

EAT THIS BREAD, DRINK THIS CUP

VISUAL AIDS

- > Pictures of the Last Supper.
- > Ears of wheat.
- > Different kinds of bread.
- > Pictures of people sharing a meal.
- > Loaf and cup (chalice) shape cut-outs.

WELCOME AND PROCLAIM THE GOSPEL

Say/sing together:

Alleluia, alleluia!
Lord, give us the living bread
from heaven.
Alleluia!

A reading from the Good News
given to us by John.
Glory to you, Lord.

Jesus says:

'I am the bread of life
which has come down from heaven.
Anyone who eats this bread
will live for ever.
The bread that I shall give is myself,
given that the world may live.'

DISCUSSION

In today's Gospel we hear Jesus
promise that he will give us special
food and drink.

When did he did he keep this
promise?
- at the Last Supper when he said
'This is my body; take, eat . . .'
'This is my blood; take, drink . . .'

When does Jesus give himself for
the life of the world?
- on the cross.

What is special about this bread
and wine?
- in giving us these, Jesus gives us
his very self.

When does Jesus give himself to us
to be our food?
- in communion.

SHARING

Encourage the children to give
examples of different ways of having
meals: schools dinners; parties;
picnics; barbecues.

What are the children's favourite
meals? Favourite foods?

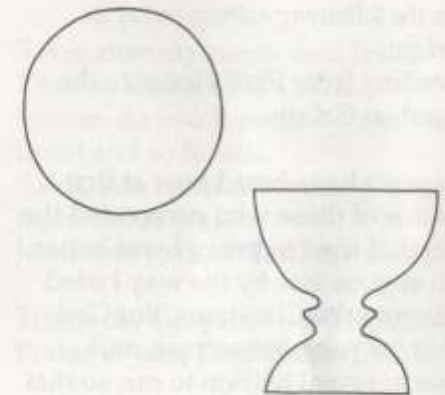
Explore with children how bread is
made from many wheat grains.

Once the ears are ground into flour
and made into bread, they can never
be separated again.

Jesus says that those who eat the
bread of life will never be separated
from him.

Anyone who eats this bread
and drinks this cup
has eternal life.
Anyone who eats my flesh
and drinks my blood
lives in me
and I live in him.
This is the bread sent from heaven,
anyone who eats it will live for ever.'

This is the Gospel of the Lord.
Praise to you, Lord Jesus Christ.



ACTIVITIES

- > Give out blank paper and have the
children make a poster of the
following:
- > Have the children act out the Last
Supper.
- > Give out the cut-out shapes.
- > Have the children colour them,
ready for the banquet with
Jesus. Then gather them under the
double banner 'Eat this bread' and
'Drink this cup'.