

Liturgy of the Eucharist Family Activity

“Do this in remembrance of me.” (*Luke 22:19*). *Remembrance* had a much stronger meaning in Jesus’ day than in our culture today. To remember something meant to enter into it and bring its power to the present. In “remembering,” Jesus’ sacrifice becomes present and we can enter into it just as His disciples did at the last Supper. When we remember Jesus in the celebration of His Body and Blood at the Mass, we remember not only His passion and death but His resurrection and ascension into heaven. In the Eucharist, Jesus has given us ALL of Him. Jesus gave up His life to show us how much we are loved and how greatly He wanted us to be in Heaven one day with Him. Discuss as a family what a **sacrifice** is and the different sacrifices you make each day. When we sacrifice we give up something out of love for something or someone else. It is a gift!

What are we willing to give up to show Him we want to be in Heaven with Him? Are we willing to give up a television show to spend some time in Adoration? Are we willing to give up soccer on Sunday morning to be at Mass with Jesus? Are we willing to give up our anger when we are upset with someone to show Jesus’ love instead? Pray about what you may give up to show Jesus how much you love Him and want to one day be in Heaven with Him. In the space below, write a few words or draw a picture of what you are willing to give up to bring you closer to Jesus’ love.

