



## School and Religious Education Program Invitation

### Lesson Plan

### Grade 2

#### Preparation

**Personal Reflection:** So that you have a better understanding of the need for and purpose of this lesson, read Archbishop Perez's pastoral letter regarding the *Nothing Compares to Being There Initiative*. It can be found at <https://archphila.org/nothingcompares/> Explore the additional information and links found on the web site.

Most of the students will be preparing to receive Holy Communion for the first time in second grade. This will provide the opportunity to understand the importance of going to Mass on a regular basis and to grow in love for Jesus in the Eucharist.

As you prepare to guide the children on their journey to receive their First Holy Communion, watch the following videos which will assist you in this important catechesis: [The Mass and the Eucharist – Part 1](#) and [The Mass and the Eucharist – Part 2](#)

#### Learning Objectives/Goals

- The students will gain a deeper understanding that when they receive Holy Communion, Jesus is showing His love for them by coming to them in a very special way.
- The students will learn that they receive Holy Communion during Mass and that this is a special way for them and their families to grow in love for God.
- The students will realize that the season of Advent is a good time for them to focus on Jesus coming to them in Holy Communion.

## Activities

1. Ask the children if they know why we celebrate Christmas. Listen to their responses and tell them that we really celebrate Christmas because we are remembering how Jesus first came into this world. Ask them if they know what mothers and fathers have to do to get ready for a new baby. (Make sure they have a place for the baby to sleep, have clothes for the baby to wear, and food for the baby to eat.) Tell them that Mary and Joseph had to do all of these things as they waited for Jesus to come.
  
2. Tell the children that this year as they will be preparing to receive their First Holy Communion, they, too, need to prepare for Jesus to come to them for the first time. Jesus will come to them in a very special way.
  - a. Tell them that this year they can prepare by learning about the special way we pray in Church at Mass.
  - b. Tell them that this is a very good time for them to begin this as we are in a time of "getting ready." We call this time Advent because we are getting ready to celebrate the day when Jesus was born—Christmas.
  - c. Tell them that they can give Jesus a very special gift this Christmas by learning what to do in Church during Mass and by visiting Him every Sunday in Church.

At the beginning of Advent, have a special ceremony with the children. Use the lyrics from "Come, Lord Jesus, Come ..."  
<https://youtu.be/HzEHRoG4iLk> Prior to the ceremony, teach the students the hymn. Have a heart for each child. During the ceremony, call each child by name and ask what they want from Jesus. When they respond, give them their heart. Allow them to wear their "heart" during the season of Advent as a reminder of how important it is for them to work at getting ready for Jesus to come to them. Encourage them each week to attend Mass as a way of getting ready.

## Follow-up Lessons

Since reception of the sacraments is such an important event in the spiritual life of young children, teachers and catechists are strongly encouraged to emphasize the need to practice frequently during this time of preparation. Giving examples that students can understand that show how people become good at something through preparation and practice—artist, basketball player, cook, etc.—encourage the students to take seriously the need to prepare and practice for the reception of First Holy Communion. Lessons should include:

- How do I prepare for Mass?
- How do I participate in Mass?
- How do I show reverence in Church during Mass?
- How do I receive Holy Communion?
- What is the Communion Fast? Why do we fast?
- What is the relationship between Holy Communion and the Sacrament of Penance and Reconciliation?
- How do I receive the Sacrament of Penance?
- How do I make an Act of Contrition

Incorporate the prayers of the Mass and the Act of Contrition into daily times of prayer so that the children will gain adequate experience in saying these prayers.

## **Advent Ceremony to Prepare for the Coming of Jesus**

- Make sure the room is very quiet and students are free from and distractions.
- Begin with the Sign of the Cross.
- All sing, "Come, Lord Jesus!"
- Call each child up by name. Ask: (Name), what are you waiting for?
- Child responds, "I am waiting for Jesus."
- Teacher hands the child a heart saying, "Keep this heart as a reminder to prepare for Jesus to come to you."
- After every 5-6 children, the teacher will say, "Let us all pray" and all respond with:

### **COME, LORD JESUS, COME INTO MY HEART!**

- When all are finished, repeat the hymn. Have the children write their name on the heart. Give them an envelope to keep their heart in as they prepare for First Communion. Have them place the envelope inside their religion book so they can take it out each time they are engaged in a lesson/activity preparing for First Communion.

