

Holy Sacrifice of the Mass:

Slideshow: [Holy Sacrifice of the Mass Slides](#)

Teen Lesson Plan:

Read through the slideshow about what takes place in the Mass- what makes it a sacrifice.

-Discussion Questions?

Watch the following video: [Holy Sacrifice of the Mass- video for Teens](#)

Then go to the Sanctuary: give students 10 minutes in prayer to meditate and write down things that they want to offer to God.

Explain that our guardian angel brings up our prayers/worries/petitions/etc. To the altar to be offered to God.

Have them bring up their prayers and place them on the altar.

Then explain that Jesus offers up these prayers to God, through offering himself. Jesus then gives us himself in the Eucharist to bring life to us, through his death and resurrection.

Children Lesson Plan:

Read aloud about the Passover and match the Old Testament Sacrifice to the corresponding part of the Mass:

[Passover - Mass Matching](#)

Then go to the end of the slideshow on the Holy Sacrifice of the Mass with the image of the Elevation of the Host. In front of the image, place a table with a crucifix as the altar.

Follow the notes on the slide- having students write their prayers, bring them to the altar.

What should the students receive in return, showing that Jesus transforms the prayers with the Body and Blood? (Guardian Angel Medal- to remind them that their Guardian Angel is bringing their prayers to God)

Extra Video: [The Invisible \(added graphics\) for Mass](#)- kind of cheesy but covers so much of the 'invisible' in the Mass