
Lesson 6: Sharing the Story – Becoming What We Receive

OVERVIEW: In the previous lessons we focused on family celebrations, the Church’s celebrations, the life of Jesus, God’s Love, and Knowing Jesus in the Eucharist. In this lesson we will look at what it means to be like Jesus in our everyday lives.

IN THIS LESSON WE WILL:

- Consider what it means to say and believe that “You Become What You Receive”
- Learn how we can be like Jesus by learning Matthew 25
- Reflect on what we can do daily to be more like Jesus.

VOCABULARY VIDEO: Start lesson by reviewing any vocabulary you might not know. The videos for this lesson are on the website under the Video Library > Glossary of Terms. The vocabulary terms for this lesson are:

- Hungry
- Thirsty
- Naked
- Stranger
- Prisoner
- Visit
- Clothes

IN YOUR OWN WORDS (share this with your child): It has been said “You are what you eat.” Just as eating healthy makes you a healthier person and eating nothing but candy and chips will make you unhealthy, as we receive communion we have Jesus inside of us to help us become more like Jesus. In Matthew 25, Jesus gives the disciples step by step instructions on how to live like a Christian. “When I was hungry you gave me to eat...” We are to feed the hungry. Donate to the food pantry at church. Donate clothes to those who have none at the homeless shelter or Good Will. Welcome the stranger. Is there someone new in your class or someone who doesn’t have any friends? You can welcome them and be their friend. Visit the sick. Make cards for sick children in the hospital, or visit people in the nursing home or someone in your neighborhood who may be elderly and not have family nearby. These are called the Corporal Works of Mercy and they help us to become more like Jesus and live Christian lives every day.

WORKS OF MERCY ACTIVITY: The Corporal Works of Mercy are specific ways Scripture tells us to live out our faith in service to others. For this activity you will need:

- a brown paper lunch bag or a piece of construction paper to make a cover
- Hole punch
- Piece of string, ribbon or twine
- Scissors
- Glue stick
- One copy of the Corporal Works of Mercy Activity Page located in Lesson Resources > Lesson Six

1. Start by having your child color each corporal work of mercy image.
2. Then cut the boxes apart so that you have eight separate pages.
3. Together come up with one or two things you can do to live out each of the corporal works of Mercy. Write each of the ideas you come up with on the back of the appropriate page. You should have at least one thing for each work of mercy.
4. Fold your brown paper bag in half. The bag should be folded so that the bottom of the bag is on the inside of the folded bag (so it would be the inside back cover of a book)
5. Lay the folded bag down on the table so you have a book cover and the closed edge is on the left side.
6. Glue the “Corporal Works of Mercy” page to the front cover
7. Stack the other seven page together and slide them inside your “book”
8. Use your hole punch to make two holes – about an inch and a half from the top and an inch and a half from the bottom
9. Use your sting/ribbon to tie the book together

As a family make a commitment to work together to complete the Corporal Works of Mercy you identified. This is a concrete way for children (and adults) to be reminded that our Celebration of the Eucharist should call us to be more like Christ in what we do every day.