Session 5
Receiving Holy Communion
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.

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:


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.

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 Coríntios 10:14–17. Por favor tomen tiempo para leer y reflexionar sobre este pasaje en familia.

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.

Our Family Prays Together

This week take a few minutes after Mass to adore the Eucharist together as a family. If your parish has an Adoration Chapel, this could 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!
¡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. ¡Estas son solamente algunas de las gracias que recibimos en la Eucaristía!

¡Oremos 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:**
que así también por Tu Cuerpo y Sangre

**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.

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**Let’s Sing God’s Praises**

**Pange Lingua** Verses 3 through 6

3. On the night of that Last Supper

4. Christ, the Word made Flesh, by speaking

3. Seated with His chosen band

4. Earthly bread to flesh he turns

3. He, the paschal victim eating

4. Wine becomes His blood so precious

3. First fills the law’s command;

4. Unconceived in human terms!

3. Then as food to all His brethren

4. Hearts sincerely perceive this marvel;

3. Gives Himself with His own hand.

Flash Cards
Key Words – Session 5

State of Grace
Reverence
Mortal Sin
Eucharistic Fast
Consecrated
Monstrance

Session 5
Receiving Holy Communion

Words: Thomas Aquinas (1227–1274)
Pange lingua gloriosi corporis mysterium

Music: St. Thomas (Webbe), Samuel Webbe

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5. Down in adoration falling
6. To, the everlasting Father
5. This great sacrament we hail;
6. And the Son Who made us free.

5. Over ancient forms of worship
6. And the Spirit, God proceeding,
5. Newer rites of grace prevail;
6. From them each eternally,

5. Faith tells us that Christ is present
6. Be salvation, honor, blessing,
5. When our human senses fail.
6. Might and endless majesty.

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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 (definitions)

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