

We Receive Holy Communion

Activity: The child constructs a lap book about Holy Communion.

Concept

As we celebrate Mass, we receive Holy Communion.

What You Need

- ▶ snack food
- ▶ children's Bible, such as *The Catholic Children's Bible* (St. Mary's Press)
- ▶ photocopy of Side B of this Lesson Card
- ▶ file folder
- ▶ art supplies

At Home

Invite the parents to use the lap book to review the concept of Holy Communion several times before the next session.

Lesson Steps

- 1 Opening Prayer**
Pray the Sign of the Cross with the child, followed by: ***Dear God our Father, thank you for giving us your greatest gift, your Son, Jesus. Bless those who gather in his name.*** Pray the Sign of the Cross.
- 2 Begin with Life Experience**
Say: ***Sometimes we gather our friends and family for a special meal.*** Invite the child to give examples of times when he or she has special meals for important celebrations, such as birthdays, Easter, Christmas, etc. Provide appropriate prompts and support. Say: ***Jesus gathered his friends for a special meal that we call the Last Supper.*** Show the child the cutout of Jesus at the Last Supper.
- 3 Connect**
Ahead of time, color and cut out the pieces from the photocopy of Side B of this card and fold the file folder to look the way it does in the example above. Say: ***At the Last Supper, Jesus shared bread and wine with his friends and said: "This is my Body. This is my Blood."*** Explain that Jesus told his friends, "Do this in memory of me." Say: ***At Mass the priest repeats Jesus' words.*** Show the cutout of the priest at Mass. Say: ***The priest says Jesus' words: "This is my Body. This is my Blood. The bread and wine become Jesus' Body and Blood. When we receive Holy Communion, we are receiving Jesus' Body and Blood."*** Together glue the cutouts into the file folder, explaining the connection between the remaining pictures and the words.
- 4 Closing Prayer**
Pray the Sign of the Cross with the child, followed by: ***Thank you, Jesus, for the gift of yourself in Holy Communion. Help us grow closer to you.*** Conclude by praying the Sign of the Cross.

