

Family Time 1: The Road to Emmaus

In this lesson, your child learned that the Risen Jesus walked with two of his disciples on the road to Emmaus. Along the way, he explained the Scriptures to them. Later Jesus shared a special meal with them. During this meal, they recognized Jesus and knew that all he had taught them was true.

You and your child are walking together on a journey of faith. As your child's faith grows, he or she will be eager to share new ideas and experiences with you.

Plan to spend time with together discussing the Gospel stories. After today's lesson, you may want to take a walk together. Talk about the goodness you see in one another and help your child understand that Jesus calls us to see him in other people.

During mealtime, invite your family to pray a special prayer of thanksgiving. Thank God for the gift of Jesus, the food you are about to eat, and the many blessings your family have received. The prayers below are the traditional meal blessings prayed by Catholics.

Grace Before Meals

Bless us, O Lord,
and these thy gifts,
which we are about to
receive
from thy bounty,
through Christ our Lord.
Amen.

Grace After Meals

We give thee thanks,
for all thy benefits,
almighty God,
who lives and reigns
forever.
And may the souls of the
faithful departed,
through the mercy of God,
rest in peace.
Amen.