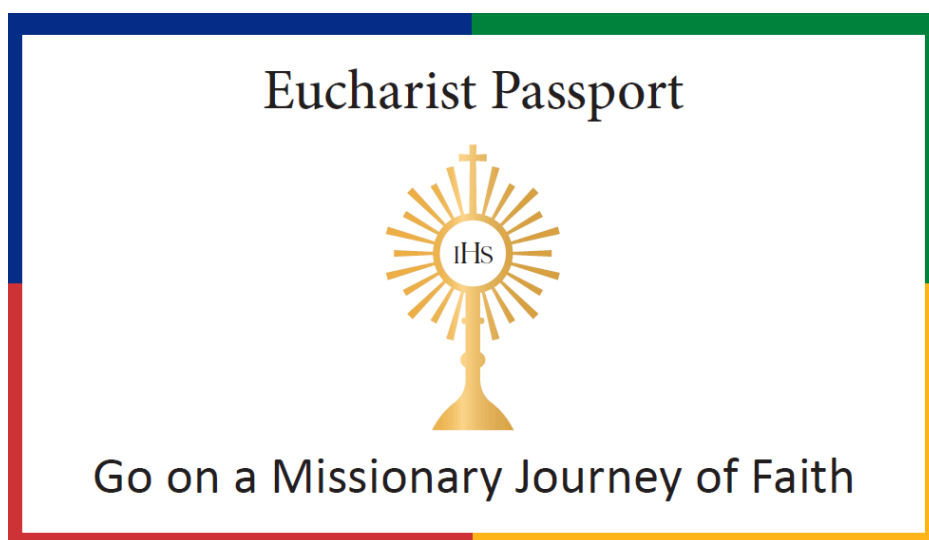


# MCA Lesson Plans for Eucharist Passport



## Introduction

The Eucharist Passport was created for the Eucharistic Revival to help foster devotion to the Eucharist among kids. Through the ten different activities, kids will hopefully experience Jesus fully present in the Eucharist. Each activity is meant to encourage a different experience of faith. This resource is meant to help Teachers and Catechists introduce the passport and to complete some activities as a class. After the initial lesson, feel free to pick the activity that resonates the most with you. Each lesson is meant to take 20-30 minutes. Teachers are encouraged to add personal stories for each introductory discussion.

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## Introductory Lesson: Going on a Spiritual Journey

**Objective:** Introduce and explain the concept of passport. Teach students about Christian pilgrimage. Explain what missionaries do.

**Key Vocabulary:** Passport, Pilgrim, Missionary

### **Part #1 Introductory Discussion-** Going on a journey:

- Who has ever gone on a trip? Where did you go and what did you do?
- Has anyone ever visited another country?
- Does anyone know what you need to travel between countries?
- **Show the students an actual passport. Your own if you have one or you can use the following image. Explain how stamps are used to track a person's visits.**



**Explain-** Often times when we go on a big trip. The trip can affect or change us. We gain a new experience, a new perspective, we see new things, and meet new people.

### **Part #2 Discussion #2-** Pilgrims and Missionaries ([Optional worksheet](#))

There are two words we use to describe Christians that go on special journeys. The first is a Pilgrim. Has anyone heard the word Pilgrim before?

What do you think of when you hear the word pilgrim? (**Most likely pilgrims as early English settlers of the Americas**)

Pilgrims are also people that go on special journeys to Holy places. Provide examples: Shrines (St. John Neumann, Miraculous Medal Shrine, Shrine of St. Katherine Drexel, Shrine of St. Rita of Cascia) Places: Holy Land, Jerusalem. When they go on the pilgrimage to devote themselves to prayer so they can encounter God and be transformed.

### **Part #3 Connecting it to Scripture-** The Road to Emmaus

We are going to hear about a story from the Bible where two people encounter Jesus while on a journey.

Video option #1- <https://www.youtube.com/watch?v=K3QkZsKLU2o>

Or

Read Luke 24:13-49 out loud with your students

Review the story:

- What were the two disciples doing in the story? **Traveling to Emmaus**
- Who did they meet on their way? **Jesus**
- At first they did not recognize Jesus, when did they recognize Him? **When he broke the bread, the Eucharist.**
- Has anyone here ever had a special encounter with Jesus in the Eucharist?  
Allow kids to share

### **Part #4 Introduce the Eucharist Passport**

We have a special activity that is meant to help us be pilgrims and missionaries. It will help us be pilgrims by taking us on a spiritual journey to encounter Jesus. It will also help us be missionaries by helping us live and share our faith with our families and world.

**Pass out the passport.** Have students write their names and complete the first three activities (Word search, coloring page, and maze)

## Tabernacle Lesson: Jesus are you home?

**Objective:** Introduce and explain the history and purpose of the tabernacle and the sanctuary lamp. Help students be able to find the Tabernacle and sanctuary in a church. Teach students how to genuflect

**Key Vocabulary:** Tabernacle, Sanctuary lamp, genuflect.

### Part #1- Introductory Discussion- Prize Possessions

- Does anyone here have a special prize possession? (Examples- gifts, pictures, family heirloom)
- How did you get this item?
- Does anyone have a special place or container for their prize possession?
- In the church we have also been given a precious gift. We are given this gift at every mass does anyone know what it is? Answer, Jesus in the Eucharist
- We also have a special place where we store the Eucharist. Does anyone know where we store the Eucharist? (Tabernacle)

Today we are going to learn more about the tabernacle.

### Part #2 Explaining the Tabernacle and genuflection

#### Show different pictures of Tabernacles

The word tabernacle means “tent” or “dwelling”. It is where Jesus dwells. Whenever we enter a Catholic church we want to say hello to Jesus in the tabernacle. Just like when we enter the presence of someone else it is polite to say hello to them. There are many ways to say hello. Can anyone tell me different ways we can greet some one?

- High five
- Wave
- With words
- A hug
- Fist bump
- A nod

There is a special way we say hello and goodbye to Jesus in the tabernacle.

Ask if anyone knows how we greet Jesus? Have a student demonstrate how to genuflect. Explain that we face the tabernacle when we genuflect and should genuflect slowly and reverently.

### Part #3 Activities

If possible this is a great time to take your class to the church, to practice genuflecting, to find the tabernacle, and to find the sanctuary Lamp

[Catholic Church Scavenger Hunt](#) – If you are able to visit a Church  
[Tabernacle and genuflecting coloring pages](#)

If you do go to a church and find the tabernacle, students can draw it in their passports and complete the activity.

## Adoration Lesson: Spending time with Jesus

**Objective:** Explain why we go to adoration and what makes the Monstrance special. Spend time with your class in adoration.

**Key Vocabulary:** Adoration, Monstrance

**Part #1- Introductory Discussion- Bring in a trophy, a personal one or one from the school. Bring in a monstrance or a picture of one**

The goal is to help students distinguish between trophies and adoration.

Possible questions:

- Why do we have trophies and what are their purpose?
  - Trophies are used to celebrate and remember achievements
  - They are focused on past accomplishments
- What do we do with trophies?
  - Put them on display.
- Present the monstrance. Does anyone know what this is?
- How is it similar and different from a trophy
  - Similarities: Made of Gold, put on display, looks like a trophy
  - Differences: We spend time in front of it, is focused on the presence of God not the past
- Explain that monstrance means to show
  - It is used to show Jesus so we can spend special time with Him.
- Explain what adoration is. Special time of prayer during which Jesus is on display in the monstrance
- What do we think we can do while we are at adoration
  - Sit and reflect, read, pray, write, draw

### Part #2 Preparing for Adoration-

Adoration can be very difficult. This is a time to help prepare kids for adoration

How to prepare for adoration:

- Make a plan
  - Decide if you are going to reflect, draw, write, read, or pray

- Reflect- think about what you are grateful for, anxious about, excited for
- Draw- draw a story of Jesus from the Gospel or draw the monstrance
- Write- write a letter to God or a prayer
- Read- read a psalm or a Gospel passage
- Have students pick one or two of the above options depending on their age.
- Have students find a comfortable position to sit in
- Help students focus on your breathing
- Have students carry out their plan

### Part #3 Additional Activities-

Adoration video: <https://www.youtube.com/watch?v=J8tJOZE4LeY>

Virtual Adoration: <https://www.youtube.com/watch?v=Dd7YbWyPcQo>

Video on how to draw a Monstrance:

<https://www.catholicicing.com/how-to-draw-a-monstrance/>

Additional resources you can purchase:

<https://www.catholicicing.com/monstrance-crafts-for-catholic-kids/>

## Lesson: The Eucharist in the Bible

**Objective:** To help students see the connection between various scripture passages and the Eucharist.

**Key Vocabulary:** Manna

Option #1 – Break your class into four groups. Each group will need to read the passage and then act out the passage. Then discuss the passages as a class.

Option #2 Go through one or all the passages as a class.



## Sacrifice Lesson: Making a sacrifice for others

**Objective:** The Eucharist is given to us in the Holy Sacrifice of the mass. It is a gift but is also connected to the cross. This lesson is meant to help students make a sacrifice for Jesus or for other people. It begins by first emphasizing an attitude of gratitude.

**Key Vocabulary:** Sacrifice, penance,

## World Mission Rosary: The Eucharist and Rosary connect us to the world

**Objective:** The Eucharist unites us with Christians around the world. The rosary, especially the World Mission Rosary, can also unite us with the world. This lesson explains what the world mission rosary is and what the colors represent.