

AGES 7-9

1

In this lesson, your child will begin the **final period of preparation** for his or her first Communion.

Teach him or her to talk with Jesus in a personal way, like sharing with a friend. Let your child know Jesus is always interested in what they want to say and they can talk to him about anything - nothing is too trivial.

2

You will need:

- a Bible
- a slip of paper and pen or pencil for each person
- a candle and match/lighter
- a small basket or bowl

3

Explain to your child that the Eucharist and our gathering on Sundays for Mass is the **high point** of all the Sacraments. Our whole Christian life flows from this each week.

**We are going to
receive our
First Communion**

**This is a very exciting
time for us!**



Make sure your child knows that **Jesus becomes present in the bread and wine** at Mass. It becomes his Body and Blood. All of us who take part in the Eucharist also become the Body of Christ, because we have Jesus inside of us. Just like the food we eat becomes a part of us, Jesus becomes a part of us.

1



2

Make sure your child understands that Jesus is **present in the tabernacle** as the “Blessed Sacrament.” After the priest prays over the bread and wine, consecrating it, any that remains is placed in the tabernacle and is truly Jesus present. That is why we bow or genuflect when we pass in front of the tabernacle—to acknowledge that we know Jesus is there.

3

It is not too early to introduce this big word to your child: **transubstantiation**. It is the word used by the Church to define what happens at Mass when the bread and wine become the Body and Blood of Jesus. There is no need to dwell on this at length, but it is good to be aware of this term. To read more about this, see the Catechism articles 1373-1381.





The Body and Blood of Christ

We Receive Holy Communion

- Catholics believe that Jesus **is really present** in the bread and wine.
- We share Jesus in Holy Communion.
- We become a closer **church family** when we receive Jesus.
- Jesus wants to come to us and be with us.
- The Mass reminds us that Jesus died for us.



We Are the People of God!





Prayer Celebration

1

Pray this with your child, helping him or her follow along. If a leader is guiding the process, follow their lead. Otherwise, speak the leader parts below.

If you have a candle available, light it now. Have the slips of paper and basket/bowl available.

Growing up Catholic means we gather with God's people.

A prayer to prepare ourselves for Holy Communion

Everyone begins by making the Sign of the Cross.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Leader: Jesus, we believe in you and love you.

All: **Make us ready to receive you in Holy Communion.**

Leader: Jesus, thank you for loving us with your whole life.

All: **Make us ready to receive you in Holy Communion.**

Leader: Jesus, help us to be strong friends of yours.

All: **Make us ready to receive you in Holy Communion.**

Please listen to the reading: 1 Corinthians 11:26-28.

At the end of the reading:

All: **Thanks be to God.**

2

At this point, open your Bible and **read these verses out loud.**

3

Use the talking points below and at the top of the next page to reflect on the reading with your child, pausing to let your child respond to questions and sharing your own answers.

- In this reading today, we hear from St. Paul in the letter he wrote to the people living in the city of Corinth. **Who was St. Paul?**
 - an early follower of Jesus
 - a leader in the church
 - someone who wrote letters to a lot of people (each named after the person who received it or the town to which he sent it)
- This letter was sent to people in a church like ours and they read it aloud together. In it, he tells the people how to get ready to receive communion. **What does he tell them? What do you think he would have said?**
 - to have their hearts ready
 - to be "worthy"
 - to make sure they made up first with anyone they had hurt



- **Why would St. Paul tell the people this?** It's because communion is Jesus' own body and blood. When we receive it, we take Jesus into us so then we also become the Body of Christ. So when we receive Communion we receive Jesus present in the Bread and Wine, but we also receive Jesus present in each other as part of God's family.
- That's why we are careful never to go to Communion if we are not sure that we have

made up for any sins we might have against anyone else.

- If you hate someone,
- or if you have cheated someone,
- or if you have lied about someone,
- or if you were mean
- or if you hurt someone, you have to make up for that sin first.

4

On your own slip of paper, write one way that YOU will prepare yourself for communion, and please share that with your child. Ask them to write **the one special way they will prepare themselves for their first communion**. These might include:

- having a special intention in your heart when you come to Mass
- asking Jesus to help you
- being sorry for any sins
- saying a special prayer
- giving money for a good cause

Then place the slips in your prayer basket/bowl.

Leader: Let us pray together.

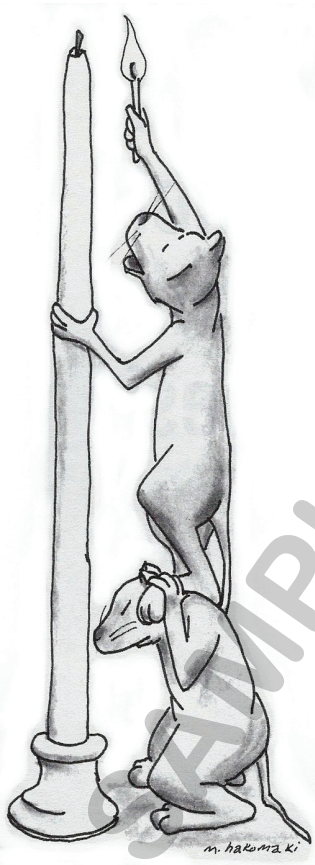
Please pause after each line:

All: **Oh Jesus, we are preparing to receive you
in Holy Communion.**

Help us to be loving and kind.

**Help us to receive you and believe in you
and love you with all our hearts.**

We pray through Christ, our Lord. Amen.



This exercise may be difficult for younger children, but with your help, they will be able to work through it and **understand the Our Father** much better.

First, read through the words of the Our Father with them. We have provided you with **notes below** to help you. Use them but don't read them to your child.

Help them find the correct meaning of each phrase of this prayer. Draw a line to that. Here's the key: 1 = D, 2 = H, 3 = A, 4 = G, 5 = B, 6 = E, 7 = C, 8 = I, 9 = F, 10 = J.

1

2

When you have the opportunity, read through the reflection from Pope Francis and the text that begins below to yourself to understand and appreciate the Lord's Prayer better.



What Do the Words of the Lord's Prayer Mean?

Today we're learning about how God would like us to pray. Even Jesus' closest friends, the disciples, wanted to know how to pray. They were with Jesus all the time and heard his prayers to God, yet they still weren't sure how they were supposed to do it.

Before Jesus teaches the prayer he has a few things to say. He says that **we should keep our prayers simple**. God listens to us no matter if our prayers are long or short and even if you don't have the right words God knows what we mean. We don't need to use fancy words either!

Jesus also mentions that **we shouldn't show off when we pray**. He said this to the people who used to stand on the street corners praying so that everyone would see how "great" they were. God doesn't want us to pray so people can see us or to hear how great we can pray. He wants us to pray in a quiet place with our needs, thanks,

praise, and what we're sorry for.

Jesus gave us the words of the Our Father in the Gospels. (Matthew 6:9-13 and Luke 11:2-4).

This prayer can seem tough to understand because it uses language from 2,000 years ago that isn't familiar to us, so here is a brief explanation.

Our Father who art in heaven means we're praying to our father who is in heaven (and is here with us). Jesus spoke in Aramaic and the word he used was more like saying "Daddy" than Father. So we can think of praying to a God who is like a wonderful Daddy to a little child. Jesus was trying to teach that we can talk to God like we talk to our own parents. The Catechism reminds us that God's "tenderness can also be expressed by the

(Continued on page 10)



From Pope Francis

Pope Francis preached about the Lord's Prayer and what it means for our lives: "We have a Father. Very close to us, eh! Who embraces us... All these worries, concerns that we have, let's leave them to the Father, He knows what we need. But, Father, what? My father? No: Our Father! Because I am not an only child, none of us are, and if I cannot be a brother, I can hardly become a child of the Father, because He is a Father to all. Mine, sure, but also of others, of my brothers. And if I am not at peace with my brothers, I cannot say 'Father' to Him."





The Lord's Prayer

Let us pray in the words that Jesus gave us...

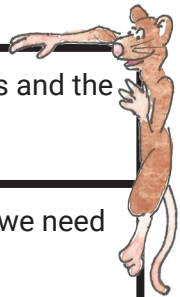
Match the phrase on the left with the correct meaning on the right.

Phrase

1. Our Father who art in heaven
2. Hallowed by thy name
3. Thy Kingdom come
4. Thy will be done, on earth as it is in heaven
5. Give us this day our daily bread
6. And forgive us our trespasses
7. As we forgive those who trespass against us
8. And lead us not into temptation
9. But deliver us from evil
10. Amen

What It Means

A. May your plan for our lives and the world happen – soon!
B. Continue to provide what we need
C. We forgive people who hurt us
D. Oh God, you love us like a mom or dad – you are in Heaven and you are here
E. Forgive any sins we have committed against you
F. And protect us from all evil
G. Let's follow your teachings every day just like we will when we get to heaven
H. Your name is special and blessed
I. Please don't let anyone tempt us
J. Yes! Let it be so!



Help your child understand why **making peace** is part of the preparation for Communion.

1

2

Making peace at home. Many times, family life can be tough! Even in the most loving homes, there are arguments and fights, and people act selfishly or say mean things to each other. The preparation that we do for Mass leads us to seek peace in our homes. The road to peace is paved with:

- **Saying we're sorry** when we hurt each other. It is good for children to hear their parents apologize to them when they have done or said something they regret. It teaches them that we are all human, make mistakes, and need to ask for forgiveness, even parents!
- **Giving each other signs of love** such as notes in a lunch box, little gifts, or hugs.
- **Praying for your children** each day.
- **Reminding others we love them**, especially after a day when there have been arguments or challenges. It is very comforting for a child to hear that you still love them before they go to sleep, even – and especially – if you've been upset with them that day.





The Kiss of Peace

Receiving Communion means we accept being part of the family of Jesus.

What do you do...

Circle the correct option:

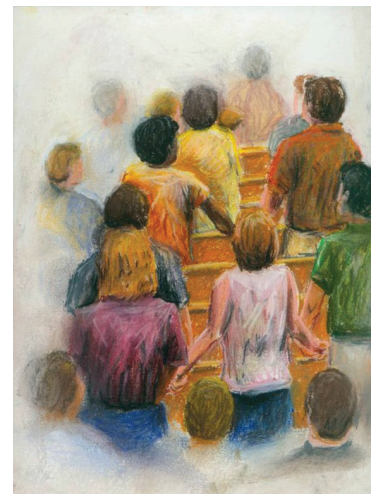
When you hurt someone in your family, what do you do to make up?	I pretend nothing happened	OR	I say I'm sorry and we hug
If you do something to hurt a friend, how do you make up?	I lie and say I didn't do it	OR	I say I'm sorry and we shake hands or hug and begin playing again
When we sin and hurt others, how do we make up for it in the Church?	We shake hands at the sign of peace	OR	We ignore other people and try to be all alone



The Bread and Wine
are the Body of Christ

Why do we share
a sign of peace?
To show that we
share something
in common, even if
we don't all know
each other.

We are one family
in Jesus.



The People of the Church
are also the Body of Christ



We will now read about how Jesus is our friend, just as a shepherd is to his sheep.

Ask your child to read this passage aloud, then have him or her retell the story in their own words.

1

What Do the Words of the Lord's Prayer Mean?

(Continued from page 6)

image of motherhood" (article 239). It is important that the children also understand that we know God is not a human man or woman. The language of faith simply draws on the human experience of parents to help us understand the mystery of God.

Hallowed be thy name means "holy is your name." Even though God wants us to call him our father, he is still God. God wants us to remember to treat him with great respect because he is God.

Thy kingdom come, thy will be done on earth, as it is in heaven. The Bible says that in heaven there will be no more crying, and there will be no hunger or hurt there. This part of the prayer says, let your kingdom come now, help us make the earth be like heaven. We are praying that people live in peace and love one another the way it is in heaven. It reminds us that we should be living the way God wants us to every day.

Give us this day our daily bread means give us today all that we need. There are several stories in the Bible of God giving hungry people bread when they didn't have food for themselves. Keep in mind when we are asking for our daily bread we are asking for those things that we can't live without. Children don't need video games and princess dolls and we don't need iPhones to survive. Those are the things that we may want, but we need food, water and shelter.

God provides everything that is good, but humans are entrusted with sharing that fairly. Some people in the world do not have their "daily bread" but it is not because God has failed to give it. It's that we have failed to share it.

And forgive us our trespasses, as we forgive those who trespass against us. This is asking for forgiveness for our sins. Forgiveness means that we are sorry for something we've done and we don't want to do it anymore. But we also need to forgive people who have done wrong to us. Sometimes others hurt us very badly, so we need to ask God to help us forgive them because it's really hard or we don't want to. If we forgive others, God will forgive us.

And lead us not into temptation, but deliver us from evil. Is it sometimes tempting to do something you're not supposed to? This part of the prayer asks God to help us to know the right thing to do and to protect us against the evil that is in the world.

For yours is the kingdom, and the power, and the glory, for ever. Amen. The last part of the prayer is the best part! "For yours is the kingdom" means that Heaven will last forever. God has all the power and all the glory FOREVER! God will never die and he's the strongest and greatest. With God we will always win!

Prayer is our way of talking to God so you can pray as often as you think of it. God loves you and is interested in everything about you and how you're doing.





Meeting Jesus in the Bible

As we prepare to receive communion, we should remember that Jesus comes to us as a friend. He is like the Good Shepherd – he cares for us and watches over us.

Jesus is the Good Shepherd

(Based on John 10:11-14)

Jesus told his friends one day,
“I am the good shepherd.”

“The good shepherd,” he told them,
“Lays down his life for his sheep.”

“If there is a hired shepherd tending the sheep
and a wolf attacks them,
the hired shepherd runs away
and lets the sheep be eaten by the wolf.

He doesn't really care about the sheep.”

“But I am the good shepherd,”
Jesus said.
“I know my sheep and my
sheep know me.”





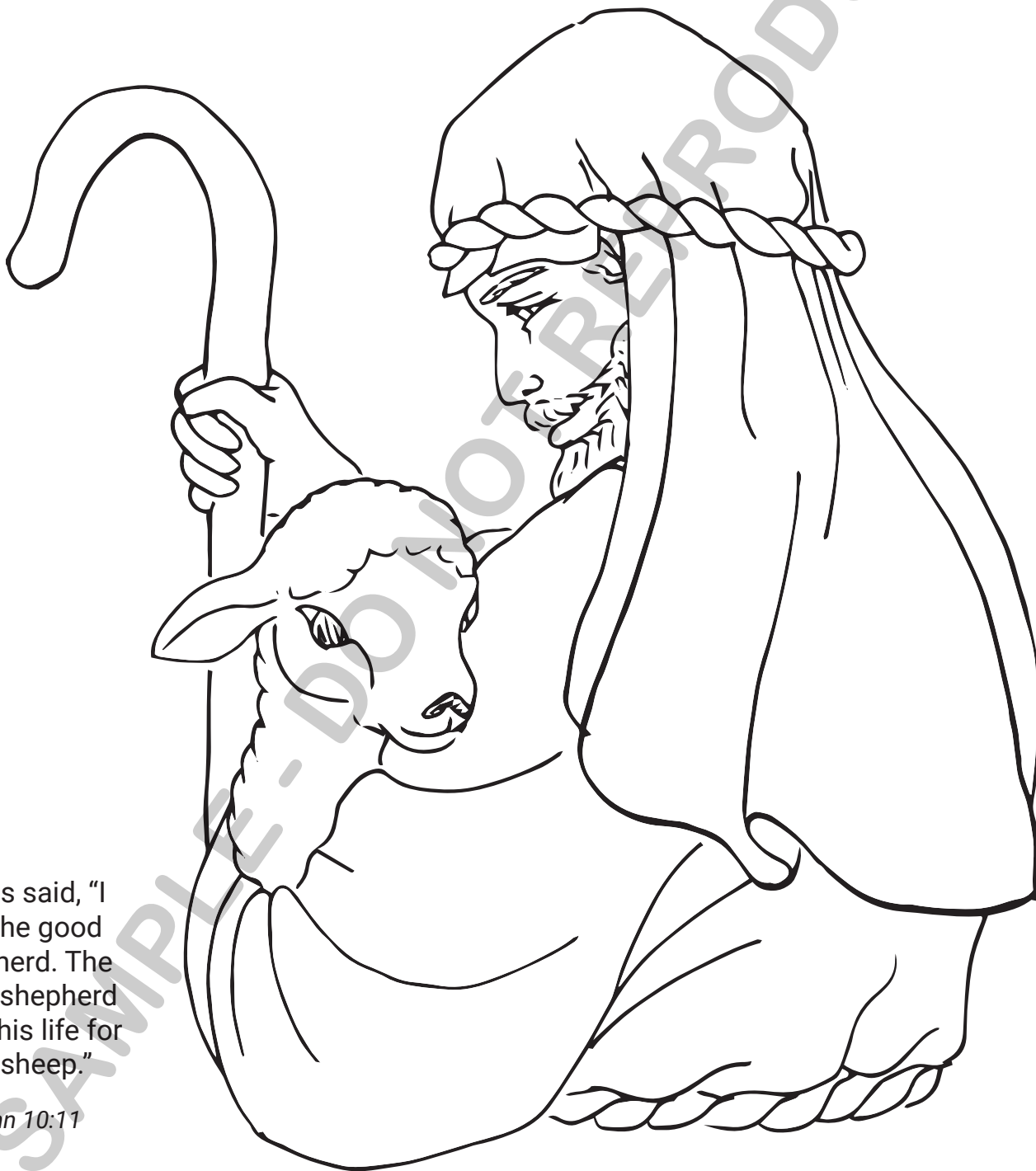
Color This Picture

1

Time for a break! Help your child **enjoy** coloring this image of a shepherd. Coloring time is a good time to be close to your child without necessarily talking about faith. Don't be afraid to **put your arm around your child** during this time.

2

Your child may not be familiar with **what shepherds do**. Explain that they look after their sheep to keep them safe and to make sure they have good food and drink they need. Jesus watches over us that way.



Jesus said, "I am the good shepherd. The good shepherd gives his life for the sheep."

John 10:11



Reviewing the Mass



The Lord's Prayer

- One day, Jesus' friends asked him to teach them how to pray. So Jesus taught them the prayer we now call the Our Father.
- In the language Jesus spoke (Aramaic), the word he used for Father is like the word "Daddy."
- Every time we go to Mass, we pray the Our Father with the words that Jesus taught us.
- Sometimes the Our Father is called "The Lord's Prayer."

3

Help your child understand why we pray for mercy in the **Lamb of God**. Mercy is when God "looks the other way" when we sin. God forgives us, even if we don't really deserve forgiveness all the time. That's how much God loves us!

We pray for mercy, not because God withholds it, but because the prayer reminds us that we depend on God.

The Lamb of God

The priest says:

We respond:

Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	grant us peace.



Holy Communion

The person sharing communion says:
"The Body of Christ."

We say: **"Amen!"**



As part of the preparation for Communion, help your child **create a little plan** to be more loving in daily life.

1

Closing prayer

Dear Jesus,
we know you are with us here.
You are present in this room.

We love you
and want to love you more.
Help us be more loving this week.

Thank you for giving us faith.
Increase our faith every day.

Now let us pray together:

**Glory Be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end, Amen.
In the Name of the Father,
and of the Son,
and of the Holy Spirit. Amen.**



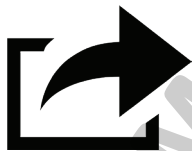
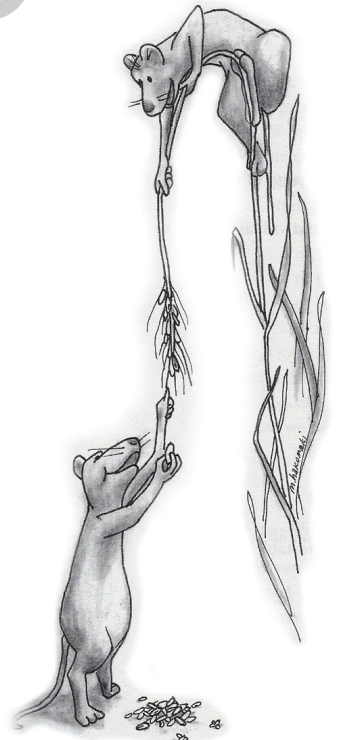


At Home This Week

A Plan For Love

Write or say one way you will be kind and loving this week.

With your parents:	At school:
With your friends:	With Jesus in prayer:



Tips and Activities for This Week

GrowingUpCatholic.com/e5

Including a video on how to receive Communion.





Rehearsal for Holy Communion

1

This week, **practice the reception of communion** with your child. You can practice with a cracker or similar food item if you wish. Use the notes on the bottom of this page to help you. Your child will feel more comfortable if they have practiced. For a funny video on how to receive Communion (and how not to) and more, see GrowingUpCatholic.com/e5.

You can receive communion in two ways:

- **In your hand.** Open your hands like a small bowl. Bow in reverence and hold your hands upward toward the person offering communion. Say “Amen” when you are offered the host. When handed the host, place it in your mouth immediately and chew and swallow it. You should never keep it to eat it later – it should be eaten while everyone else is receiving communion.
- **On your tongue.** Bow in reverence and say “Amen” when you are offered the host. Hold your head back just a little. Open your mouth and place your tongue on your lower lip until you feel the host being placed there. Close your mouth, chew, and swallow immediately.

The chalice. Take the chalice (the special cup with the wine/blood of Christ) when offered to you, say “Amen ” and drink a small sip. Carefully hand the cup back to the minister who will wipe it for you.



AGES 10-14

1

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Teach him or her to talk with Jesus in a personal way, like sharing with a friend. Let your child know Jesus is always interested in what they want to say and they can talk to him about anything - nothing is too trivial.

2

You will need:

- a Bible
- a slip of paper and pen or pencil for each person
- a candle and match/lighter
- a small basket or bowl

3

Explain to your child that the Eucharist and our gathering on Sundays for Mass is the **high point** of all the Sacraments. Our whole Christian life flows from this each week.

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Make sure your child understands that Jesus is **present in the tabernacle** as the “Blessed Sacrament.” After the priest prays over the bread and wine, consecrating it, any that remains is placed in the tabernacle and is truly Jesus present. That is why we bow or genuflect when we pass in front of the tabernacle—to acknowledge that we know Jesus is there.

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The Body and Blood of Christ

We Receive Holy Communion

- Catholics believe that Jesus **is really present** in the bread and wine. They are not just symbols.
- We become a closer **church family** when we receive Jesus because he physically becomes a part of us.
- Jesus promised not to leave us orphaned and alone.
- Jesus wants to come to us and be with us.
- The Mass reminds us that Jesus died for us.



We Are the People of God!





Prayer Celebration

1

Pray this with your child, helping him or her follow along. If a leader is guiding the process, follow their lead. Otherwise, speak the leader parts below.

If you have a candle available, light it now. Have the slips of paper and basket/bowl available.

Growing up Catholic means we gather with God's people.

A prayer to prepare ourselves for Holy Communion

Everyone begins by making the Sign of the Cross.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Leader: Jesus, we believe in you and love you.

All: **Make us ready to receive you in Holy Communion.**

Leader: Jesus, thank you for loving us with your whole life.

All: **Make us ready to receive you in Holy Communion.**

Leader: Jesus, help us to be strong friends of yours.

All: **Make us ready to receive you in Holy Communion.**

Please listen to the reading: 1 Corinthians 11:26-28.

At the end of the reading:

All: **Thanks be to God.**

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At this point, open your Bible and **read these verses out loud.**

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Use the talking points below and at the top of the next page to reflect on the reading with your child, pausing to let your child respond to questions and sharing your own answers.

- In this reading today, we hear from St. Paul in the letter he wrote to the people living in the city of Corinth. **Who was St. Paul?**
 - an early follower of Jesus
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- If you hate someone,
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On your own slip of paper, write one way that YOU will prepare yourself for communion, and please share that with your child. Ask them to write **the one special way they will prepare themselves for their first communion**. These might include:

- Then place the slips in your prayer basket/bowl.

Please pause after each line:

Help us to be loving and kind.

**Help us to receive you and believe in you
and love you with all our hearts.**

We pray through Christ, our Lord. Amen.



Work together with your child on this exercise to **understand the Our Father**.

First, read through the words of the Our Father with them. We have provided you with **notes below** to help you. Use them but don't read them to your child.

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The Lord's Prayer

Let us pray in the words that Jesus gave us...

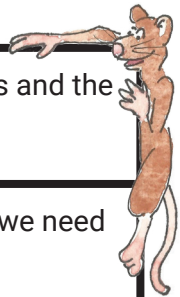
Match the phrase on the left with the correct meaning on the right.

Phrase

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What It Means

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J. Yes! Let it be so!



Help your child understand why **making peace** is part of the preparation for Communion.

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The Kiss of Peace

Before we receive communion, we admit our failings and make appropriate amends.

Situation...

Response:

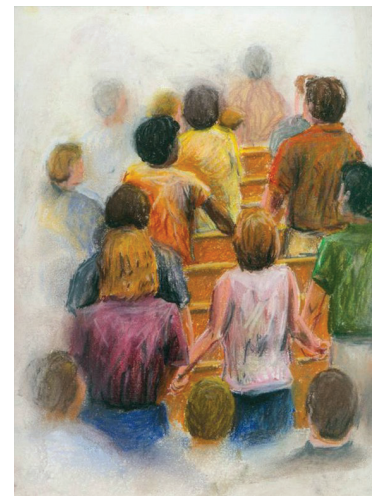
When you hurt someone in your family, what do you do to make up?	
If you've hurt or betrayed a friend, how do you make up?	
When we sin and hurt others, how do we make up for it in the Church?	



The Bread and Wine
are the Body of Christ

Why do we share
a sign of peace?
To show that we
share something
in common, even if
we don't all know
each other.

We are one family
in Jesus.



The People of the Church
are also the Body of Christ



Open your Bible to show him or her this passage:
John 10:11-16 & 22-29. Take turns reading aloud,
alternating sentences.

1

What Do the Words of the Lord's Prayer Mean?

(Continued from page 6)

image of motherhood" (article 239). It is important that the children also understand that we know God is not a human man or woman. The language of faith simply draws on the human experience of parents to help us understand the mystery of God.

Hallowed be thy name means "holy is your name." Even though God wants us to call him our father, he is still God. God wants us to remember to treat him with great respect because he is God.

Thy kingdom come, thy will be done on earth, as it is in heaven. The Bible says that in heaven there will be no more crying, and there will be no hunger or hurt there. This part of the prayer says, let your kingdom come now, help us make the earth be like heaven. We are praying that people live in peace and love one another the way it is in heaven. It reminds us that we should be living the way God wants us to every day.

Give us this day our daily bread means give us today all that we need. There are several stories in the Bible of God giving hungry people bread when they didn't have food for themselves. Keep in mind when we are asking for our daily bread we are asking for those things that we can't live without. Children don't need video games and princess dolls and we don't need iPhones to survive. Those are the things that we may want, but we need food, water and shelter.

God provides everything that is good, but humans are entrusted with sharing that fairly. Some people in the world do not have their "daily bread" but it is not because God has failed to give it. It's that we have failed to share it.

And forgive us our trespasses, as we forgive those who trespass against us. This is asking for forgiveness for our sins. Forgiveness means that we are sorry for something we've done and we don't want to do it anymore. But we also need to forgive people who have done wrong to us. Sometimes others hurt us very badly, so we need to ask God to help us forgive them because it's really hard or we don't want to. If we forgive others, God will forgive us.

And lead us not into temptation, but deliver us from evil. Is it sometimes tempting to do something you're not supposed to? This part of the prayer asks God to help us to know the right thing to do and to protect us against the evil that is in the world.

For yours is the kingdom, and the power, and the glory, for ever. Amen. The last part of the prayer is the best part! "For yours is the kingdom" means that Heaven will last forever. God has all the power and all the glory FOREVER! God will never die and he's the strongest and greatest. With God we will always win!

Prayer is our way of talking to God so you can pray as often as you think of it. God loves you and is interested in everything about you and how you're doing.





Meeting Jesus in the Bible

As we prepare to receive Jesus in Holy Communion, we want to know Jesus better, so we pay attention to how he lived, spoke, and acted.

Jesus is the good shepherd of our lives. He watches over us and guards us.



From John 10:11–16 & 22–30 (NRSV)

"I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them. The hired hand runs away because a hired hand does not care for the sheep."

"I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father. And I lay down my life for the sheep. I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd."

At that time the festival of the Dedication took place in Jerusalem. It was winter, and Jesus was walking in the temple, in the portico of Solomon. So the Jews gathered around him and said to him, "How long will you keep us in suspense? If you are the Messiah, tell us plainly."

Jesus answered, "I have told you, and you do not believe. The works that I do in my Father's name testify to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice. I know them, and they follow me. I give them eternal life, and they will never perish. No one will

snatch them out of my hand. What my Father has given me is greater than all else, and no one can snatch it out of the Father's hand. The Father and I are one."

2

When you have finished reading, ask your child what he or she thinks this teaching means.

[Possible answers may include: we all belong to Jesus and he will not ever abandon us; only those who are part of Jesus' flock can understand his message.]

3

This is a profound message from Jesus. Here are three key points you can teach your child:

1. Jesus teaches us to be forgiving, loving, generous, honest, and fair. When we live like this, we are following him.
2. When we follow Jesus this way, we do "belong to his sheep" (verse 27). Jesus offers us eternal life, meaning that he invites us to live with him forever.
3. When we follow Jesus together as his flock, nothing can take us away from him. No matter how mean people are, or how much money or power attracts us, we can still be compassionate and forgiving as Jesus taught us. We can always follow him.



Jesus tells us stories to help us understand God. What does it mean to you to think of Jesus as the Good Shepherd?

What does a shepherd do that might be a way of describing what God does?

1

Have your child complete column two. Here are notes for each row:

A. Put your arm around your child and say how much you love him or her. Do this right now, but also do it as often as you can. Middle schoolers often shy away from shows of physical love from their parents, but they still crave that love.

B. Remind your child about how you provide food each and every day. Jesus also feeds us each day.

C. Remind your child that you would never abandon him or her for any reason. Likewise, Jesus stays with us, no matter what. Even when we disobey his teachings or behave badly, he still loves us unconditionally.

D. Remind your child that you will always provide care when he or she is sick. Jesus cares for us in the same way.

E. Tell your child that you would do anything to keep him or her protected from harm. Jesus also wants this for us.

2





What Do Shepherds Do?



Jesus teaches us with stories, parables, and examples from his life in a rural area 2,000 years ago. What does it mean to you that Jesus calls himself your shepherd?

What shepherds do

How Jesus does this for all his followers

They know each sheep in their flock. Not one goes unnoticed.	
They make sure each lamb is fed each day.	
They stay with their sheep day in and day out, through bad weather and good, even when the sheep stray.	
They gather sick lambs and carry them on their shoulders until they are well.	
They guard their sheep with their very lives. They would never run off and abandon the sheep.	





The Lord's Prayer

- One day, Jesus' friends asked him to teach them how to pray. So Jesus taught them the prayer we now call the Our Father.
- In the language Jesus spoke (Aramaic), the word he used for Father is like the word "Daddy."
- Every time we go to Mass, we pray the Our Father with the words that Jesus taught us.
- Sometimes the Our Father is called "The Lord's Prayer."

Help your child understand why we pray for mercy in the **Lamb of God**. Mercy is when God "looks the other way" when we sin. God forgives us, even if we don't really deserve forgiveness all the time. That's how much God loves us!

We pray for mercy, not because God withholds it, but because the prayer reminds us that we depend on God.

The Lamb of God

The priest says:

We respond:

Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	grant us peace.



Holy Communion

The person sharing communion says:
"The Body of Christ."

We say: **"Amen!"**





Rehearsal for Holy Communion

Closing prayer

Dear Jesus,
we know you are with us here.
You are present in this room.

We love you
and want to love you more.
Help us be more loving this week.

Thank you for giving us faith.
Increase our faith every day.

Now let us pray together:

**Glory Be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end, Amen.**
**In the Name of the Father,
and of the Son,
and of the Holy Spirit. Amen.**

2

This week, **practice the reception of communion** with your child. You can practice with a cracker or similar food item if you wish. Use the notes on the bottom of this page to help you. Your child will feel more comfortable if they have practiced. For a funny video on how to receive Communion (and how not to) and more, see GrowingUpCatholic.com/e5.

You can receive communion in two ways:

- **In your hand.** Open your hands like a small bowl. Bow in reverence and hold your hands upward toward the person offering communion. Say "Amen" when you are offered the host. When handed the host, place it in your mouth immediately and chew and swallow it. You should never keep it to eat it later – it should be eaten while everyone else is receiving communion.
- **On your tongue.** Bow in reverence and say "Amen" when you are offered the host. Hold your head back just a little. Open your mouth and place your tongue on your lower lip until you feel the host being placed there. Close your mouth, chew, and swallow immediately.

The chalice. Take the chalice (the special cup with the wine/blood of Christ) when offered to you, say "Amen" and drink a small sip. Carefully hand the cup back to the minister who will wipe it for you.





At Home This Week

A Plan For Love

1

As part of the preparation for Communion, help your child **create a little plan** to be more loving in daily life.

Write or say one way you will be kind and loving this week.

With your parents:

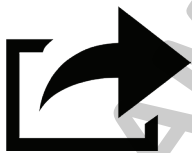
At school:

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With your friends:

With Jesus in prayer:

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Tips and Activities for This Week

GrowingUpCatholic.com/e5

Including a video on how to receive Communion.

