

Year A - The Most Holy Body and Blood of Christ

John 6:51-58

Meditation



Background

This is a short guided meditation for the children to help them remember the gift of Jesus in the Eucharist. Get the children to hold their paper hosts with Jesus and sit in a comfortable position while guiding them through the meditation. It might help to dim the lights and encourage the children to lay down on the floor or sit comfortably.

Prayer

Leader: "Let's sit comfortably and quietly.

Rest your hands on your lap or hold your Eucharist craft gently.

Take a deep breath in... and out...

We're going to use our imagination to visit Jesus at the Last Supper."

"Close your eyes if you want to. Now imagine you're walking into a warm, quiet room filled with soft light. Jesus is sitting at a long table with His friends.



Guiding question: Where do you imagine yourself sitting? Next to Jesus? Across from Him? Beside a disciple? Sit down there in your imagination."

"Now Jesus picks up the bread. He looks at everyone with love... including you. He says: 'Take this and eat of it... this is my Body.' Then He takes the cup and says: 'Take this and drink from it... this is my Blood.'

Guiding questions: What do you notice about Jesus' face when He says these words? How does it feel knowing He is giving Himself to you?"

"Gently open your eyes. Look at the picture of Jesus you drew. This reminds us that even though the host looks like bread, Jesus is truly there."

Final Prayer: "Jesus, thank You for inviting me to the Last Supper. Help me notice You at Mass and stay close to You every day. Amen."