

OUR FAMILY MEAL

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

QUESTION

What does God ask us to do?

ANSWER:

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

QUESTION

Does God love us like this?

ANSWER:

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.

QUESTION

How do I give my whole heart, being, and strength to God?

ANSWER:

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.

QUESTION

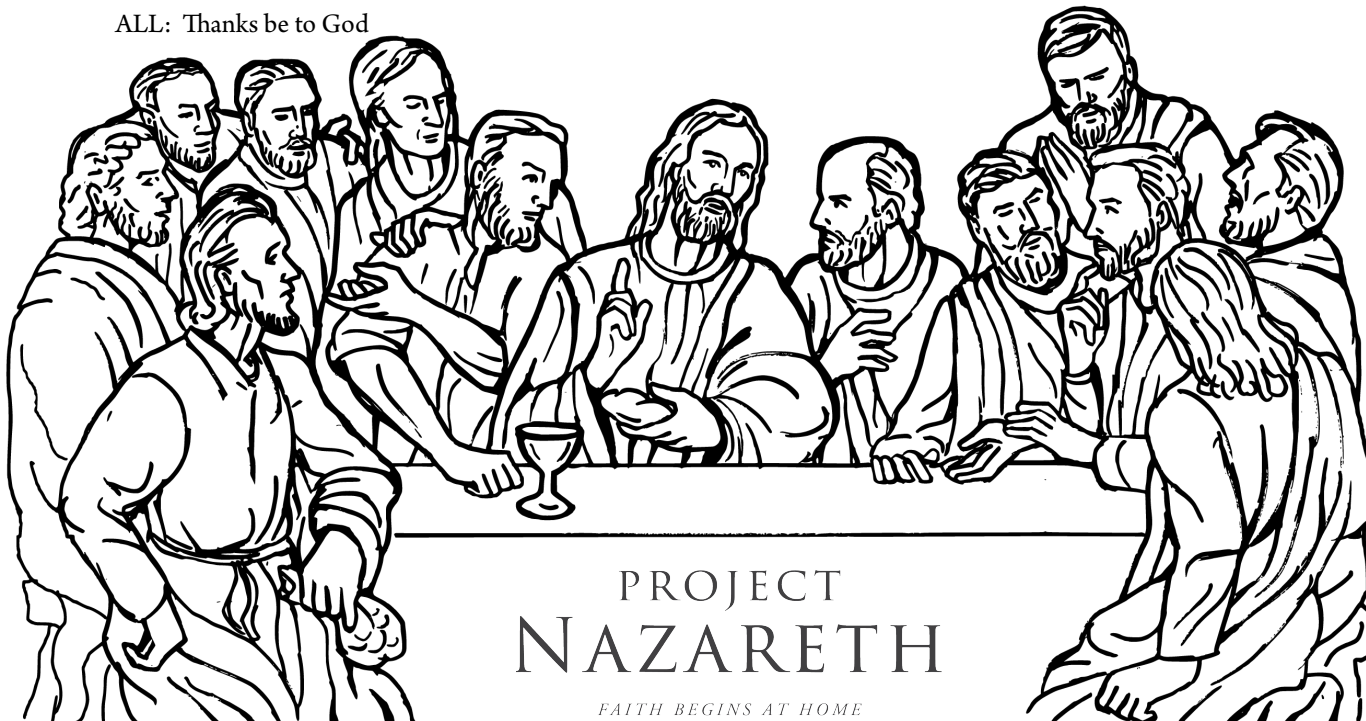
How does the Eucharist fit in with giving my whole being to God?

ANSWER:

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.



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FAITH BEGINS AT HOME

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.



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.

WORD SEARCH: THIS IS MY BODY



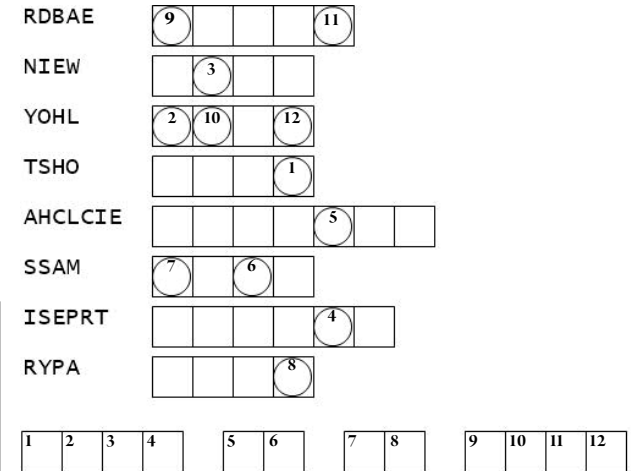
WINE
SACRIFICE
REMEMBER
BLOOD
EUCCHARIST

PRESENCE
SACRAMENT
BREAD
MASS
JESUS

BODY
CELEBRATE
GIFT
CHURCH

ANAGRAM PUZZLE: IN REMBERANCE OF ME

Solve the anagrams to reveal the message!



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FAITH BEGINS AT HOME

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