

Exploring the Sacred Liturgy

Session 17 - Keith & Yvonne Fredlake

1st Graders

Session 15—Mass is a prayer

Review

Read

[The Mass: A Life-Giving Prayer](#)

Watch

We are called to be Saints

Learning Objectives

Everyone in heaven is a Saint

Some people are recognized to be an example and declared Saints

Mass is means to unite the whole church—including Saints

Essential Knowledge

Saint—holy one

Vocabulary

[Make Your Own Mass Kit](#)
[The Eucharist Coloring Page](#)

Activity

None

Prayer Practice

Look up to see the Saints in the Church

Mass Application

3rd-6th Graders

Session 15: Mass is eternal now

The New St. Joseph Baltimore Catechism: Lesson 17, pages 112-115
[Weight of the Holy Mass: A True Life Story](#)

[Catholic Heroes: The Story of Saint Perpetua](#)
[The Cenacle](#)

We are united with the Church through the Mass

Receiving Jesus in the Eucharist allows Him into our hearts and forms a bond.

Saints are examples for us to follow

Marty—someone who dies professing the faith

[Make Your Own Mass Kit](#)

Act of Love

Lift up your hearts