**Unit 4 – Session 25 – Old Testament Roots of the Eucharist, Part 2**

Parents,

This week is about the Bread of Life. Here is some vocabulary that may help you. This is not for your child but to help you as you explain this session to them.

* Eucharist – The Sacrament in which we receive the Body and Blood, Soul and Divinity of our Lord Jesus Christ under the appearances of bread and wine. The Eucharist is the source and summit of our Christian life. It is spiritual food for the soul. It is not merely a symbol but is Jesus’ true Flesh and Blood.
* Passover – An important Jewish feast that celebrates God’s freeing of the Israelites from slavery in Egypt. The original Passover required the Israelites to sacrifice a lamb, spread its blood over their door posts, and share a sacred meal of unleavened bread and wine and the flesh of the lamb. If they followed these instructions, they would be passed over by the angel of death.

The students should learn.

* Jesus’ Death and Resurrection are a new Passover, which brought about salvation from sin and death.
* Bread has always been an important part of the story of salvation.
* Jesus taught us that He is the Bread of Life and then gave Himself to us in the Eucharist.

**Here is what you need to do this week.**

* I Wonder
  + Read page 298 with your child. Ask what are the three things that you wonder about the Eucharist and receiving Holy Communion.
* The Passover Story
  + Turn to page 209 and read the story about the Passover.
    - Explain the following.
      * Not only did God want the Hebrew people to celebrate the Passover that one night, but He also wanted them to remember the Passover forever. In this case, the word remember means “to be come one with again” or “to become a member of again” The Passover was to be celebrated every year so that future generations of Hebrew people would become part of the original Passover sacrifice.
      * When God sent His Son, Jesus, to earth to die for our sins, His Death and Resurrection became the new Passover, that brings us true salvation. The original Passover was a sign of the salvation that was to come through Jesus.
      * At the Last Supper, Jesus gave us the Eucharist. He commanded His Apostles to remember the holy meal they were sharing. Jesus intended that at every Mass the people of God would become one with Him again and take part in His sacrifice on the Cross. We are with Jesus at the Last Supper, Crucifixion and when He rose from the dead at every mass.
      * Jesus is like the Passover lamb. He died for our sins. He saves us from the death of sin. Jesus leads us out of slavery to sin and death and into eternal life. Jesus’ sacrifice makes Him the Lamb of God, who takes away the sins of the world.
* Bread in history
  + Explain how bread has been important to humans for nourishment for at least 10,000 years. And how many cultures rely on it for survival.
  + Ask your child what role bread played in the Passover story you read earlier.
  + Explain that the unleavened bread at the Passover was probably like matzah or flatbread. The bread was very important to the meal. God instructed the Israelites to eat the unleavened bread because it takes time to let bread rise and the Israelites did not have time to wait. Unleavened bread was easy to pack and take with them on their journey.
  + Explain that bread is still important to our Catholic Faith. In the Gospel of John, Jesus teaches us about another important kind of bread- the Bread of Life-that feeds not only our bodies but our souls as well.
  + Read John 6:48-51 together.
    - I am the bread of life. Your ancestors ate 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.
  + Ask the following questions.
    - What did Jesus tell the crowd that He was?
    - What did Jesus say about the people’s ancestors?
    - What will happen to one who eats the bread that comes down from Heaven?
    - What is the living bread that came down from Heaven, the bread of life? (The flesh of Jesus)
  + Explain that in this passage, Jesus began to teach His disciples about the Eucharist. The Eucharist is one of the seven Sacraments. The Eucharist is the Sacrament in which we receive the Body and Blood, Soul and Divinity of our Lord Jesus Christ under the appearances of bread and wine. Just as bread is an essential food for physical life, the Eucharist is spiritual food for the soul. It is not merely a symbol but is Jesus’ true flesh and blood. We are going to learn more about the Eucharist and its importance to our Catholic Faith as you prepare to receive your First Holy Communion.
* Complete online activities for session 25.