

First Holy Communion Session One

The following activities should be completed together by the child preparing to receive the Sacrament of the Eucharist and at least one parent/guardian. You may complete the session in one sitting or multiple sittings, whatever works best for your family. There is nothing to "turn in," but please complete the session by March 28.

1. Read aloud the following Scripture passage from the first letter of Saint Paul to the Corinthians:

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.
(1 Corinthians 10:16-17)

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 the video, "The Eucharist for Little Children" (20:38), on Formed.org.

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 our practice session on April 14 so we can answer them together!)

6. Practice receiving in the hand and/or on the tongue. The following video on Formed.org explains how to practice at home: "For Parents: Preparing Your Child for First Holy Communion." The whole video is worth watching, but the part on how to practice receiving the Eucharist begins at the 28:22 mark.