

FAITH AT HOME

A Parent Companion



Overview of *Saints Among Us* Book 4:

It has been found that when parents are involved in religious education it is much more effective and has a lasting impact on the lives of their children. This is why we have the “At Home” and “Living the Faith” component for each lesson. Parishes cooperate with parents, who are the primary educators of their children. Book 4 focuses on the Eucharist and First Communion. We will learn about Jesus’ presence in the Eucharist, how to adore Jesus in the Blessed Sacrament, and how to receive Communion with prayer and love. Each lesson will begin with a prayer meditation from the Bible. It will then present the material of the lesson for the day. We will then have a fun activity to reinforce what we are learning. We are also learning prayers throughout the twelve weeks. We will send home copies of these prayers.

BREAKING BREAD



Lesson Overview:

We begin the semester by looking at the simple reality of breaking bread. In the ancient world this simply meant sharing food together. Meals are one of the most important things that we do, because they not only refresh our bodies, but also provide us with times of fellowship. This is why meals are so important in our family celebrations, such as Thanksgiving and Christmas. In the Bible we also see that God uses meals to teach His people and to draw them close to Him. In the Old Testament, the Passover meal was a key moment of salvation, when God saved His people from slavery in Egypt through the blood of the Passover Lamb. Jesus used the Passover meal to give us His Body and Blood. The Church continues to celebrate the Lord’s Supper at the Mass, as Jesus gives us His Body and Blood to eat. The Acts of Apostles describes how the early Church met regularly to break bread for the Eucharist in their homes: “Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved” (2:46). We continue to break bread as a community each Sunday at Mass.

Review with Your Child:

1. What will you receive in the Sacrament of the Holy Eucharist? **Body, Blood, Soul, and Divinity of Jesus Christ.**
2. Why was the breaking of bread essential in the lives of the first Christians? **They found Jesus in the breaking of the bread.**
3. Where has the tradition of the breaking of bread continued throughout the history of the Church? **At Mass.**

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FAITH IN ACTION

Breaking bread as a family every day during family meals keeps us close together. Try to make time to eat together every day. A longer and more special family meal on Sunday helps to make the Lord's Day a time for celebration and family life.

AT HOME

1. Pray the Our Father and Anima Christi as a family.
2. Discuss the importance of the breaking of the bread and how this relates to your own family meals.

PRAYERS

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, cover me.

Water from Christ's side, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Suffer me not to be separated from You.

From the malicious enemy defend me.

In the hour of my death call me

And bid me come unto You

That I may praise You with Your saints

and with Your angels

Forever and ever.

Amen.



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PASSOVER AND LAST SUPPER

LESSON

2

Lesson Overview:

Today's lesson looks at the connection between the Passover Meal and the Last Supper. When the people of Israel were slaves in the land of Egypt, God freed them from slavery during the Exodus. The Passover occurred in the midst of the Exodus, on the night when God sent the angel of death into Egypt to strike down their first born, God asked Israel to eat unleavened bread and to sacrifice a pure lamb and sprinkle its blood over the door. The lamb's blood served as a sign of the faith of God's people and the angel of death passed over the house. In the midst of Jesus' work of salvation, a new Passover called the Paschal Mystery, Jesus offered Himself as the pure lamb of God. At the Last Supper, Jesus transformed bread into His own flesh and wine into His blood, as the new paschal lamb, whose blood protects us from death and whose flesh nourishes us. Jesus' Resurrection gives us new life, freeing us from the slavery of sin and opening a new promised land in Heaven to us.



Christ's Farewell to His Apostles by Duccio
Source: Wikimedia Commons

Review with your child:

1. What event in the Old Testament relates to the Paschal Mystery? **The Passover.**
2. How is Jesus like the Passover lamb? **He was unblemished and His blood was spilled to give us new life from our sins.**
3. Why did Jesus choose the Last Supper to institute the Eucharist? **The Last Supper was the Passover meal, and He is the sacrificial Lamb whose blood was shed for salvation, like the Passover lamb.**

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FAITH IN ACTION

Just as we feast on special occasions, we can also attend Mass to add a deeper spiritual dimension to our celebrations. In addition to religious holydays, such as Sundays, Christmas and Easter, we can attend Mass on other special occasions such as birthdays, anniversaries, and holidays, such as Thanksgiving. Attending Mass will help us to praise God for the gifts we are celebrating.

AT HOME

1. Practice saying the Prayer Before Communion at home.
2. Ask your child about how the Mass is like the Passover meal.

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.



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BREAD FROM HEAVEN



Lesson Overview:

Today we learned about another connection between the Old Testament and the Eucharist. After Israel left Egypt in the Exodus, they entered the desert. They cried out to God for food and He sent them bread from Heaven, called manna. During His ministry, Jesus said that He was the true bread sent from heaven. In John 6, He taught: “Amen, amen, I say to you, it was not Moses who gave the bread from heaven; 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.” So they said to him, “Sir, give us this bread always.” Jesus said to them, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.”



ISRAELITES GATHERING MANNA
by Nicolas Poussin Source: Alamy

Jesus also miraculously fed the crowds following Him with only five loaves and two fish. In this miracle and through His teaching, Jesus wants us to know that He will feed us with His Body, the food that will last forever.

Review with your child:

1. What is manna? **The bread that God rained down from heaven for the Israelites.**
2. How is Jesus our heavenly bread? **His Body and Blood sustain and nourish us so that we might have eternal life.**
3. Why did Jesus perform the miracle of the multiplication of loaves? **To show that He is God and that He cares for us.**

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FAITH IN ACTION

Jesus feeds us with His Body, but asks us to feed Him in return in the poor and needy: “for I was hungry and you gave me food, I was thirsty and you gave me something to drink” (Mt 25:35). Does your parish have a soup kitchen you can support? Are there families you know who need help? Reflect on how you can serve Jesus in the hungry as a family.

AT HOME

1. Say the Our Father and Anima Christi with your family.
2. When you sit down to eat with your family, make sure to say thank you to Jesus for giving you food.

PRAYERS

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, cover me.

Water from Christ's side, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Suffer me not to be separated from You.

From the malicious enemy defend me.

In the hour of my death call me

And bid me come unto You

That I may praise You with

Your saints and with Your angels

Forever and ever.

Amen.



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THE LIFE OF CHRIST AND THE LITURGICAL YEAR



Lesson Overview:

Today we learned about how the Mass draws us into the life of Christ through our celebration of the liturgical year. The Church's liturgical year begins with Advent and progresses through the following seasons: miracle and through His teaching, Jesus wants us to know that He will feed us with His Body, the food that will last forever.

Advent	Purple	Jesus is coming
Christmas	White/Gold	Jesus is born
Lent	Purple	Jesus suffers
Triduum	Various	Jesus dies
Easter	White/Gold	Jesus rises from the dead
Ordinary Time	Green	Jesus teaches

Through the liturgical year, the Church helps us to enter into the mysteries we celebrate. We await the coming of Jesus in Advent, both at His birth and His coming again at the end of time. In Christmas we celebrate that God has become man, entering into the world to save us. In Lent, we unite ourselves to the suffering of Jesus and prepare ourselves for Easter. In Easter, we rejoice that Christ has overcome sin and death and has opened up Heaven to us. In ordinary time, we listen to the teachings of Jesus and celebrate His eternal reign in Heaven.

Review with your child:

1. What is the Liturgical year? **The Church's yearly celebration of seasons and feasts.**
2. What do we recall and celebrate during the different Liturgical seasons? **The life of Jesus.**
3. The readings and Psalms chosen for Mass are based on what? **The Liturgical season.**

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FAITH IN ACTION

Lent is one of the major liturgical seasons. We are asked to enter into the desert with Christ for a time of prayer and sacrifice. We should adopt practices for how we can pray more each day and make sacrifices during Lent. We can also adapt practices as a family. For prayer, this could be praying a decade of the rosary or reading a chapter of the Bible. For making a sacrifice, it could be giving up desserts or media.

AT HOME

1. Practice saying the Prayer before Communion.
2. Ask your child about the liturgical seasons.

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.



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THE LITURGY OF THE WORD



Lesson Overview:

Today we began learning about the Mass. The Mass is the place where Jesus gives Himself to us in the Eucharist. The first part of the Mass is the Liturgy of the Word. Jesus is the Word of God and He teaches us through the Bible to prepare us to receive Him in the sacrament of the Eucharist. The introductory rites begin by invoking God the Holy Trinity and praying for peace. We then acknowledge our sins and ask for God's mercy and give praise to God in the Gloria and opening prayer. We then hear the Word of God:

- The first reading, usually taken from the Old Testament,
- The psalm,
- The second reading from the New Testament, and
- The Gospel, the most important reading.

The priest then preaches a homily to explain the readings and to teach us to apply them in our lives. We then proclaim our faith in the Creed and pray for the needs of the Church and the world in the Prayers of the Faithful. We will continue with the Liturgy of the Eucharist next class.

ORDER OF MASS

Introductory Rites

- Procession
- Greeting
- Penitential Act (Confiteor)
- Glory to God

Liturgy of the Word

- First Reading
- Responsorial Psalm
- Second Reading
- Alleluia
- Gospel
- Homily
- Creed (Profession of Faith)
- Prayers of the Faithful

Liturgy of the Eucharist

Concluding Rites

Review with your child:

1. From which book do we hear the readings during Mass? **The Bible.**
2. Which part of the Liturgy of the Word is the most important? **The Gospel.**
3. During which part of the Mass do we profess our beliefs? **The Creed.**

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FAITH IN ACTION

One way to prepare for Mass is to read the Bible readings beforehand. This provides an opportunity for prayer, reflection, and family discussion. The readings can be found in a missalette, online, or in a publication such as Magnificat, which provides the daily readings and prayers.

AT HOME

1. Say the Our Father and Anima Christi as a family.
2. Ask your child to show you the activity on the Mass parts and ask them what happens during each part.

PRAYERS

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, cover me.

Water from Christ's side, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Suffer me not to be separated from You.

From the malicious enemy defend me.

In the hour of my death call me

And bid me come unto You

That I may praise You with Your saints

and with Your angels

Forever and ever.

Amen.



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THE LITURGY OF THE EUCHARIST



Lesson Overview:

This week we continue our overview of the Mass with the Liturgy of the Eucharist. The Mass makes present to us the sacrifice which Jesus made of Himself of the Cross. Jesus offers the gift of His Body and Blood to us like He did at the Last Supper. The first part of the Liturgy of the Eucharist is the offertory, where we bring the gifts we are offering to the altar and when the priest blesses the bread and wine. The priest asks us to join our prayers to the offering and to lift up our hearts in giving thanks to God. We join with the angels in singing “Holy, Holy, Holy” as we kneel for the Eucharistic prayer. The priest acting in persona Christi (in the person of Christ) consecrates the bread and wine into the Body and Blood of Christ. After the Eucharistic prayer, we say the Our Father, offer the sign of peace, and pray or sing the Lamb of God. We pray that the Lord will make us worthy to receive Him and come forward for Communion. The priest prays the closing prayer and blesses and dismisses us.

ORDER OF MASS
Introductory Rites
Liturgy of the Word
Liturgy of the Eucharist <ul style="list-style-type: none">• Offertory (Presentation of the Gifts)• Prayer over the Offerings• Eucharistic Prayer• Holy, Holy, Holy• Eucharistic prayer including Consecration• Our Father• Sign of Peace• Lamb of God• Communion• Prayer after Communion
Concluding Rites <ul style="list-style-type: none">• Blessing• Dismissal

Review with your child:

1. Which part of Mass is the high point? **The consecration of the Eucharist.**
2. What is the Mass a celebration of? **The sacrifice of Jesus Christ.**

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FAITH IN ACTION

It can help us to pray and follow along at the Mass when we use a missal or missalette, which contain the prayers and readings of the Mass. There are special Mass books for children to help them understand what is happening and its meaning.

AT HOME

1. Practice praying the Prayer before Communion.
2. Ask your child about the major parts of the Liturgy of the Eucharist.

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.



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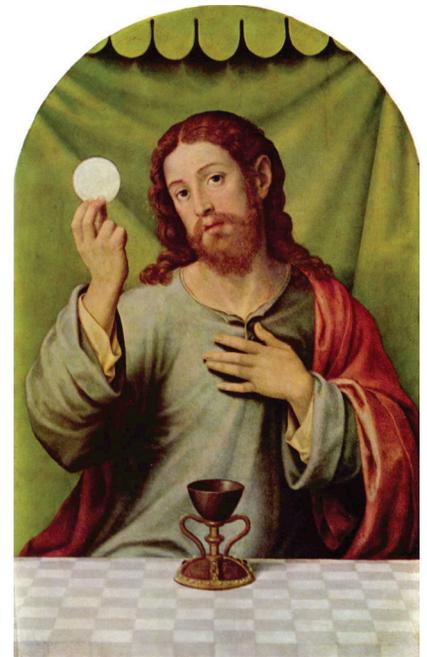


BODY, BLOOD, SOUL, AND DIVINITY

LESSON
7

Lesson Overview:

This week we focus more on what happens during the consecration of the bread and wine during the Mass. At the Last Supper Jesus said of the bread, “this is my body,” and of the wine, “this is the cup of my blood.” Jesus is the Word of God through Whom all things were made and His words have the power to enact change. When Jesus spoke these words the bread truly became His Body and the wine His Blood. This reality is confirmed by Jesus in John’s Gospel: “For my flesh is true food, and my blood is true drink” (John 6:55). In order to explain how Jesus gives us His Body and Blood as food, we discussed the theological term transubstantiation. Substance is what a thing is. Transubstantiation refers to the reality of what something is changing to something else. In the Eucharist, there is a change of substance as the bread and wine become the Body and Blood of Christ. Even though the substance changes, the accidents (outward appearance and qualities) of bread and wine remain so that we can consume the Body and Blood of Jesus as food and drink.



Christ and the Eucharist
by Juan de Juanes
Source: Wikimedia Commons

Review with your child:

1. What is it called when the bread and wine changes its substance to the Body and Blood of Jesus? **Transubstantiation.**
2. Who is the Bread of Life? **Jesus.**
3. Does the bread and wine become only a symbol of Jesus? **The bread and wine become the true Body, Blood, Soul, and Divinity of Jesus Christ.**

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FAITH IN ACTION

Jesus' real presence in the Eucharist is a miracle, which requires faith. When Jesus rose from the dead, Thomas doubted as He did not see the risen Jesus. When Jesus appeared to him, Thomas said "my Lord and my God." It is a tradition to say these words during the consecration. When the priest elevates the host and the chalice, we can make an act of faith like Thomas, saying "my Lord and my God."

AT HOME

1. Pray the Our Father and the Act of Faith in the Divine Eucharist as a family.
2. Talk about what transubstantiation means with your child.

PRAYERS

Act of Faith in the Divine Eucharist

I believe in my heart and openly profess that the bread and wine which are placed upon the altar are by the mystery of the sacred prayer and the words of the Redeemer substantially changed into the true and life-giving Flesh and Blood of Jesus Christ Our Lord and after the Consecration there is present the true Body of Christ which was born of the Virgin Mary and offered up for the salvation of the world, hung upon the Cross, and now sits at the right hand of the Father and there is present the true Blood of Christ which flowed from his side. They are present not only by means of a sign and of the efficacy of the Sacrament, but also in the very reality and truth of their nature and substance. Amen. (St. Gregory VII)



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THE CHURCH AND THE ALTAR

LESSON 8

Lesson Overview:

This lesson we learned about the reverence we have for the Eucharist in church. We have special articles for celebrating Mass and for honoring the presence of Jesus. Here is a list of some of the articles we learned about:

Ciborium—This is a shallow cup or bowl with a cover that holds the consecrated Host during Communion. The ciborium also holds the Blessed Sacrament in the tabernacle.

Paten—This looks like a plate and is placed under the Body of Christ to keep pieces from falling on to the altar.

Chalice—This is the cup that holds the wine that is consecrated into the Blood of Christ.

Cruets—These are the glass bottles that hold the water and wine that will be consecrated into the Blood of Christ.

Corporal—This is a white cloth placed on the altar under, like a placemat, to catch any Precious Body and Blood, should they fall.

Purificator—This is the white piece of linen used to clean the chalice after all the Blood of Christ has been consumed.

Pall—This is a stiff, white square that goes over the paten down when the paten is placed on the chalice. It keeps the chalice covered when it contains the Precious Blood.

Chalice veil—This is the cloth (often resembling vestments) that is placed over the chalice.



Catedral de la Purísima Concepción, Tepic, Mexico -
Source: Wikimedia Commons

We also learned about the tabernacle, which is the gold box where consecrated hosts are placed after Mass. We should show reverence for the presence of Christ and genuflect when we pass in front of the tabernacle or enter church. We also pray to Jesus in the Eucharist in front of the tabernacle.

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Review with your child:

1. What is another name for the Mass? **The Banquet of the Lord or Supper of the Lamb.**
2. What is the tabernacle? **The gold box in which the Blessed Sacrament is kept.**
3. What are some of the things necessary in celebrating the Supper of the Lamb? **Altar, vestments, ciborium, chalice, paten, corporal, purificator.**

FAITH IN ACTION

If your child is interested in learning more about the articles used at Mass, there are Mass sets for children. Many children enjoy playing the Mass, which helps them to grow in enthusiasm about participating at Mass.

AT HOME

1. Practice praying the Prayer before Communion.
2. Review the Mass items match sheet with your child.

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.



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PRAYER AND ADORATION



Lesson Overview:

This week provided an opportunity to adore Jesus in the Eucharist. We first discussed that prayer is having a conversation with God. Adoration of the Blessed Sacrament is a time when the Eucharist host is placed in a gold monstrance, where the Body of Jesus can be seen and revered. We spent time in front of the Blessed Sacrament, saying prayers, praying the rosary, and singing songs.



David Bearing the Ark of Testament into Jerusalem
by Domenico Gargiulo
Source: Wikimedia Commons

Review with your child:

1. Ask your child how he felt while in Adoration?
2. Is the Real Presence of Jesus in the Eucharist? **Yes.**
3. What is the golden throne, which often looks like a starburst, that allows us to gaze upon Jesus in the Blessed Sacrament? **Monstrance.**

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FAITH IN ACTION

Does your parish have an adoration chapel? If so, make a visit as a family to prepare for First Communion of your child. If your parish does not have perpetual adoration, it may have certain times of adoration during the week. Otherwise, you can sit in front of tabernacle and pray together as a family.

AT HOME

1. Pray the Our Father and Anima Christi as a family.
2. Spend time with in prayer as a family asking Jesus to help prepare him or her to receive Him during First Communion.

PRAYERS

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, cover me.

Water from Christ's side, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Suffer me not to be separated from You.

From the malicious enemy defend me.

In the hour of my death call me.

And bid me come unto You

That I may praise You with Your saints

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Forever and ever.

Amen.



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SACRAMENTS OF INITIATION AND RECONCILIATION



Lesson Overview:

Receiving Confirmation and First Communion will complete your child's initiation into the Church. Baptism is our birth into the faith. Confirmation grows and strengthens the life of God that we receive at Baptism. The Eucharist is the continual nourishment we need to continue in the Christian life and to reach our true homeland in Heaven.

The Eucharist also has an important connection to the sacrament of Reconciliation. Confession is the best way to keep our souls clean so that we can receive Jesus with a pure heart. The Church requires us to receive the sacrament of Reconciliation once a year. If we commit a mortal sin, we must confess before receiving Communion. Regular confession, however, keeps our soul ready to receive Jesus well and to break out of any habits of sin.



Seven Sacraments Altarpiece
by Rogier van der Weyden
Source: Wikimedia Commons

Review with your child:

1. What are the three Sacraments of Initiation? **Baptism, Confirmation, and Eucharist.**
2. What is the final Sacrament of Initiation? **Eucharist.**
3. If you are not in a state of grace, meaning with mortal sin on your soul, what must you do before receiving the Eucharist? **Go to Confession.**

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FAITH IN ACTION

Most parishes have Confession times on Saturday afternoon. This is a good time to schedule for going to Confession regularly. Pope St. John Paul II said “Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God.”

AT HOME

1. Practice praying the Prayer before Communion.
2. Talk with your child about finding a regular time to go to Confession as a family.

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.



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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.**

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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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SOURCE AND SUMMIT

LESSON
12

Lesson Overview:

This final lesson shows how the Eucharist is the center of our faith. It is how we meet God and how He lives in our souls. When we have communion with God, He changes who we are and transforms all that we do. The Eucharist is unique among the sacraments, because the sacraments all give us a share in God's grace and life, but the Eucharist contains God Himself. Therefore, the other sacraments and works of the Church are ordered toward the union with God we have in the Eucharist. The Eucharist is the source of the Christian life, because our communion with God in it gives life to all else that we do. The Eucharist gives us God's life and love to radiate throughout all of our lives. It is the summit, because God made us for communion with Him. The Eucharist is a taste of Heaven where we will have perfect communion with God and others. The Eucharist calls us to a life of prayer with God, living with and through Him. It is in prayer with God that we discern how God wants us to live, following Him in marriage, the priesthood, or religious life.



Disputation of the Holy Sacrament by Raphael
Source: Wikimedia Commons

Review with your child:

1. What is the source and summit of our faith life? **Eucharist.**
2. How does the Eucharist prepare us for Heaven? **We are united in love for Jesus and share in the heavenly liturgy on earth. We are united with one another as we will be in heaven.**
3. How does the Eucharist give us life? **We have the Body and Blood of Jesus, which sustains and nourishes us. Through the Eucharist, we have redemption and preparation for Heaven.**

SAINTS AMONG US

Eucharist



FAITH AT HOME

A Parent Companion



FAITH IN ACTION

The Eucharist be not only the source and summit of our faith, but also of our entire life. God asks us to shape our lives around His presence with us. We do this by seeing Sunday Mass at the high point of our week, spending time in prayer during the week in front of the Blessed Sacrament, celebrating the liturgical seasons, and practicing regular Confession. Jesus asks us: “Abide in me as I abide in you” (John 15:4).

AT HOME

1. Pray the prayer before and after receiving Communion as a family.
2. Talk with your child about what a vocation means and how you think God may be leading you in your life.

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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