of Me”

Background for Parents

Read and become familiar with “The Road to Emmaus” (Lk 24: 13-35) so you can tell the story to your family. Hopefully after sharing bread together like the disciples, they will make the connection that Jesus is truly present in Eucharist. They should feel some of the excitement that the disciples surely felt after their experience on the Road to Emmaus. There is a real and vital connection between the Mass and their daily life; we are to live the Mass throughout our day. We are to become life to all those we come in contact with. Jesus is physically present in the Eucharist to strengthen us.

Reread *Interceding with Jesus*, Chapter 6 from Session 9, paying particular attention to “placing people in the chalice.”

With the family

Pass around a bowl of candy, all the same kind and same size, such as the fun-sized candy bar, but add one that is larger than the others. Tell them to put the candy on the side for now. You’ll talk about it later on.

Talk about Jesus’ sacrifice on the Cross. Now He comes to us, His Body and Blood under the appearance of bread and wine, to strengthen us.

Mass—Jesus is offered to His Heavenly Father through the priest

- Eucharist means “thanksgiving.”
- Many graces come from the Mass—to us and others.
- We believe in His mercy and love.
- Receiving Eucharist touches us on all levels: heart, mind, body, and spirit.

What does the priest say at the end of Mass? “Go now in peace to love and serve the Lord.” We are called to live the Mass daily in the way we live our lives.

Sit on the floor and read “The Last Supper” (Lk 22:14-20), emphasizing verse 19, “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.’”

Now tell the story of the Road to Emmaus, telling of how the disciples were so filled with grief that Jesus had died. They invited Jesus in to share a meal. Bread was always a staple at every meal, and it was when Jesus broke the bread that they recognized Him.

- Take a loaf of bread (not sliced), tear off a piece, and pass it on to the next family member, until each has a piece.
- Talk about how the disciples’ hearts must have soared after seeing Jesus.
- After this experience, each time bread was broken, the disciples probably remembered Jesus on the Road to Emmaus and their hearts soared each time!
- As Jesus strengthened the disciples through the breaking of the bread, Jesus is always available to strengthen us.

Eucharist—Comm/union—receiving Jesus in Eucharist is like an invitation to “come to union.” Jesus is alive in the Eucharist.

Another method of intercessory prayer is “placing people in the chalice.” Using your imagination, place whoever you are praying for right in the chalice at Mass, and when the wine is consecrated imagine that person being washed, cleansed, and given new life in the blood of the Lamb. Even if you are not at Mass, and you are made aware of someone who is hurting, you can use your imagination and “place” them in the chalices of all the Masses going on right now throughout the world. This is a powerful way to intercede that leaves all the “work” up to Jesus.

As a family try this right now. Have each person think of a person or a situation that needs healing. Using their imagination, have them place them in the chalices of all the Masses going on right now throughout the world.

We do many things to nourish our bodies: vitamins, healthy food, exercise, etc. The best way we can nourish our body is to receive Jesus in the Eucharist. His Body and Blood nourishes and strengthens us to become more like Jesus. How can I live this out in my life?

- Look at these situations on the worksheet, “Do This in Remembrance of Me.”

- Point out that there are many opportunities throughout our day where we can choose to act as Jesus would.
- What are other ways to act as Jesus would?
- One of the key things to remember here is that we need to think about how we *choose* to respond.
- Every time we make a sacrifice and truly try to live our life like Jesus would, then we are letting the Mass come alive within us. We are living the words that the priest says at the end of the Mass, “Go now in peace to love and serve the Lord.”

Have a clear bowl. Fill it two-thirds full of water. Drop several drops of food coloring into the bowl and watch how the food coloring ripples out. Make the analogy of how our actions, both good and bad, like the food coloring, have an effect on others whether we can see it or not.

Recall the beginning of this session with the candy bowl. Did you take the biggest piece or did you look around to see how many others were there and leave it for them? If you didn't get the big candy, did you complain and say it wasn't fair. Each of our actions has an effect on others. We always have an opportunity to live the Mass in our everyday life. This is something to think about!

Throughout the week

As a family, visit a Catholic Church and spend time before the Blessed Sacrament. Encourage the family to imagine themselves in the center of Jesus' heart and “go down deep” into Jesus and His Presence there. The length of the visit will depend on the ages of your children, but even a short visit would be great! Help them to connect that Jesus is truly physically present. Talk about ways you have lived the Mass throughout the week. Make an effort to bless yourself as you pass a Catholic Church to acknowledge and reverence Jesus' true presence there.

Periodically review the need to journal. Modify your schedules if necessary to enable all family members quiet time with the Lord and time to journal.

“Do this in remembrance of Me!”



We do many things to nourish our bodies: vitamins, healthy food, exercise, etc. The best way we can nourish our body is to receive Jesus in the Eucharist. His Body and Blood nourish us with strength to become more like Jesus. How can I live this out in my life? Look at these situations —

- 1) Your little brother or sister wants you to help them with homework, but you have a friend over and you were planning on going outside. If you want to be like Jesus and live the Mass in your life, you would —
- tell your brother or sister to get someone else to help them,
 - help your brother or sister with their homework and then go outside.

(**Think about your answer. If you chose b, you loved and gave up a part of you; you are living the Mass.)

- 2) Your friend, Melissa, got angry with you and called you names yesterday. She comes over to your house and wants to play. She may or may not say she's sorry. If you want to be like Jesus and live the Mass in your life, you would —
- go out and play with her,
 - tell her you are mad and angry at her for calling you names, and you're never going to play with her again.

(**Think about your answer. If you chose a, you loved and gave up a part of you; you are living the Mass.)

- 3) You and your best friend, Jeff, are playing outside. Steve wants to join you, but Jeff doesn't like him very much. You don't either. If you want to be like Jesus and live the Mass in your life, you would —
- invite Steve to play with you,
 - tell Steve to get lost.

(**Think about your answer. If you chose a, you loved and gave up a part of you; you are living the Mass.)

- 4) Your mom and dad went to the store. Your mom made your favorite, chocolate chip cookies. As your parents leave, they tell you that you can have two cookies while they are gone; your mom needs the rest of the cookies for company that is coming over that evening. If you want to be like Jesus and live the Mass in your life, you would —
- eat 5 cookies while your parents are gone,
 - eat 2 cookies while your parents are gone.

(**Think about your answer. If you chose b, you loved and gave up a part of you; you are living the Mass.)

You probably understand a little better how we can live the Mass out in our everyday life. Every time we make a sacrifice and truly try to live our life like Jesus would, then we are letting the Mass come alive within us. We are living the words that the priest says at the end of the Mass, “Go now in peace to love and serve the Lord.”