

First Holy Communion At Home Activity

This following activity should be completed following First Holy Communion Session One and needs to be done together by the child preparing to receive the Sacrament of First Holy Communion and at least one parent/guardian. You may complete the activity in one sitting or multiple sittings, whatever works best for your family. There is nothing to “turn in,” but please complete the activity before First Holy Communion Session Two on Wednesday, April 13 at 7:00 PM (in-person) OR Tuesday, April 19 at 7:00 via Zoom (virtual).

1. Read aloud the following Scripture passage from the First Letter of John:

“For whoever is begotten by God conquers the world. And the victory that conquers the world is our faith. Who indeed is the victor over the world but the one who believes that Jesus is the Son of God? This is the one who came through water and blood, Jesus Christ, not by water alone, but by water and blood. The Spirit is the one that testifies, and the Spirit is truth. So there are three that testify, the Spirit, the water, and the blood, and the three are of one accord.” 1 John 5:4-8

2. Reflect on what you just heard. Take a few minutes to sit in silence and think about the Scripture reading. You may even want to reread the passage silently or out loud again.

3. Share with each other the experience below (take turns; it may be helpful for mom or dad to go first and set an example):

Think of and then describe a time someone gave you something important.

- Who was it and what did they give you?
- Why was it important to you?
- How did receiving it make you feel?

4. Watch “Eucharist with Deacon Tim” on YouTube: <https://youtu.be/awEsGaXjCSA>

5. Discuss the following questions:

- The word “Eucharist” means “thanksgiving.” For what are you thankful?
- Why do you think Jesus gives us his Body and Blood?
- Why did Jesus sacrifice his life for us?
- Why do we receive Communion at Mass?
- What questions do you have? (write them down and bring them to Session Two so we can answer them together!)