



LEADER: The bond that unites a family is strengthened through the sharing of a meal. Jesus shared his last meal with his disciples. At that meal, he instituted the Eucharist. As we enjoy our meal, let us remember the gift of the Eucharist and God's great love for us.

READER: A reading from the book of Deuteronomy:
"Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today. Keep repeating them to your children. Recite them when you are at home and when you are away, when you lie down and when you get up."
The word of the Lord.

ALL: Thanks be to God

As a response to the call in Deuteronomy to "repeat them to your children," consider having the youngest family member ask the questions or alternate among the children asking the questions. The oldest family member (parent/grandparent) can read the answers.

QUESTION & ANSWER

WHAT DOES GOD ASK US TO DO?

To love him with our whole heart, our whole being, and all our strength.

DOES GOD LOVE US LIKE THIS?

Yes. He gives us his body, blood, soul, and divinity in the Eucharist every time we go to Mass. Jesus instituted the Eucharist at a meal similar to this.

HOW DO I GIVE MY WHOLE HEART, BEING, AND STRENGTH TO GOD?

We give God our whole heart by coming to know him through prayer and growing in a relationship with him. We give him our whole being by following his ways. We give God our all strength by lovingly serving others.

HOW DOES THE EUCHARIST FIT IN WITH GIVING
MY WHOLE BEING TO GOD?

Jesus took on a human nature to save us from sin. He offered himself on the cross for us and now gives himself to us in the sacrifice of the Mass. The Eucharist strengthens, heals, and nourishes us. We are able to love God better with our whole heart, whole being, and all our strength when we are united to Jesus through the Eucharist.

LEADER: As we begin this meal let us ask God's blessing upon our family that we may grow strong in faith, remain rooted in hope, and act always with love for God and for each other.

Let us pray:

ALL: Bless us O Lord and these thy gifts which we are about to receive from thy bounty through Christ our Lord, Amen.

As you enjoy your meal, talk about your day as you normally would. The children's copies have coloring and puzzles if they need an activity. Consider talking as a family about concrete ways you can pray, follow God, and serve others so as to give God all your heart, being, and strength. Here are some questions to help your conversation:

✠ Where did you see God in your life today?

✠ How do you like to pray and communicate with God?

✠ What is something we can do as a family to get to know God better and love him more?

✠ What has God given us to help us follow him? (the Ten Commandments, Beatitudes, a conscience, the Holy Spirit, grace, etc.)

✠ What is one thing we can each do to follow Jesus better this week and give him our whole being?

✠ Is anyone willing to bring the dishes to the sink/kitchen and serve the family in that way?

✠ How else can we serve others and love God through serving others?

PRAYER AT THE END OF THE MEAL

LEADER: As we conclude our meal today, let us leave this table renewed and strengthened to follow Jesus and committed to keeping him and the Eucharist central to our family life. United as a family, let us praise the God who has given us life.

LEADER: I will sing to the LORD all my life.

ALL: I will sing praise to my God while I live.

LEADER: Let us pray: Holy Trinity, we thank you for the food and conversation we have shared. May this sharing bring us closer to each other and closer to you. Help us as we strive to love you with our whole heart, our whole being, and all our strength.
Amen.



PROJECT NAZARETH

FAITH BEGINS AT HOME

www.projectnazareth.org

© Roman Catholic Archbishop of Boston. A Corporation Sole, 2023.

