

Eucharist Flip Book Instructions:

For pg. 1 “My Prayer”

Reflect on the following questions and then write your own prayer:

- What have you learned in your preparing for your First Communion?
- How are you feeling about receiving Jesus for the first time in the Eucharist?
- What are some things that you are thankful to Jesus for?

For pg. 2 “Serve the Lord”

At the end of the Mass the priest says “*Go in Peace and Love to Serve the Lord.*” This is a reminder for us; when we leave Mass we are called to do nice things for God.

On your paper write or draw ways you can do nice things for God.

For pg. 3 “Do This in Memory of Me”

At the Last Supper (the night before Jesus died) he gave us his body in the Eucharist to remember him. Brainstorm times you have remembered Jesus in your life, times that Jesus has helped you, times that you have felt loved by Jesus or times that you have felt Jesus near. Write or draw what you think of.

For pg. 4 “What Eucharist Means to Me”

The word *Eucharist* means “Thanksgiving”. What are you thankful to Jesus for? Write or draw what you are thankful for.

For pg. 5 “My Eucharist Experience”

This page you can leave blank, and fill out after you receive your First Communion. After you receive your First Communion you can write, draw, or paste pictures to remind you of how special your First Communion was and how it made you feel to receive Jesus in the Eucharist for the first time.

For pg. 6 “Eucharist”

This page will be the cover of your flip book. Write your name on the top or bottom of the cover page around the word “Eucharist.” You may color or decorate the page within the rectangle.

To assemble flip book:

After you complete the pages, use scissors to cut the extra paper on the bottoms and sides of each page outside of the black lines. *Be sure you do not cut anything off of the top!* After you cut the pages, put them in order based on size-the smallest page “Eucharist” should be first followed by “My Eucharist Experience” and so forth. “My Prayer” will be the page on the very bottom. After you have all the pages in order, paste the pages together with glue and let it dry.