

D

SACRAMENTAL PREPARATION Eucharist

We Receive Holy Communion

Activity: The child makes a bracelet to use as a reminder of what to do and say when receiving Holy Communion.

Concept

We receive Jesus in Holy Communion.

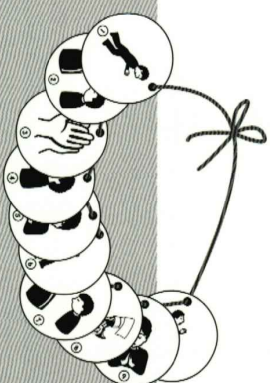
What You Need

- ▶ several unconsecrated hosts
- ▶ photocopy of Side B of this Lesson Card
- ▶ art supplies
- ▶ hole punch
- ▶ eight-inch piece of yarn

At Home

Invite the parents to review the steps of receiving Holy Communion with their child two times before next week and talk about the bracelet the child created.

Example



Lesson Steps

1

Opening Prayer

Pray the Sign of the Cross with the child, followed by: ***Dear God, help us understand what to do when we receive Holy Communion.*** Pray the Sign of the Cross.

2

Begin with Life Experience

Talk with the child about the sights, sounds, and smells present during Holy Communion. Demonstrate the steps of how to receive Holy Communion. Show the child an unconsecrated host. Let him or her examine it and taste it. Then have the child practice receiving Holy Communion using the unconsecrated hosts. Say: ***When we receive Holy Communion, we receive Jesus Christ. We always show our respect and love when receiving Holy Communion.***

3

Connect

Help the child color and cut out the circles from the photocopy of Side B of this card, or do this in advance. You may prefer to take photos of the child doing these actions and use these instead of the images from Side B. Glue each pair of circles together with the text and pictures facing out. Punch a hole at the top of each circle. Help the child lace the yarn through each hole, following the sequence of steps in which we receive Holy Communion. Tie the two ends of the yarn together when complete. Tell the child that he or she can wear the bracelet as a reminder of what to do and say when receiving Holy Communion. (The child may not wish to wear the bracelet. In which case, he or she may carry it instead.)

4

Closing Prayer

Pray the Sign of the Cross with the child, followed by: ***Thank you, God, for teaching us how to receive Holy Communion.*** Conclude by praying the Sign of the Cross.

