

What Does Amen Mean? Lesson Plan

This “What Does Amen Mean?” help young people understand the meaning of the word “Amen” and its significance when responding to the Body and Blood of Christ during Mass. Through an icebreaker game, scripture reading, and small group discussions, the youth will deepen their understanding and appreciation of the Eucharist and the importance of the Great Amen.

Materials for What Does Amen Mean? Lesson Plan

- Bibles or printed copies of [Mark 14:12-16, 22-26](#) for each participant
- Small group discussion questions (either printed or displayed on a screen)
- Writing materials for each participant to take notes during the discussion
- Optional: a visual aid or props (such as a chalice) to help illustrate the concept of the Eucharist during the reflection and discussion.

Opening Activity for What Does Amen Mean? Lesson Plan

Two Truths and a Lie

The opening game for this What Does Amen Mean? Catholic youth ministry plan is “Two Truths and a Lie.” In this game, each participant takes turns making three statements about themselves, with two of the statements being true and one being a lie. The other participants then have to collectively guess which statement is not true. The person then reveals whether they were right or wrong.

1. Have all participants sit in a circle or around a table.
2. Explain the rules of the game: each person takes turns making three statements about themselves. Two of the statements should be true, and one should be a lie.
3. Encourage participants to make their statements somewhat surprising or unexpected to make the game more engaging.
4. After each person has made their statements, have the other participants collectively guess which statement is the lie.

5. The person who made the statements then reveals whether the group was right or wrong.
6. Repeat steps 3-5 until each person in the group has had a turn.

Follow up with a few questions to prepare to discuss What Does Amen Mean?:

1. Did you find it easy or difficult to guess which statement was the lie? Why?
2. Were you surprised by any of the statements you thought were lies that turned out to be true? Which ones?
3. Did you learn anything new or interesting about your fellow participants from this game?
4. How does the concept of truth apply to our discussion about the Eucharist and the meaning of "Amen"?
5. How can we discern truth in our daily lives, both in terms of our faith and our interactions with others?

Scripture Reading for What Does Amen Mean? Lesson Plan

After playing "Two Truths and a Lie," we are reminded that truth is not always easy to discern. In a world where there is so much information, it can be challenging to know what is true and what is false.

As Catholics, we believe that Jesus spoke the truth and that his teachings have been recorded in scripture and handed down through the apostolic tradition. Jesus gave his authority to the apostles and their successors, which is why we look to the teachings of the Catholic Church to understand what is true.

He who hears you hears me, and he who rejects you rejects me.

Luke 10:16

St. Paul emphasizes the importance of holding fast to these traditions in his letter to the Thessalonians.

Therefore, brothers, stand firm and hold fast to the traditions that you were taught, either by an oral statement or by a letter of ours.

2 Thessalonians. 2:15

When it comes to the Eucharist, we believe that what we receive is the body and blood, soul and divinity of our Lord Jesus Christ. We don't believe it is merely a symbol or a representation. Rather, we believe that Jesus truly makes himself present to us in this sacrament. As a result, we treat the Eucharist with great reverence and care, as we recognize the awesome presence

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of our Lord in this sacrament. In the following section, we will explore the Gospel of Mark and what it tells us about the Eucharist. Then we will consider “What does Amen mean?”

Read [Mark 14:12-16, 22-26](#):

On the first day of the Feast of Unleavened Bread, when they sacrificed the Passover lamb, Jesus’ disciples said to him, “Where do you want us to go and prepare for you to eat the Passover?”

He sent two of his disciples and said to them, “Go into the city and a man will meet you, carrying a jar of water. Follow him.

Wherever he enters, say to the master of the house, ‘The Teacher says, “Where is my guest room where I may eat the Passover with my disciples?’” Then he will show you a large upper room furnished and ready. Make the preparations for us there.”

The disciples then went off, entered the city, and found it just as he had told them; and they prepared the Passover.

While they were eating, he took bread, said the blessing, broke it, gave it to them, and said, “Take it; this is my body.”

Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, “This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God.”

Then, after singing a hymn, they went out to the Mount of Olives.

Reflection for What Does Amen Mean? Lesson Plan

After hearing the Gospel reading from Mark, we are reminded of Jesus’ words at the Last Supper. Jesus tells us that the bread is his body and the wine is his blood. This belief has been a fundamental part of the Catholic faith since the earliest days of the Church, as we see in St. Paul’s letter to the Corinthians. In this passage, Paul describes the Last Supper and emphasizes the importance of continuing this practice in remembrance of Jesus.

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.

1 Corinthians 23-25

As Catholics, we affirm this belief in the Eucharist during Mass, both through the Great Amen and when we say “Amen” when we receive communion. But what does Amen mean?

When we say “Amen” to the statement “The body of Christ,” we are not merely concluding a prayer. Rather, we are making a statement of faith and affirming our belief in the Real Presence of Jesus in the Eucharist. This is a profound and powerful statement, as we are acknowledging that Jesus is truly present in this sacrament.

As we reflect on the Gospel reading and our beliefs about the Eucharist, we are called to deepen our understanding of this sacrament and to approach it with greater reverence and care. We are reminded of the great gift that Jesus has given us in the Eucharist, and we are called to respond with gratitude and faith. Let us take a moment to silently reflect on this message and to ask for the grace to deepen our belief in the Real Presence of Jesus in the Eucharist.

Small Group Reflection Questions for What Does Amen Mean? Plan

After the reflection for What Does Amen mean?, young people will be divided into small groups for further discussion. The following questions will guide their conversation:

- What does “Amen” mean to you when you say it during Mass?
- How do you treat the Eucharist with reverence and care?
- Why is it important to believe that the Eucharist is truly the body and blood of Christ?
- How can we strengthen our belief and deepen our understanding of the sacrament?

After a few minutes, ask for volunteers to share their thoughts with the larger group.

Challenge for What Does Amen Mean? Lesson Plan

Encourage the youth to think about the answer to “What does amen mean?” throughout the week.

This week, when you receive Holy Communion, really think about what that “Amen” means when you say it. Ask for the grace of the Holy Spirit to strengthen your belief and deepen your understanding of the sacrament.

Prayer for the What Does Amen Mean? Lesson Plan

To close the What Does Amen Mean? lesson, lead the group in a prayer of gratitude for the gift of the Eucharist.

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Dear Lord, we thank you for the gift of the Eucharist. Help us to understand and appreciate the significance of the Great Amen. Grant us the grace of the Holy Spirit to strengthen our belief and deepen our understanding of the sacrament. We ask this through Christ our Lord. Amen.

Resources

[Learn more about the Eucharist](#)

[How the Eucharist relates to the Jewish tradition](#)

[More Themes](#)

[Background Material](#)

[Music Suggestions](#)

[More Youth Ministry Lesson Plans and Reflections](#)