



(Session 5) We Proclaim the Mystery of Faith

Aim:

- ❖ To help the parents to teach their child that we recognize the real presence of Jesus at the consecration in Holy Mass, when we proclaim “The Mystery of Faith” together.

Note to the Parent:

- At the Consecration when the priest uses the words of Jesus “This is my body” over the bread, and “This This my blood” over the wine, Jesus is really present before us. This is such a special moment in Holy Mass that we call it a “Mystery of Faith”. The priest invites us to join together and acclaim the “Mystery of faith”.

Room Setting: See General Guidelines for all Session.

- Sit with your child and other members of your family around the kitchen or dining table.

Focus on the Table: See General Guidelines for all Session.

- ❖ A small round piece of bread, or a roti.
- ❖ A glass of red-colored water or red lemonade.



Quiet Time:

Welcome your child and the other family members of family, around the table. Begin with a prayer – the Our Father. Invite your child and the other family members, to be quiet and think of how they should behave at the Consecration in Holy Mass.

Allow them time for this. Then the child and family members can share their thoughts.

The Bible Story: See General Guidelines for all Sessions.

Parent or any other member of the family:

Tell the children we are now going to hear what the followers of Jesus did to remember him.

It is from St Paul’s First Letter to the first Christians at Corinth which is in modern day Greece.

Parent or another member of the family reads 1 Corinthians 11: 22-25.



Family Discussion and Sharing:

At the Consecration we proclaim the Mystery of (our) Faith.

This is called a Mystery, a special and holy thing that we believe.

And because this is a special and holy thing that we believe, everyone joins in.

We call them acclamations because we say them out loud for all to hear.

Parent: Ask all present:

The priest gives us a cue: he says “The Mystery of Faith”

Can anyone tell us what we say then?

Practice:

Parent: Say to the child preparing for First Holy Communion:

Let us learn what to say:

Invite any one round in the family to say any one of the acclamations.

The parent takes the role of the priest.

Let us all say one together.

Repeat this a few times and then move on.

Let us try another one

Encourage the family to help each other.

Repeat this a few times. The move on to the third one.

Celebration:

Close the session in this way:

Encourage all to be reverent by joining their hands as at prayer.

- Invite the members of the family present to say together: “The Mystery of Faith”
- The child replies with one of the acclamations.
- Repeat this for the other acclamations in turn.

The Mystery of Faith

- **We proclaim your Death, O Lord, and profess your Resurrection until you come again.**
- **When we eat this Bread and drink this Cup, we proclaim your death, O Lord, until you come again.**
- **Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.**