

# Young Apprentices

A RESOURCE FOR THE OCIA

## MYSTAGOGY: JESUS, THE LAMB OF GOD

Third Sunday of Easter • Year C • May 4, 2025

### Introduction

*A period of post-baptismal catechesis, or mystagogy, should be provided to assist the young neophytes and their companions who have completed their Christian initiation (see OCIA 330). Mystagogy is the final period of post-baptismal catechesis intended to help the neophytes and the Christian community grow in their understanding of the Paschal Mystery through continuing to reflect on God's Word, by taking their place in the assembly for the celebration of the Eucharist, and by continuing to answer Christ's call to love others through works of charity (see OCIA 244).*

*This session is offered to help neophytes and their companions continue to reflect on their experience of the Easter Vigil, most particularly their experience of First Eucharist.*

### Supplies

The optimum setting for this session is in the church, gathered in a semicircle in front of or behind the altar. If a different space must be used, set the space with chairs in a circle around a prayer table containing a large white candle, a plate with bread, a small carafe of grape juice, and a Bible. You will also need copies of the participant handout.

### Word of God

Acts 5:27-32, 40b-41  
 Psalm 30:2, 4, 5-6, 11-12, 13  
 Revelation 5:11-14  
 John 21:1-19 or John 21:1-14

### Gather

1. Greet the children and their families as they arrive.
2. Take time for introductions and check in with everyone to find out how they are doing.
3. For the gathering prayer, lead the singing of the Lamb of God and the prayer prayed right before receiving Holy Communion (*Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed*). Invite all to share one or two memories of receiving First Holy Communion.

### Deepen

Lead all present in a discussion of the **Deepen** section of the participant handout.

### Meditate

1. Lead all present in the guided meditation outlined on the last page of this session plan.
2. After completing the meditation, allowing some additional time for quiet reflection, invite volunteers to share their experiences.
3. Ask all to share how they recognize Jesus in their midst.

### Share

1. Read and discuss the **Meditate** section of the participant handout.
2. Highlight the following discussion points:
  - We receive nourishment for our spiritual journey through the Word of God proclaimed and the Body and Blood of Christ given to us in the Mass.
  - Jesus is the Lamb of God.
  - Jesus is the new Passover Lamb, who freely and willingly gave himself out of love to free us from sin.

**Do**

Remind the group that each of us is called to imitate Jesus and to make sacrifices to help others. Brainstorm small sacrifices that each person or each family could make to help others at home, at school, at work, or in the neighborhood. Encourage everyone to make such a sacrifice in the week to come.

**Pray**

Sing again the “Lamb of God,” using a setting sung at your parish, or play a recording of or sing “Worthy Is the Lamb” (R. Manalo/OCP Publications), which focuses on the Risen Lamb.

# A GUIDED MEDITATION FOR THE THIRD SUNDAY OF EASTER YEAR C

*Lead all present in this guided meditation using the following or similar words.*

*Be sure to pause after each phrase is read,  
allowing time for quiet reflection and prayer.*

Close your eyes and quiet yourself.

Picture a beautiful lake on a  
warm, sunny day.  
See yourself in a boat.

You have been fishing for a long time;  
you are tired and you have caught nothing.

From the shore, a man calls out to you.  
You do not recognize him.

He tells you to try fishing at that spot,  
that you will catch many, many fish.

You do not know why,  
but you do what the man tells you to do.

You cast out your net,  
and you catch so many fish that the  
net can barely hold them.

You suddenly know that the man on  
the shore is Jesus.

You get out of the boat right away.  
You are in a hurry to see him.  
You want to be with him.

Jesus fixes breakfast for you  
on the shore,  
and he invites you to take some  
food and eat.



Take some time now to think about Jesus.

Think about the different times and  
places he comes to you.

When does Jesus come to you?

How does Jesus come to you?

Take some quiet time to think and pray.