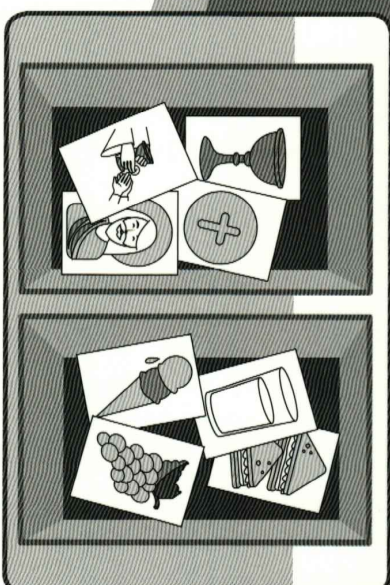


B

SACRAMENTAL PREPARATION Eucharist

Holy Communion Is Not the Same as Food

Activity: The child plays a sorting game to reinforce the concept that receiving Holy Communion is not the same as eating food.



Concept

Receiving Jesus in Holy Communion is not the same as eating food as a meal or snack.

What You Need

- ▶ photocopy of Side B of this Lesson Card
- ▶ art supplies
- ▶ two shallow boxes

At Home

Invite the parents to play the sorting game with their child two times before next week and to reinforce that receiving Jesus through Holy Communion is not the same as eating ordinary food.

Lesson Steps

1

Opening Prayer

Pray the Sign of the Cross with the child, followed by: **Dear God, guide us as we learn about receiving Jesus in the Eucharist.** Pray the Sign of the Cross.

2

Begin with Life Experience

Show pairs of pictures of common items. For example, say: **This is a soccer ball. Is a soccer ball the same thing as a soccer ball key chain?** Ask the child to identify which item is a soccer ball. Then have him or her identify which is not a soccer ball. Continue the pattern with the other items. Say: **Receiving Jesus in Holy Communion is not the same as eating food at a meal or snack.**

3

Connect

Help the child color and cut out the images from the photocopy of Side B of this card, or do this in advance. Place the images in a pile facedown. Take turns playing a sorting game: Invite the child to put the food images in one box, and put the images related to the Eucharist in the other box. Talk about how eating food is not the same as receiving Jesus. Say: **Receiving Jesus in Holy Communion is not the same as eating food.**

4

Closing Prayer

Pray the Sign of the Cross with the child, followed by: **Thank you, God, for teaching us about receiving Jesus in the Eucharist.** Conclude by praying the Sign of the Cross.

