

Explaining the Eucharist to Children

To explain the Eucharist to young Children is not straightforward, after all before we can explain that the Eucharist is Jesus, and Jesus alive we must help children to know who Jesus is.

In this program outline we have tried to provide some resources to help you interact with young people.

At present we have concentrated on the program for 4-6 year olds however we hope to extend this to 7-10 years also.

Some of the resources created are interactive, this might be better suited to a setting that has ICT equipment or perhaps could be completed at home with Parents. Other activities can simply be printed out and worked on in any setting, perhaps at a Children's Liturgy during Mass.

The interactive activities are identified on the website.

The Eucharist takes place within the Mass and therefore it is, we feel important that children can understand the Mass and the various parts.

We have therefore split this program into four parts with each part splitting into subsections. In order to make this as simple as possible the modules on the website layout are clearly marked.

Please be aware that it is our intention that the website and subsequent Eucharist module will be further expanded, and we welcome your feedback – info@deaconsforchrist.com.

The main modules are as follows with subsections identified.

Module	Subsection
Who is Jesus	Birth, Miracles, Teachings, Disciples
Jesus – Last Supper, Death and Resurrection	Holy Week, Institution of Eucharist

Baptism & Mission	Jesus Baptism, Our Baptism and Mission
Mass	Gathering, Eucharist, Mission

Each module has a scripture passage suggested which you should read first to the children. For example, in module one “Who is Jesus” the passage on “Birth” is the Nativity. We recommend using a children’s translation of the Bible. This is similar for all the other topics. At present we have not included questions that you may like to ask the children however this may come in due course. Our main suggestion is to become aware of each module so you will be able to tease the main points.

Example: Begin with talking about the nativity of Jesus, connect these with today’s world for example allow the young people to talk about the birth of a baby, perhaps a brother or sister, highlight the difference between their birth and that of Jesus.

Discuss the reason for gifts at Christmas – representation of the gifts from the magi/wisemen/kings to Christ. The candy cane today and the shepherds crook of the nativity. All this will create engagement with the children and will help the passage to be real to them, when it is real they will not forget it so easily.

**Please note that you do not need to use every activity – use these resources way that you believe is best – you will know the children and their abilities better than us. **

The Infographic below will also give you a quick overview of the program.

Explaining Eucharist to Children 4-6 years - Infographic

Eucharist (Jesus)
Through His Life

