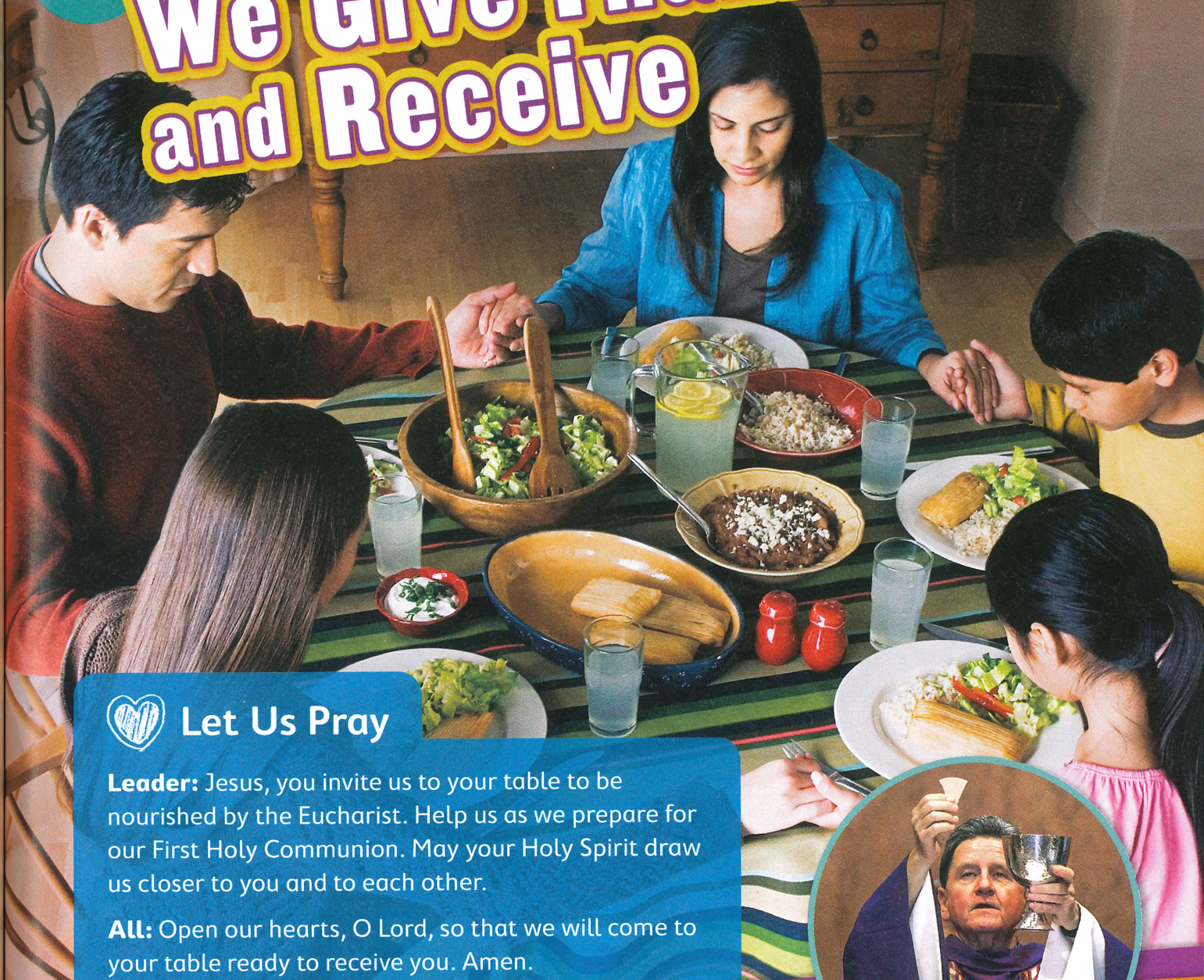


5

# We Give Thanks and Receive



## Let Us Pray

**Leader:** Jesus, you invite us to your table to be nourished by the Eucharist. Help us as we prepare for our First Holy Communion. May your Holy Spirit draw us closer to you and to each other.

**All:** Open our hearts, O Lord, so that we will come to your table ready to receive you. Amen.

## God's Word

Jesus said to them, "... my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.... I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." **John 6:32–33, 35**

What did you hear God say to you today?



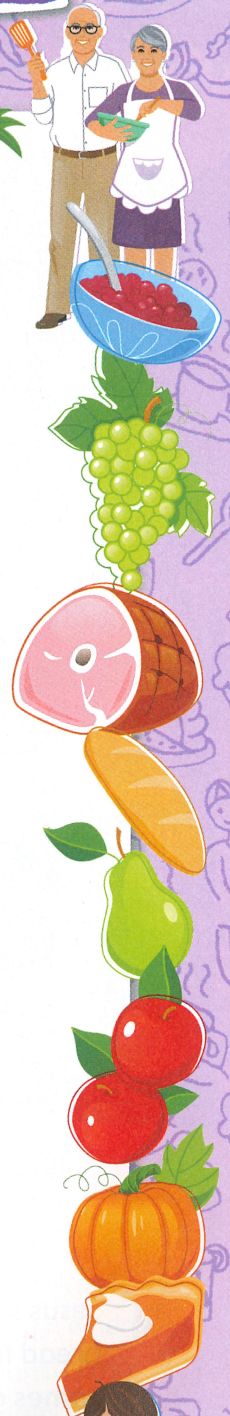
Opening Video  
[sacraments.osv.com](http://sacraments.osv.com)

# A Feast

When we have something to celebrate, we gather with family and friends. It's hard to imagine a celebration without food and friends. It could be a simple meal or a big one. Sharing a meal and our time with others connects us. It is a sign of love.

When there is a really special occasion, we think of special ways to celebrate. We invite others to share in our joy.

**How does your family celebrate? Draw your celebration table. Include the people who might join you.**



*The Mass is the greatest of celebrations. Our table, the altar, is the place where Jesus will feed us.*



# Catholic Signs & Symbols

## THE BREAD AND WINE

Our need for food is not just for celebrations. We need food to live. Because Jesus was human, he needed food. He knew what it meant to be hungry.

Jesus knew better than anyone that our hearts are hungry for God. So, Jesus gave us the Eucharist to feed our hunger for God. The bread and wine we use at Mass will become the Body and Blood of Christ.

Wheat bread and grape wine are the essential signs of the Sacrament of the Eucharist. Because this food will become the Real Presence of Jesus, we use special vessels to hold it. These special containers are often made of gold or silver. They are considered sacred because they hold the Eucharist.



Ciborium



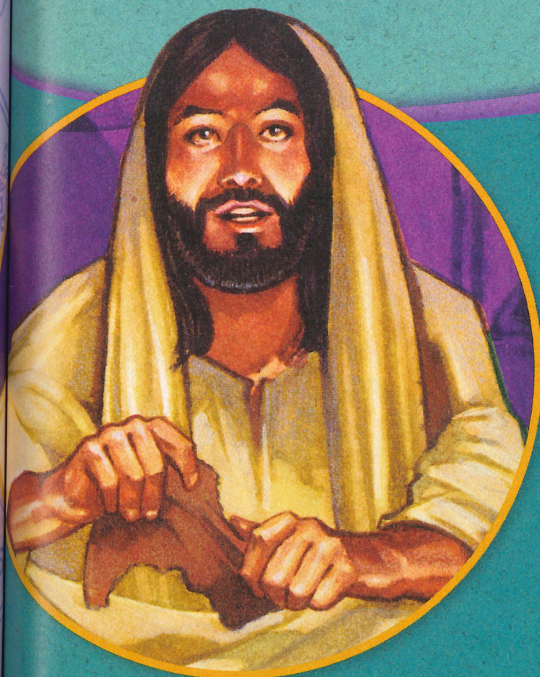
Chalice



Paten

## Meet Jesus

**THE BREAD OF LIFE** Jesus tells us, "I am the bread of life" (John 6:35). God the Father sent his Son so we could share in God's life and have the chance to live forever with him in heaven. At the Last Supper, Jesus shared himself with his Apostles. In the Eucharist, Jesus shares his life with us. He gives his own life so that we can have eternal life. This is a life that never ends. It is the greatest and most special gift we will ever receive.



# “Do This”



Jesus gave his followers a way to satisfy the hunger of their bodies and hearts. At the Last Supper, Jesus gathered with his Apostles. They gathered to celebrate the Jewish feast of Passover. Jesus knew that he would soon suffer and die.



## God's Word

**The Last Supper** When the hour came, [Jesus] took his place at table with the apostles. He said to them, “I have eagerly desired to eat this Passover with you before I suffer ...” Then he took a cup, gave thanks, and said, “Take this and share it among yourselves; for I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of God comes.” Then he took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.” And likewise the cup after they had eaten, saying, “This cup is the new covenant in my blood, which will be shed for you.” **Luke 22:14–15, 17–20**

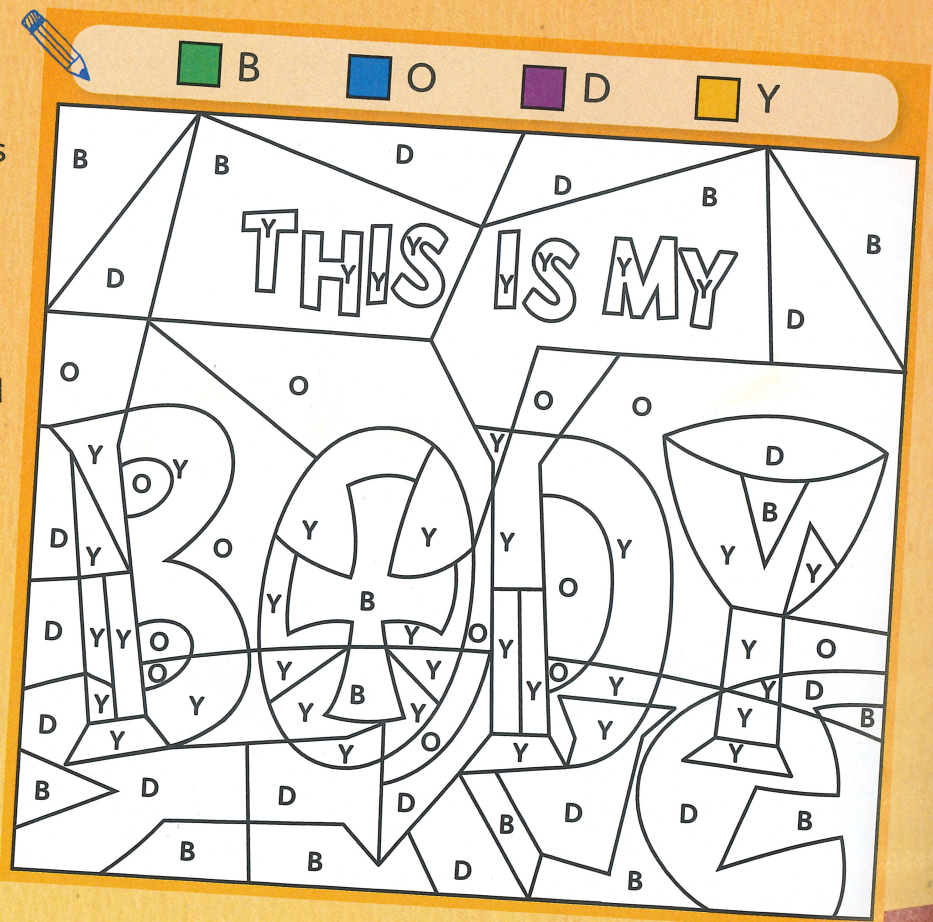


# "In Memory of Me"

After Jesus' Ascension to heaven, the Apostles gathered together as Jesus taught them. In memory of him, they read from Scripture. They repeated his words and blessed bread. They broke the bread and shared it. By doing as Jesus asked, they grew closer to him. They were strengthened to live as his witnesses.

Every Sunday, we gather with our parish family. We listen to God's Word. We are fed by the Eucharist. This strengthens us to live as Christ's witnesses. When you receive Jesus in Holy Communion, you grow closer to him. You will become more like Jesus!

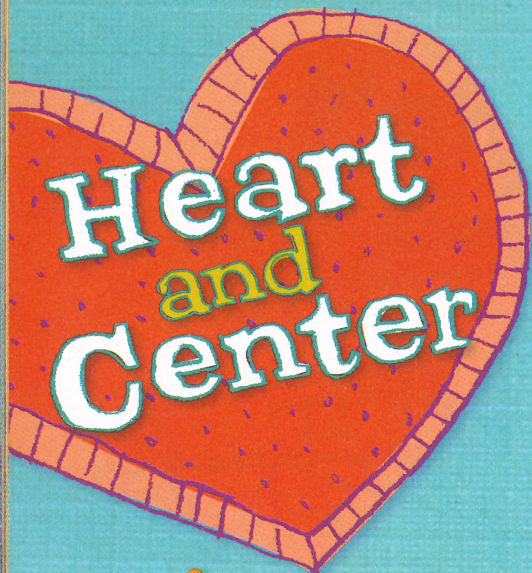
At the Last Supper, Jesus said, "This is my Body." Find these words by coloring the puzzle. Use the color shown for each letter.



## Entering the Mystery

At Mass, we remember Jesus' sacrifice on the Cross. We give thanks that Jesus offers himself. His sacrifice is made present. We are united to Jesus' Death and Resurrection. We are united with our parish family and Catholics around the world. We are joined with those at the heavenly banquet. With the eyes of faith, we see Jesus' love poured out for us all.





How do we respond when we are offered a gift as wonderful as Jesus himself? We give praise and thanks together with all the saints. The Eucharistic Prayer is the Church's great prayer of praise and thanksgiving.

Jesus' words over the bread and wine at the Last Supper are a very important part of the Eucharistic Prayer. The priest speaks the same words Jesus said. This part of the prayer is called the Consecration. The priest calls on the Holy Spirit. Through the priest, Jesus takes, blesses, breaks, and gives us himself.

FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU....

FOR THIS IS THE CHALICE OF MY BLOOD,...  
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.  
DO THIS IN MEMORY OF ME.

PORQUE ESTO ES MI CUERPO,  
QUE SERÁ ENTREGADO POR VOSTROS [...].

PORQUE ÉSTE ES EL CÁLIZ DE MI SANGRE,...  
QUE SERÁ DERRAMADA POR VOSOTROS [...]  
PARA EL PERDÓN DE LOS PECADOS.  
HACED ESTO EN CONMEMORACIÓN MÍA.

Through the power of the Holy Spirit and the words and actions of the priest, the wheat bread and grape wine are transformed. They are changed into Christ's Body and Blood, his soul and divinity. We call this transubstantiation. At this sacred moment, Jesus feeds our bodies and our souls. Christ in his glory is really and truly with us.

## Celebrating the Mass

### THE LITURGY OF THE EUCHARIST

- Preparation of the Gifts and Preparation of the Altar
- Invitation to Prayer
- Prayer over the Offerings
- Eucharistic Prayer This is the heart and center of the liturgy. The bread and wine and the gift of our own lives are gathered together. They are joined to Jesus' sacrifice and offered to God.
- Communion Rite This follows the Eucharistic Prayer. It leads us to the Eucharistic Table. The Communion Rite also has many parts. It includes the Lord's Prayer and the Lamb of God.





Before we receive the Eucharist, our souls need to be right with God.

This is why we ask God during the Mass to forgive our sins. Venial sins are forgiven when we receive Holy Communion. However, a person who has committed a mortal sin must receive the Sacrament of Penance before receiving Communion.

## Christ Is Present

Christ is present in the assembly gathered. He is present in his Word proclaimed. He is present in the priest celebrant. But Christ is present uniquely and most especially in the Eucharist. **Real Presence** is the teaching that Jesus is really and truly with us in the Eucharist. In Holy Communion, we will receive Jesus in his fullness.

Now, with the gift of Jesus himself before us, we sing or pray the Mystery of Faith. There are three options for the Mystery of Faith.

➔ *Go to page 79 to read the acclamations.*

We continue to recall all that God has done for us. We ask the saints to pray with us. We pray for the Church. We pray with and for those who have died. The prayer ends with giving glory to the Father, Son, and Holy Spirit. The priest and deacon hold up the Body and Blood of Christ, and we respond, "Amen."

On the cross, write a word that appears in each Mystery of Faith. Decorate the cross.



Games & Downloads

# Preparing to Receive Holy Communion

Before we come to receive Jesus in Holy Communion, we do the following:

- \* We pray the prayer he taught us. Together we say the Lord's Prayer.
- \* We pray for peace and share Christ's peace with those around us.
- \* We remember that Jesus takes away the sins of the world. So we pray together for God's mercy and peace.

Then we process forward as one body to receive Holy Communion.

Let's practice the gestures and postures for receiving the gift of Jesus in the Eucharist.



- \* Come forward respectfully. Bow your head reverently. Do this just before you step up to the priest, deacon, or extraordinary minister of Holy Communion.
- \* The minister holds up the Host and says, "The Body of Christ" or "El Cuerpo de Cristo." You respond, "Amen" or "Amén."
- \* You may receive either on your tongue or in your hand. If you receive on the tongue, look up and open your mouth. Stick your tongue out far enough so the minister can place the Host on it. If you receive in the hand, place one hand on top of the other and raise your cupped hands to the minister. Take the Host with one hand and carefully place it in your mouth. You can step to the side to do so.
- \* When you receive from the chalice, bow and step up to the minister. He or she says, "The Blood of Christ" or "La Sangre de Cristo." You respond, "Amen" or "Amén." Take the chalice with both hands and take a very small sip. Then carefully return the chalice to the minister.
- \* Return to your pew and say a prayer of thanks. You may also join in the song that is being sung.





# We Are the Body of Christ

When we receive the Eucharist, we say "Amen." We show our belief that we are about to receive the real and true Body of Christ. We receive the gift of Jesus himself.

Christ offers himself to us so we can become more like him. We are the Body of Christ. We are his Church. By receiving the Eucharist, the new life we received in Baptism grows. We are joined more closely in love to Jesus and one another.

Every time we receive the Eucharist, we are saying "Yes, Jesus. I want to be like you. I want to follow your example." And we are saying this to everyone else, too.



Who are some people who act like Christ to you and others?

How can we be Christ to others?



Pray the closing prayer.

# My Family in Our Parish

## We Give Thanks and Receive

**The Liturgy of the Eucharist** The next time you are at Mass, look carefully at the altar. Remember that this is a sacred place where something very special happens. Is the altar made of stone or wood? Are there any designs on the altar or the cloths?

During the Eucharist Prayer, listen for the words "This is my Body" or "Esto es mi Cuerpo." Also, listen for the words "This is my Blood" or "Éste es el cáliz de mi Sangre."

When you hear the words, squeeze the hand of the adult with you.

After Mass, draw a picture of what the altar looks like. Then describe which part of Mass is taking place in your picture.



**Disciples Sharing** Talk with your family about what you can say in your heart every time you hear the words "This is my Body" and "This is my Blood" or "Esto es mi Cuerpo" and "Éste es el cáliz de mi Sangre." Then write the short sentence here.



Session videos, games, multimedia glossary,  
Sunday readings and backgrounds, Sacrament  
FAQs, reflections, and more at [sacraments.osv.com](http://sacraments.osv.com)

