

Some Teaching Activities for the Real Presence of Christ in the Eucharist

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- Lead a discussion with the children/help them to appreciate the notion of “being present in spirit” as well as in body (it describes the closeness we share with certain people). Suggest questions such as: Do you ever feel your mom, dad, one of your friends present with you when they’re at home and you’re at school? How does that make you feel?
- Together as a group think of many ways to complete this prayer. (It can be done many times, because on different days, they will think of various endings.)
Jesus, we know you are present with us all the time. We especially remember your presence when _____.
- Role play the Last Supper.
- Use wondering questions to explore the meaning of the Last Supper:
 - What do you think the disciples said when Jesus told them to eat this bread which was his body?
 - What would you have said when he offered you the cup?
 - What do you think it was like for Jesus to give himself as food to eat?
- Lead a discussion about specific things everyone can do to share their presence (to be Body and Blood for others). e.g. visit someone who is sick, make a card, read a story to a younger sibling, etc.
- Invite each child to write a thank you note to someone who shares their presence with them.
- Help them to understand why we say “Body of Christ” rather than “Body of Jesus.” Church teaching on the Real Presence is that it is the presence of the risen Christ, not the historical body of Jesus. Following the resurrection, the name Christ has been used to identify Jesus as the one anointed by God’s Holy Spirit.