

## Praying the Mass

### Teaching Plan

#### Teaching Tips

Ahead of introducing *Praying the Mass* to the children, take time to familiarize yourself with the contents. Review this handout and how it correlates to the children's resource.

The resource is designed for children to interact with. Have the children follow along as you read aloud, and engage them in hands-on interaction with the resource, as suggested in the teaching steps below.

#### Background

Devotion to the Eucharist is central to the Catholic faith. In fact, the *Catechism of the Catholic Church* describes the Eucharist as "the heart and the summit of the Church's life" (1407).

When we celebrate the Eucharist, we recall God's work of salvation as told in Scripture, in the Liturgy of the Word. Through the power of the Holy Spirit, Jesus' saving work through his suffering, Death, and Resurrection is made present to us. We receive the Body and Blood of Christ that he offered for us. We are united with the universal Church, past and present.

With the help of the Holy Spirit, we can grow in our understanding and appreciation of the Eucharist. The children, too, can grow in their appreciation of the Eucharist. They can become more active and faith-filled participants in the liturgy by learning the parts of the Mass; the prayers prayed by the assembly; and the meaning of the colors, signs, and gestures that are part of the liturgy.

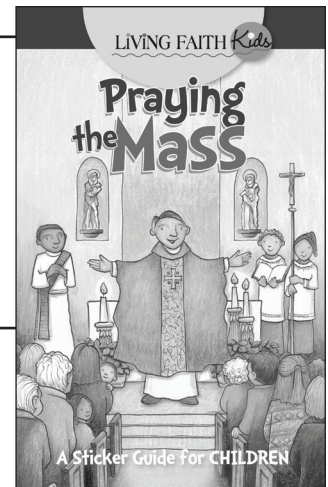
# Opening Prayer

Begin your lessons with prayer. Use the following or modify it each time you pray it with the group.

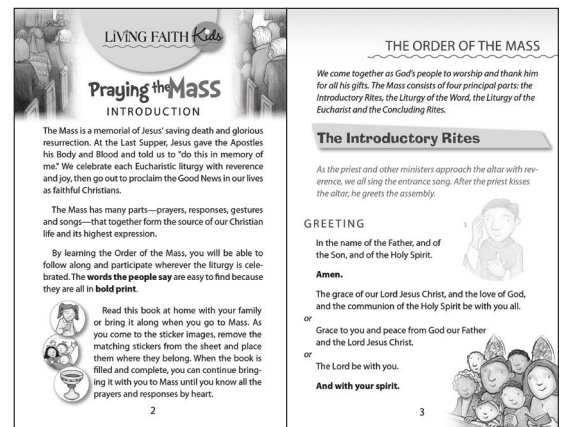
**Lord Jesus, you give yourself to us in the Eucharist. Help us grow in understanding this gift you give to us. Open our hearts to you. Amen.**

## Teaching Steps

Page(s)	
<b>COVER</b>	<ul style="list-style-type: none"> <li>• <b>Direct the children to look at the cover of their booklets.</b> Say, <i>We will be learning about the Mass. The Mass is a memorial of Jesus' saving Death and glorious Resurrection.</i></li> <li>• <b>Discuss the art.</b> Point out the priest, deacon, servers, assembly (people), and the sacred objects.</li> </ul>



<b>2</b>	<ul style="list-style-type: none"> <li>• <b>Read aloud the Introduction.</b> Tell the children they will learn the prayers and responses that we say during the Mass.</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>• <b>Read the head and the first paragraph.</b> Ask, <i>Do you know what to say during Mass? Have you heard your family members pray and respond with the other people gathered?</i></li> <li>• <b>Read the Introductory Rites, the prayer text and response options.</b> Say, <i>The text in dark text is what we say during the Mass. It shows us when it is our turn to respond.</i> Ask, <i>What does "and with your spirit" mean? (that we pray God is with the priest)</i></li> <li>• <b>Sticker:</b> After reading the prayers, have the children turn to sticker insert and find the corresponding sticker.</li> </ul>



- Point out that there are three different prayers that can be used. The priest will select one to pray at each Mass. Say, ***At this time during Mass, we remember the things we have done wrong or the things we should have done to help others, and ask God to forgive us.***
- Read the first two options for the Penitential Act.** Have the children practice saying each one.
- Read aloud the third option for the Penitential Act.** Ask, ***What does grievous mean?*** (serious)
- Read aloud the words that the priest prays at the conclusion of the prayer.** Ask, ***Who forgives our sins?*** (God does, through the words and actions of the priest)
- Sticker:** After reading the prayers, have the children turn to sticker insert and find the corresponding sticker.

## PENITENTIAL ACT

We know we have sinned, so the priest invites us to ask God for forgiveness in one of the following ways:

Lord, have mercy.  
Lord, have mercy.  
Christ, have mercy.  
Christ, have mercy.  
Lord, have mercy.  
Lord, have mercy.

or

Have mercy on us, O Lord.  
For we have sinned against you.  
Show us, O Lord, your mercy.  
And grant us your salvation.

or

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.  
Amen.

4

5  
through  
16

For each pair of pages from 5 through 16 (5–6, 7–8, etc.), follow these steps:



- Read aloud the prayer or section title for each part of the Mass.**
- Read aloud the text as the children follow along in their booklets.** Pause after key terms or phrases, repeat them, and ask the children to underline these in their booklets. Have the children underline no more than five terms or phrases per page, focusing on faith words and core concepts.
- Throughout the booklet, read the text in red.** Tell the children that this text explains what is happening during each part of the Mass.
- After each paragraph, pause to ask clarifying questions,** such as: ***What does it mean to say that Jesus is the Lamb of God? Or What does the word consubstantial mean? During the Prayer of the Faithful, what would you like to pray for?*** And so forth.
- Stickers:** After reading the prayers and responses with the children, have them turn to sticker insert and find the corresponding stickers.
- Mini-Glossary: Here are some key terms and definitions that can be shared with the children:**
  - begotten**—Jesus is God's one and only Son. He shares the same divine nature as God.
  - consecration**—The part of the Mass when the bread and wine become the Body and Blood of Jesus Christ.

<p><b>GLORY TO GOD</b> <i>Except on the Sundays of Advent and Lent and Ash Wednesday, we pray the song of praise.</i></p> <p><b>Glorify to God in the highest, and on earth peace to people of good will.</b></p> <p>We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.</p> <p>Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.</p> <p>For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.</p>	<p><b>COLLECT PRAYER</b> Let us pray. <i>We pray in silence with the priest for a few moments. Then the priest extends his hands and prays the Collect prayer of the day's Mass.</i></p> <p>Amen.</p> <p><b>The Liturgy of the Word</b></p> <p><b>FIRST READING</b> <i>We sit and listen to God's Word in readings taken from the Bible. When the reading is finished, the reader will say:</i></p> <p>The word of the Lord. Thanks be to God.</p> <p><b>RESPONSORIAL PSALM</b> <i>A response is used after the psalm or another text is often used.</i></p> <p><b>SECOND READING</b> <i>A second reading, if there is one, is usually drawn from the New Testament. When the reading is finished, the reader will say:</i></p> <p>The word of the Lord. Thanks be to God.</p>
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<p><b>GOSPEL ACCLAMATION</b> <i>We stand and rejoice to welcome the gospel reading. We sing alleluia except during Lent.</i></p> <p><b>GOSPEL</b> <i>Every Mass includes a Gospel reading proclaimed by the priest or deacon.</i></p> <p>The Lord be with you. And with your spirit.</p> <p>A reading from the holy Gospel according to St. [Name], Glory to you, O Lord.</p> <p>When the reading is finished, the priest will say: The Gospel of the Lord. Praise to you, Lord Jesus Christ.</p> <p><b>HOMILY</b> <i>During the homily, the priest or deacon tells us how the Scripture readings have us live as followers of Jesus.</i></p>	<p><b>NICENE CREED</b> <i>At God's people, we say what we believe as we recite the Nicene Creed.</i></p> <p>I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.</p> <p>I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.</p> <p>For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.</p> <p>For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.</p>
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<p>I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.</p> <p>I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.</p> <p><b>APOSTLES' CREED</b> <i>The Apostles' Creed may be used instead of the Nicene Creed, especially during Lent and the Easter season.</i></p> <p>I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.</p>	<p>I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.</p> <p><b>THE PRAYER OF THE FAITHFUL</b> <i>We ask God for the things we need. At the end of each prayer, the reader will say:</i></p> <p>We pray to the Lord. Lord, hear our prayer.</p> <p><b>The Liturgy of the Eucharist</b></p> <p><b>PREPARATION OF THE GIFTS</b> <i>Gifts of bread and wine are brought forward to the altar with the collection for the poor and for the Church. Once the gifts of bread and wine are prepared, the priest prays, and we stand.</i></p>
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- **consubstantial**—The belief that God the Father, God the Son, and God the Holy Spirit are made of the same substance and are co-equal.
- **Gospel**—A word that means “good news.” The Gospels are the first four books of the New Testament. They tell the Good News of Jesus’ life, teachings, Death and Resurrection.
- **homily**—A talk by a bishop, priest, or deacon that explains the meaning of the liturgy’s Scripture readings, especially the Gospel.
- **Incarnate** (or Incarnation)—Jesus, the Son of God and the Second Divine Person of the Holy Trinity, took on human nature and became man. He is both fully human and fully God.
- **Lamb of God**—The name for Jesus as the perfect sacrifice of love for the salvation of all people.
- **mercy**—Forgiveness or compassion toward someone who has hurt us or whom may be seen as deserving punishment
- **Nicene Creed**—A creed is a statement of belief. The word *creed* comes from the Latin word for “I believe.” At every Sunday Mass, we pray the Nicene Creed to state what we believe about God. It is called the Nicene Creed because it is based on the creed written at the First Council of Nicea in the year 325.
- **Pontius Pilate**—The fifth governor of the Roman province of Judea. He was in charge of the trial of Jesus and ordered his crucifixion.
- **Savior**—The name *Jesus* means “God saves” in Hebrew. Jesus is the savior of humanity.

<p><b>THE WORDS OF CONSECRATION</b></p> <p><i>The priest continues with the words of consecration that transform the bread and wine into the Body and Blood of Jesus.</i></p> <p> Taste this, all of you, and eat of it, for this is my Body, which will be given up for you.</p> <p> Taste this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me.</p> <p><b>MEMORIAL ACCLAMATION</b></p> <p><i>The priest then lifts up the consecrated host and the chalice for the people to see and says:</i></p> <p><i>The mystery of faith.</i></p> <p><i>We respond in one of three ways:</i></p> <p><b>We proclaim your Death, O Lord, and profess your Resurrection until you come again.</b></p> <p>12</p>	<p><i>or</i></p> <p><b>When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.</b></p> <p><i>or</i></p> <p><b>Save us, Savior of the world, for by your Cross and Resurrection, you have set us free.</b></p> <p><i>The Eucharistic Prayer ends when the priest prays:</i></p> <p><i>Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor are yours, for ever and ever.</i></p> <p><b>Amen.</b></p> <p><b>THE COMMUNION RITE</b></p> <p><i>The priest invites us all to pray as Jesus taught us:</i></p> <p><b>Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.</b></p> <p>13</p>
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<p>Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.</p> <p><b>For the kingdom, the power and the glory are yours now and for ever.</b></p> <p><b>SIGN OF PEACE</b></p> <p>Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever. <b>Amen.</b></p> <p>The peace of the Lord be with you always. <b>And with your spirit.</b></p> <p><i>Let us offer each other the sign of peace.</i></p> <p><i>We greet each other with a handshake or other gesture as a sign of our desire for peace with one another.</i></p> <p>14</p>	<p><b>LAMB OF GOD</b></p> <p><i>The following is sung or said after the Sign of Peace.</i></p> <p><b>Lamb of God, you take away the sins of the world, have mercy on us.</b></p> <p><b>Lamb of God, you take away the sins of the world, have mercy on us.</b></p> <p><b>Lamb of God, you take away the sins of the world, grant us peace.</b></p> <p><b>COMMUNION</b></p> <p><i>We kneel as the priest raises the Host and the chalice and says:</i></p> <p><b>Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.</b></p> <p><b>Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.</b></p> <p><i>After the priest receives Communion, we come forward to receive.</i></p> <p><b>The Body (Blood) of Christ. Amen.</b></p> <p>15</p>
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## Closing Prayer

Conclude Living Faith Kids: Praying the Mass by praying together the following prayer.

**Dear God, we give thanks to you and praise you at every Mass. Each week, may we grow closer to your Son, Jesus Christ. Help us to love and serve him and one another. Amen.**

*After a period of silence or a song of praise, the Communion Rite concludes with a prayer by the priest, to which we respond:*

**Amen.**

**The Concluding Rites**

*We receive a blessing and go forth strengthened by God's grace.*

The Lord be with you.  
**And with your spirit.**  
May almighty God bless you, the Father, and the Son, + and the Holy Spirit.  
**Amen.**  
Go forth, the Mass is ended.

*or*

Go and announce the Gospel of the Lord.

*or*

Go in peace, glorifying the Lord by your life.

*or*

Go in peace.  
**Thanks be to God.**

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