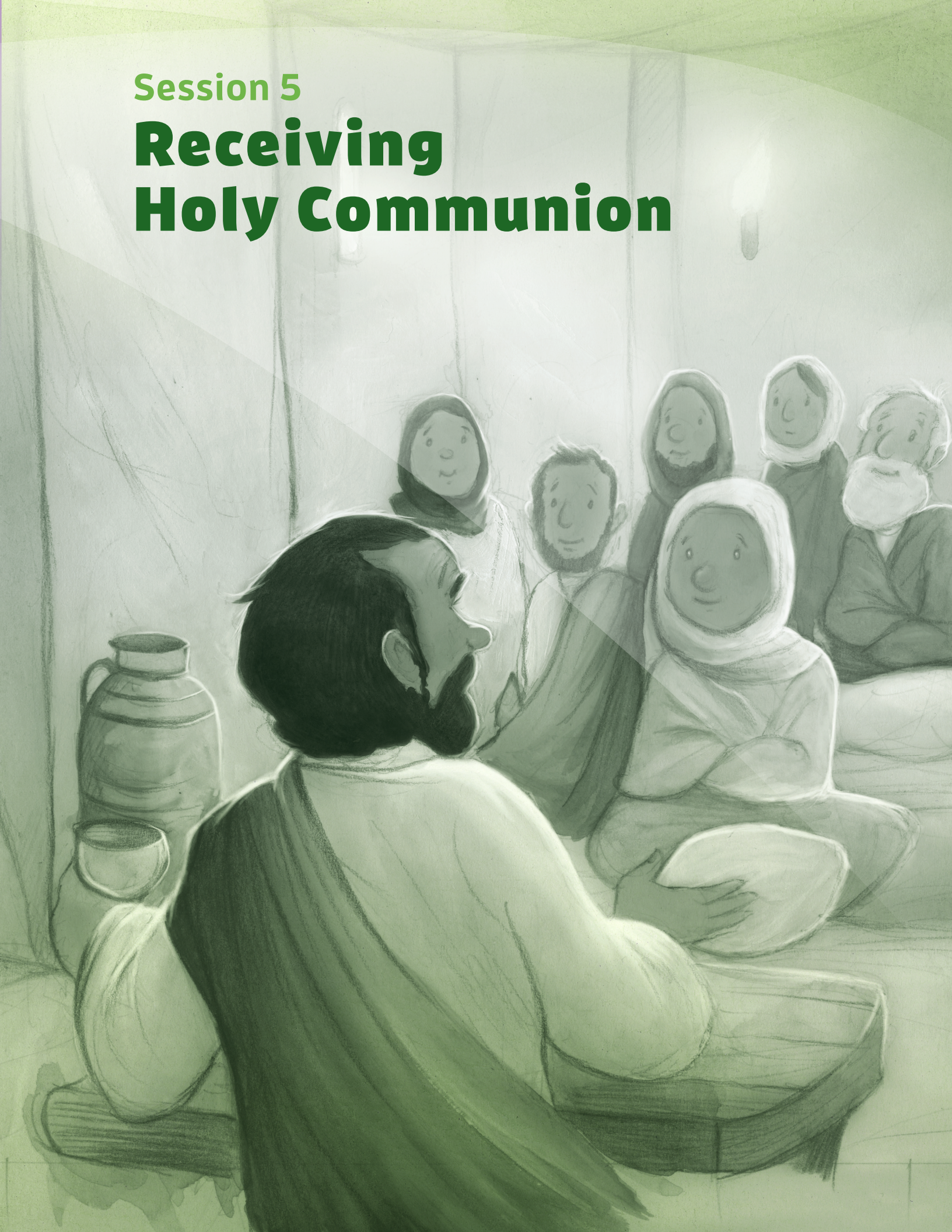


Session 5

# Receiving Holy Communion





## 😊 Connect—Opening Activity

### Saint Paul Writes about the Eucharist

Saint Paul spread the Good News of Jesus all over the world. He wrote letters to the Christians he visited. These letters were so special they became part of the Bible.

Color the picture below and place the stickers in Saint Paul's thought bubble.



## Let's Live It

### Preparing to Receive

Receiving Jesus in the Eucharist is the most important and special thing we can do as Catholics! Read the statements below about preparing to receive Holy Communion.

Put a "T" by the true statements and an "F" by the false statements.

1. \_\_\_ The Eucharist fills our souls with grace so we can love God and others more.
2. \_\_\_ If I have committed a mortal sin, I need to go to Confession before I receive the Eucharist.
3. \_\_\_ We don't need to go to Mass every Sunday, especially if we have important things to do.
4. \_\_\_ I should fast from food and drink for one hour before Communion, except for water or medicine.
5. \_\_\_ I should only receive Communion in the hand, never on the tongue.
6. \_\_\_ Jesus is fully present—Body, Blood, Soul, and Divinity—in every drop of the precious Blood and in every piece of the Host.
7. \_\_\_ All of my venial sins are washed away when I receive Holy Communion.
8. \_\_\_ The Eucharist unites us with Jesus but not really with the Church.

### Jesus Said

*"For my flesh is food indeed, and my blood is drink indeed."*

—John 6:55

### Dear Jesus

We learned this week that we can go to Adoration to worship Jesus in the Blessed Sacrament. Adoration is a very special time when we can talk to Jesus in our hearts. Many Catholic churches have Adoration Chapels where the Blessed Sacrament is kept.

On the lines below, write a special prayer to Jesus that you can bring to Adoration. Then draw a picture of a Monstrance or the Tabernacle in your church.

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### Jesus Said

*“He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.”*

—John 6:54

## ✓ Things We Learned This Week

1. Jesus is truly present in the Eucharist—Body, Blood, Soul, and Divinity—in every drop of the precious Blood and in every piece of the Host.
2. Receiving the Eucharist at Mass is so important that we should do some special things to prepare our bodies and our souls.
3. We prepare our bodies to hunger for Jesus by fasting from food and drink for one hour before receiving Holy Communion. We prepare our souls by going to Confession if we have committed a mortal sin so we can receive Jesus in the state of grace.
4. We can receive the Host on the tongue or in the hand, where we have made our hands like a throne for Jesus.
5. We receive special graces when we receive the Eucharist: we have a very special union with Christ, and with his Church; our Baptismal graces are increased and renewed; our venial sins are washed away; and we grow in love of God and of others.

### 🗨️ Let's Talk about It

1. **Jesus wants to be so close to us that he comes to live in our hearts and in our souls. How can we grow closer to the people that we love? How can we grow closer to Jesus?**
2. **Talk about how you prefer to receive Holy Communion—on the tongue or in the hand—and why. Then have your child practice receiving both ways to discern what is most comfortable for him or her.**
3. **Discuss with your child some ways to prepare for receiving Holy Communion for the first time.**



## Let's Read God's Word

### Saint Paul Writes about the Eucharist

The Scripture reading for this week's lesson was from 1 Corinthians 10:14–17. Please take time to read and reflect on this passage as a family.



## ✓ Lo que aprendimos esta semana:

1. Jesús está verdaderamente presente en la Eucaristía, en Cuerpo, Sangre, Alma y Divinidad, en cada gota de la preciosísima Sangre y en cada pedacito de la Hostia.
2. Es tan importante recibir al Eucaristía en la Misa, que deberíamos hacer algo especial para preparar nuestros cuerpos y nuestras almas.
3. Preparamos nuestros cuerpos para tener hambre de Jesús ayunando de comida y bebida por una hora antes de recibir la Sagrada Comunión. Preparamos nuestras almas yendo a confesarnos si hemos cometido algún pecado mortal, para poder recibir a Jesús en estado de gracia.
4. Recibimos gracias especiales cuando recibimos la Eucaristía: tenemos una unión muy especial con Cristo y Su Iglesia, nuestra gracia bautismal se incrementa y renueva, nuestros pecados veniales son perdonados y crecemos en amor a Dios y al prójimo.

## ¡Hablemos Sobre Esto!

1. **Jesús desea estar tan cerca de nosotros, que Él viene a habitar en nuestros corazones y en nuestras almas. ¿Cómo podemos acercarnos más a las personas que amamos? ¿Cómo podemos acercarnos más a Jesús?**
2. **Platiquen sobre cómo prefieren recibir la Sagrada Comunión, si en la lengua o en las manos, y por qué. Luego haz que tu hijo(a) practique recibiendo de ambas formas la Eucaristía, para discernir cuál es la que prefiere.**
3. **Platica con tu hijo(a) algunas maneras de cómo prepararse para recibir la Sagrada Comunión por primera vez.**

## Family Fun Activity

This week take a few minutes after Mass to adore the Eucharist together as a family. If your parish has an Adoration Chapel, this would be the perfect place. You can show your child the Tabernacle where the consecrated Host is kept and spend a few minutes in quiet prayer. If your parish does not have a special Adoration Chapel, you can just kneel in a pew after Mass and pray quietly for a few minutes together. Allow this time with Jesus to bring you closer to him and to each other. These are just some of the graces we receive from the Eucharist!

## Our Family Prays Together

### The Prayer Before Communion

**Parent:**

O Lord Jesus Christ,

**Response:**

Son of the living God,

**Parent:**

who, by your Death and Resurrection,

**Response:**

have given life to the world,

**Parent:**

by your Body and Blood,

**Response:**

which I am about to receive in Holy Communion,

**Parent:**

deliver me from all my sins and from every evil.

**Response:**

Help me to always follow your commandments,

**Parent:**

and never let me be separated from you.

**All:**

Amen.



## Leamos la Palabra de Dios

### San Pablo escribe sobre la Eucaristía

La lectura de las Sagradas Escrituras para la lección de esta semana fue de la 1ª Carta de San Pablo a los Corintios 10:14-17. Por favor tomen tiempo para leer y reflexionar sobre este pasaje en familia.



## ¡Actividad Familiar Divertida!

Esta semana toma unos minutos después de Misa para adorar la Eucaristía juntos en familia. El lugar perfecto sería en la capilla de adoración, si tu parroquia tiene una. Le puedes mostrar a tu hijo(a) el Tabernáculo, donde se guardan las Hostias consagradas, y pasar ahí unos minutos en oración en silencio. Si tu parroquia no tiene una capilla de adoración especial, pueden tan solo hincarse en una de las bancas después de Misa y orar en silencio por unos minutos todos juntos. Permitan que este tiempo con Jesús los acerque más a Él y entre ustedes. ¡Éstas son solamente algunas de las gracias que recibimos en la Eucaristía!

## ¡Jovemos Juntos En Familia!

### Oración para antes de la Comunión

**Papá/Mamá:**

Oh Señor Jesucristo,

**Respuesta:**

Hijo del Dios vivo,

**Papá/Mamá:**

que, por Tu muerte y resurrección,

**Respuesta:**

has dado vida al mundo,

**Papá/Mamá:**

que así también por Tu Cuerpo y Sangre

**Respuesta:**

que voy a recibir en la Sagrada Comunión,

**Papá/Mamá:**

me libres de todos mis pecados y de cualquier peligro.

**Respuesta:**

Ayúdame a siempre seguir

Tus mandamientos,

**Papá/Mamá:**

y a nunca separarme de Ti.

**Todos:**

Amén.



## Let's Sing God's Praises Pange Lingua Verses 3 through 6

3. On the night of that Last Sup - per  
4. Christ, the Word made Flesh, by speak - ing

3. Seat - ed with His chos - en band \_\_\_\_  
4. Earth - ly bread to flesh he turns \_\_\_\_

3. He, the pas - chal vic - tim eat - ing  
4. Wine be - comes His blood so prec - ious

3. First full - fills the law's com - mand;  
4. Un - con - ceived in hu - man terms!

3. Then as food to all His breth - ren  
4. Hearts sin - cere per - ceive this mar - vel;

3. Gives Him - self with His own hand.  
4. Faith its les - sons quick - ly learns.



Session 5  
Receiving Holy Communion

Flash Cards

Key Words – Session 5



5. Down in ad- or- a- tion fall - ing  
6. To, the ev- er- last- ing Fath- er

5. This great sac- ra- ment we hail;\_\_\_\_  
6. And the Son Who made us free,\_\_\_\_

5. O- ver an- cient forms of wor- ship  
6. And the Spir- it, God pro- ceed- ing,

5. New- er rites of grace pre- vail;  
6. From them each e- ter- nal- ly,

5. Faith tells us that Christ is pres- ent  
6. Be sal- va- tion, hon- or, bless- ing,

5. When our hu- man sene- es fail.  
6. Might and end- less maj- es- ty.

Words: Thomas Aquinas (1227–1274)  
(*Pange lingua gloriosi corporis mysterium*)  
Music: ST. THOMAS (WEBBE), SAMUEL WEBBE

State of  
Grace

Reverence

Mortal Sin

Eucharistic  
Fast

Consecrated

Monstrance



Flash Cards

Key Words – Session 5 (definitions)

To show respect, especially for things that are holy.

The state of having God's divine life within us.

The rule that we must not eat or drink anything for at least one hour before we receive Holy Communion.

A serious sin that separates us from God.

The special vessel, that is used to display the Blessed Sacrament for Adoration.

The bread and wine that has been changed into the Body and Blood of Jesus.

Flash Cards

Key Words – Session 5



Adoration



## Flash Cards

Key Words – Session 5 (definitions)

The special act of worshipping God. In Adoration, we worship Jesus, who is present in the Blessed Sacrament.