

# Lesson Plan for Lesson 16

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## Introduction to the Liturgy

### Preparation and Supplies

- Study chapter 16, “Introduction to the Liturgy,” in the handbook.
- Gather three or four sticky notes for each participant and four copies of the *Roman Missal* or a missalette.
- Create a yearlong time line on twelve sheets of newsprint, with each month printed at the top of a separate sheet. List the dates of popular holidays under the appropriate months. Post the sheets consecutively on the wall or floor.
- Make a copy of the handout “The Holy Trinity” (Document #: TX003391), one for each group.

### Pray It! (5 minutes)

**Invite** a volunteer to read to the class the Pray It! “The Cross,” on page 174 in the handbook. **Allow** some time for quiet reflection. **Conclude** with the Glory Be, on page 450 in the handbook.

### Study It! (40 to 50 minutes, depending on your class length)

#### A. What Is Liturgy?

1. **Direct** the young people to form pairs, and have each person share with his or her partner a celebration of the Mass or another Sacrament that has especially affected him or her or that has left him or her with a significant memory. Invite volunteers to share their experiences with the class.
2. **Direct** the participants to read the chapter introduction and the sections “What Is Liturgy?” and “Liturgy and the Holy Trinity,” on pages 170–174 in the handbook. The content covers points 1 through 10 on the handout “Lesson 16 Summary” (Document #: TX003390).
3. **(Optional) Invite** questions and observations on the content. You could also invite discussion on the Reflect question on page 173.

#### B. The Liturgical Year

1. **Distribute** three or four sticky notes to each participant. **Ask** the young people to identify a few significant days of the year that they or their families celebrate. The events they choose should be of a personal nature, like birthdays, rather than designated or well-known holidays. **Ask** the participants to write down the occasions and the dates or times of year in which the events occur, as well as notable symbols that represent the event (e.g., a cake with candles for a birthday). **Invite** the young



people to post their notes on the appropriate month of the timeline you posted and to explain the occasions and why they chose them.

2. **Direct** the participants to read the section “The Liturgical Year,” on pages 174–178 in the handbook. The content covers point 11 on the handout “Lesson 16 Summary.” After reading about each liturgical season, have the young people help you add them to the appropriate month or months on the time line.
3. **(Optional) Conduct** a discussion on the following questions: What are some ways you can more fully connect the seasons and events of the Church to your own life? Why is it important to do so?

### C. Liturgical Rites and Traditions

**Direct** the participants to read the sections “Liturgical Rites and Traditions” and “Celebrating Liturgy,” on pages 179–181 in the handbook. The content covers point 12 on the handout “Lesson 16 Summary.”

*Note:* If you are running short on time, you may wish to just briefly summarize this section of the handbook.

### Live It! (10 to 15 minutes)

1. **Direct** the young people to form four groups. **Give** each group a copy of the *Roman Missal* or a missalette, and a copy of the handout “The Holy Trinity” (Document #: TX003391). **Point** the participants to the “Parts of the Mass,” on pages 443–444 in the handbook. **Assign** each group a part of the Mass.

**Explain** the task as follows:

- First, each group is to find the Order of the Mass in the *Roman Missal* or missalette.
  - Then each group should locate the part of the Mass it has been assigned within the Order of the Mass.
  - Finally, the task of each group is to look for the special characteristics of the Father, Son, and Holy Spirit that are listed on the handout in the specific part of the Mass the group has been assigned.
2. When the groups are finished, **ask** a representative from each group to share what her or his group found.
  3. **Share** the following comments in your own words:
    - The Church’s sacred liturgy is Trinitarian. In the liturgy we experience the Holy Trinity at work, and through that experience the mystery of the Holy Trinity is more deeply revealed.
    - In the Scripture readings and the liturgical prayers at Mass, we recall important moments of salvation history in which the Father was at work. We remember and celebrate the Father’s greatest gift to us, the gift of his Son, who gave himself up for us so that we might be saved.
    - Jesus Christ plays a central role in the liturgy because he not only gave us the sacred liturgy but he also makes himself present to us through liturgical celebrations. He is present in the assembly, in the Word of God—Scripture and the Eucharist.
    - Through the Holy Spirit, the saving work of Christ is actually made real and present in the liturgy.



## **Closing Prayer (5 minutes)**

Following any announcements, close by **leading** the young people in praying together the “Prayer to the Holy Spirit,” on page 453 in the handbook.

