



## School and Religious Education Program Invitation

### Lesson Plan

### Grade 3

#### 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.

Catechesis at this level focuses on the Sacraments of Initiation. The majority will have received the Sacraments of Initiation, but it is important to get a sense of their understanding and commitment. It is also vital to strengthen their learning of the meaning of the Eucharist and its importance in their lives. Please review the guidelines for the third grade found on the web site for the Office of Catechetical Formation: <https://phillyocf.org/elementary-religious-education/>

#### Learning Objectives/Goals

- The students will realize that the season of Advent is a good time for them to focus on Jesus coming to them in the Eucharist.
- The students will gain a deeper understanding of the Mass and learn how to participate more fully in Mass.
- The students will learn that when they receive Holy Communion during Mass that this is a special way for them and their families to grow in love for God.
- The students will learn about Benediction as form of worship of the Eucharist outside of Mass.

## 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.
  - a. Tell the children that now that they have received their First Holy Communion, they, too, need to prepare for Jesus to come to them each time they receive Holy Communion.
  - b. Tell them that this year they can prepare by learning about the special way we pray in Church at Mass.
  - c. Tell them that this is a very good time for them to focus on this as we are in a time of "getting ready."
  - d. 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.
2. If your parish has recorded Mass for a YouTube channel, use these recordings as a teaching tool to help the children learn the responses and prayers. If your parish does not record the Mass, you can find many others on YouTube or can view the recording of the previous Sunday at the Cathedral at: <https://vimeo.com/event/17522>
3. If possible make arrangements to visit the church with the children to show them the tabernacle and sacred vessels especially the monstrance. Use the teaching resources found on the web site for the Office of Catechetical Formation to teach the children about Benediction and Adoration of the Blessed Sacrament:  
<https://www.guidedchildrensadoration.com/just-jesus-and-me.html>
4. Have the students identify the items on the sheet below.

## 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 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.

**Identify each object. Use the Word Bank. Draw a line to the correct object.**



**Paten**  
**Chalice**  
**Ciborium**  
**Cruets**  
**Monstrance**



**Name** \_\_\_\_\_