

# Does It Last? A Timely Lesson Plan on the Eucharist

This lesson plan on the Eucharist will help youth understand that the material goods of this world will pass away. In the end, our union with Jesus Christ in the Eucharist will last.

## Background Material for this Eucharist Lesson Plan:

- [Why Do We Consume But Are Not Satisfied?](#)
- [The Lamb's Supper: The Mass as Heaven on Earth](#)
- [The 7 Secrets of the Eucharist](#)

## Game for Lesson Plan on the Eucharist

Start with [Eternal Dodge Ball](#), which is dodgeball with a twist. Have plenty of balls for your group. Here are the basic rules:

- If you are hit, you are “out” and must sit down where you are. Pay attention to who hit you.
- If you catch the ball, you are “out” and you must sit down where you are. Pay attention to who threw the ball.
- You cannot move more than three steps to throw the ball.
- If the person who threw the ball that got you “out” gets hit, then they must sit down, but you can stand up and play again.

See [Eternal Dodge Ball – A Silly Game that Never Ends](#) for the complete description and some notes on how to make the game go smoothly.

This game will go on and on and on. When they have had enough activity and you have made your point, bring the game to an end.

Follow up with a few questions:

- Did that game seem to last a long time?
- Did you like that it lasted or were you wanting the game to stop?

## Bible Reading about the Bread of Life

The truth is, nothing in this world goes on forever. Not our possessions, not our activities, not even our lives.

Let's read the gospel of the day:

<https://young-catholics.com/10112/last-lesson-plan-on-the-eucharist/>

[John 6:24-35](#) (Jesus speaks of the food that lasts) – the Gospel Reading for the [18th Sunday in Ordinary Time – Year B](#)

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. And when they found him across the sea they said to him, “Rabbi, when did you get here?”

Jesus answered them and said, “Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes

but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal.”

So they said to him, “What can we do to accomplish the works of God?”

Jesus answered and said to them, “This is the work of God, that you believe in the one he sent.”

So they said to him, “What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: He gave them bread from heaven to eat.”

So Jesus said to them, “Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.”

So they said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.”

[John 6:24-35](#)

## Discussion for Lesson Plan on the Eucharist

Keep in mind that earlier Jesus had fed the multitude with the miracle of the loaves and fishes. Many of the crowd who are following him are looking for another meal. But Jesus has something longer lasting in mind.

- What are some material things which are long lasting? Will these wear out eventually?
- What happens if you keep food too long?

We need food, but Jesus is warning us not to put all of our efforts into the things of this world, which are passing. We need food, but in the end, it is our relationship with God which will matter. Jesus is calling us to be closer to Him. And He has given us the Eucharist as a gift, to sustain us on our journey.

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- How does the Eucharist unite us with Jesus? Why do we need this intimate contact with Our Lord?
- How does the Eucharist bring us together as a community? How does this sustain us and keep us moving toward Jesus?

Jesus makes it clear that we need to receive his gift of the Bread of Life. And he warns us against putting too much effort into the things of this world. We have many distractions in our lives. And there are things we should be doing, like keeping up with school and helping our families. But we also need to make the Eucharist a priority.

- What are some things of this world which distract us from receiving the Bread of Life?
- How can we prioritize receiving Jesus in communion over less important things we do?
- Is it possible to attend Mass and still not be focused on the Eucharist?

## **Challenge for Lesson Plan on the Eucharist**

Come up with one thing you can do this week to make the Eucharist more of a priority. Maybe you can go to a weekday Mass. Or at Sunday Mass you can really focus during the Eucharistic Prayer instead of letting your mind wander. Or pray for a greater desire for the Eucharist. If you want to share your commitment, you can do that now.

*If possible, end by spending some time in adoration or praying before the tabernacle.*

## **Additional Resources for Lesson Plan on the Eucharist**

- [Loaves and Fishes: Eucharist Lesson Plan](#)
- [Work for the Food That Endures for Eternal Life](#)
- [The Eucharist in the Catechism of the Catholic Church](#)