

# FAITH AT HOME

A Parent Companion



## HOW TO RECEIVE COMMUNION

LESSON  
11

### Lesson Overview:

This lesson focused on preparing to receive First Communion. This preparation is both inward, through prayer, and outward, in knowing how to receive properly. In order to receive Communion well, we need to pray that God will open our hearts to receive the gifts that God wants to give us, especially His Body and Blood. We unite ourselves to Jesus sacrifice of Himself on the Cross which is made present to us at Mass. We learned the Prayer Before Communion this semester to help us pray before Communion. When we receive Communion, Jesus comes into our heart. We spoke to the children about seeing this time like giving Jesus a hug. We speak to Him, telling Him that we love Him and asking Him for all that we need. We also practiced how to receive Communion, such as how to fold our hands, when to get up, and how to receive the host and chalice.



Jesus and the Centurion by Paolo Veronese  
Source: Wikimedia Commons

### Review with your child:

1. How can you prepare your heart to receive Jesus? **Prayer before and after receiving Communion.**
2. For what are we giving thanks in the Eucharist? **Jesus' sacrifice for us and the gift of His Body and Blood.**

## SAINTS AMONG US

Eucharist



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## FAITH IN ACTION

Just as we taught the children the Prayer Before Communion, here is another prayer you can say as a family:

I pray that this Holy Communion may not be for my judgment and condemnation, but for my pardon and salvation. Let this Holy Communion be to me an armor of faith and a shield of good will, a cleansing of all vices, and a rooting out of all evil desires. May it increase love and patience, humility and obedience, and all virtues. May it be a firm defense against the evil designs of all my visible and invisible enemies, a perfect quieting of all the desires of soul and body. May this Holy Communion bring about a perfect union with You, the one true God, and at last enable me to reach eternal bliss when You will call me. Amen. - St. Thomas Aquinas -

## AT HOME

1. Pray the prayer before and after receiving Communion as a family.
2. Talk with your child about how to receive Communion.

## PRAYERS

### Prayer Before Communion

Lord Jesus, come to me.  
Lord, Jesus, give me your love.  
Lord Jesus, come to me and give me yourself.  
Lord Jesus, friend of children, come to me.  
Lord Jesus, you are my Lord and my God.  
Praise to you, Lord Jesus Christ.  
Amen.

### Prayer After Holy Communion

My Jesus, I give You myself.  
I give You my body and soul.  
I give You all my thoughts, all my desires, and all my actions.  
I give You my senses, my eyes, my ears, my lips, my hands.  
Take me and make me all Yours.  
Bless me and keep me from all sin.



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