

# The Sacrament of the Eucharist & Receiving the Eucharist

Signs of Grace- You are Loved  
Session 4 & 5



# Let's Pray

Dear Jesus, I believe that you are the true Bread from Heaven. I believe that you are really present, Body, Blood, Soul, and Divinity in the Sacrament of the Eucharist. Please prepare my heart to be united to you in Holy Communion. May your Body and Blood which I will soon receive in Holy Communion, keep me from every sin and every evil. Give me the strength to follow you always and never let me be separated from you. Amen.

**O my God, I am heartily sorry for having offended You.**

**And I detest all my sins because of Your just punishments,**

**But most of all because they offend You, my God, who are all-good and deserving of all my love.**

**I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen.**



## MEMORY VERSE REVIEW

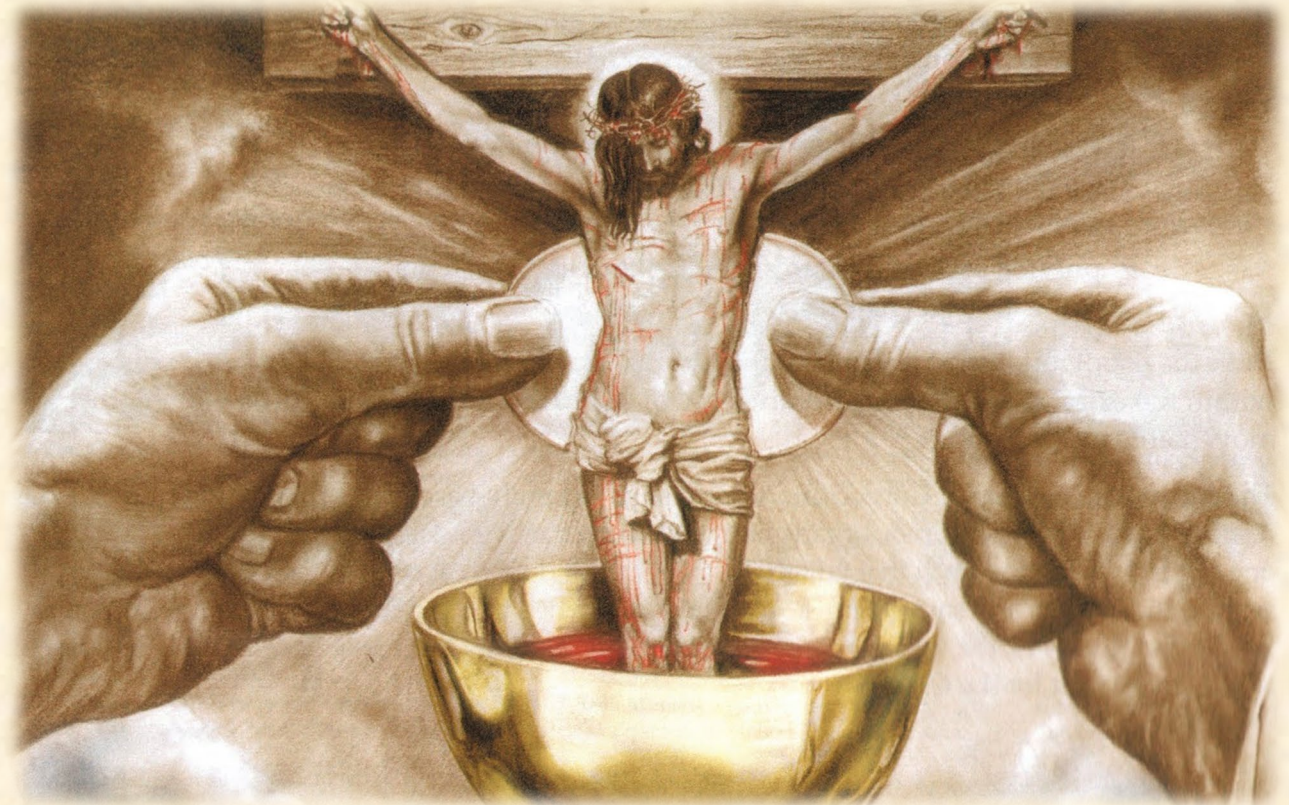
“JESUS FASTED FORTY  
DAYS AND FORTY NIGHTS,  
AND AFTERWARD HE WAS  
HUNGRY”

(MATTHEW 4:2)

# MEMORY VERSE

"For my flesh is true food indeed, and my blood is true drink indeed."

(John 6:55)



# Saint of the Day



- Feast Day: August 15<sup>th</sup>
- Patron Saint of 1<sup>st</sup> Communicants & Altar Servers
- From Italy
- Protected & Loved Jesus in the Eucharist

# The Most Special Meal



# Let's Learn About Our Faith



HOST



TABERNACLE



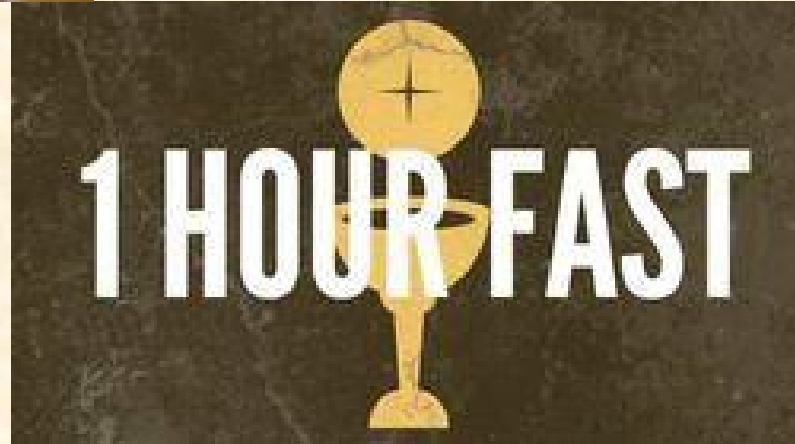
GENUFLECT

# Jesus is Really Present





# Let's Learn More About Our Faith



# Let's Do Activities



## Let's Do Activities

### God's Special Gift

Your First Holy Communion is the most important way to grow close to Jesus!

Follow the path and choose the steps you should follow when you are getting ready to receive the Eucharist at Mass. Fill in the circle next to each step with a smiley face if it is a good choice that brings you closer to the Eucharist or a sad face if the choice does not prepare you for this special time with Jesus.

Then draw a line following the correct path to receive the Eucharist.

**START** I examine my conscience...

I have a mortal sin – I go to Confession as soon as I can ☹️  
I only have venial sins 😊

Go to Mass every Sunday ☹️  
Only go to Mass if I feel like it ☹️

**Then I...** Eat a snack right before Mass ☹️  
Fast for one hour before Holy Communion ☹️

**At Mass I...** Take a nap ☹️  
Say a prayer before Communion ☹️

**Next I...** Chew gum and look around as I walk to Communion ☹️  
Walk to Communion reverently ☹️

Receive Communion on my tongue or make my hands like a throne for Jesus ☹️  
Grab the Eucharist out of the hands of the priest ☹️

**Then I...** Sit and think about TV or video games ☹️  
Kneel and say a prayer of thanksgiving after Communion ☹️

**When Mass is over I...** Go in peace to love and serve the Lord ☹️  
Forget all about Jesus ☹️

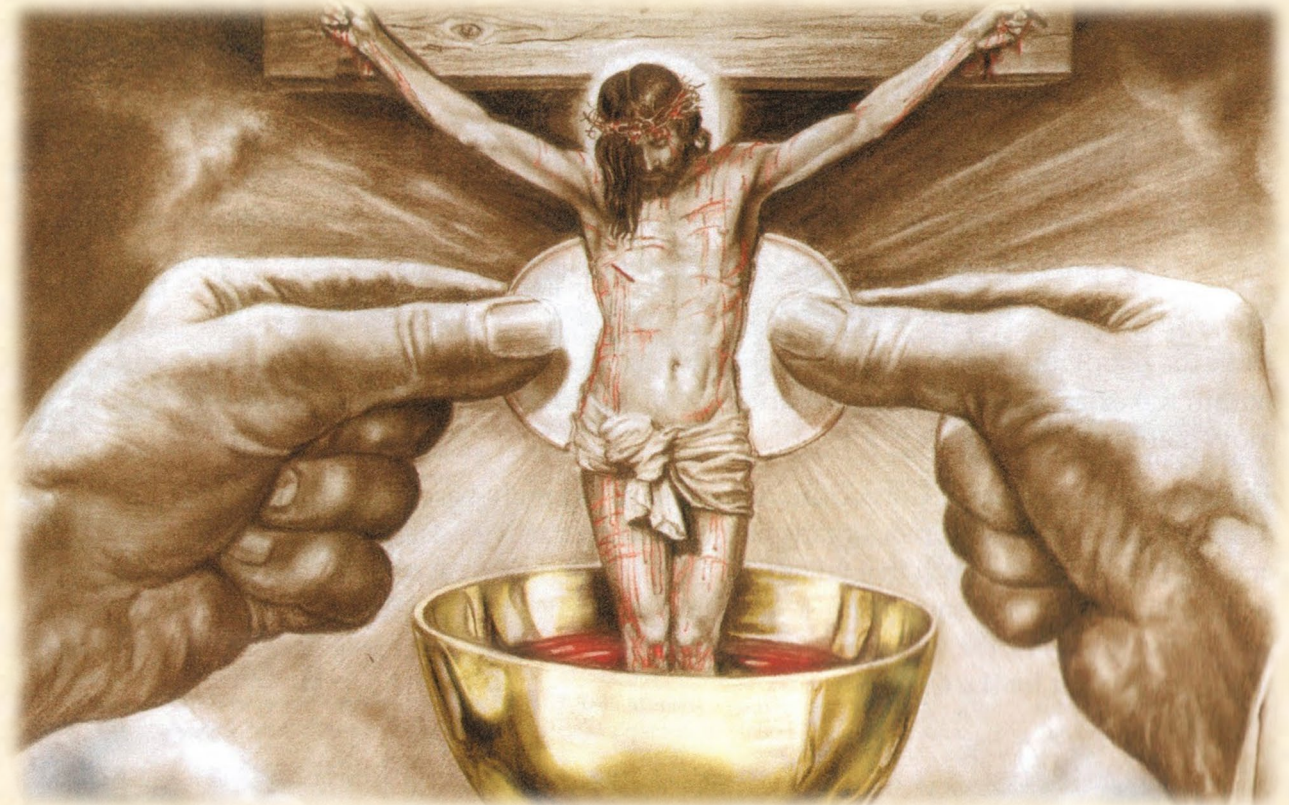
**Today is Sunday, so I...**

**SHARE THE GOOD NEWS**

# MEMORY VERSE- REVIEW

"For my flesh is true food indeed, and my blood is true drink indeed."

(John 6:55)



# Faith Activity

## Jesus, My Lord, My God, My All

1. Jesus, my Lord, my God, my All, How can I love thee as I ought? And how revere this wondrous gift, so far surpassing hope or thought. Sweet Sacrament, we thee adore, Oh, make us love thee more and more. Oh, make us love thee more and more.
2. Had I but Mary's sinless heart to love thee with, My dearest King, Oh with what bursts of fervent praise Thy goodness, Jesus, would I sing. Sweet Sacrament, we thee adore, Oh, make us love thee more and more. Oh, make us love thee more and more.
3. Thy Body, Soul and Godhead, all, O mystery of love divine. I cannot compass all I have, For all thou hast and art are mine. Sweet Sacrament, we thee adore, Oh, make us love thee more and more. Oh, make us love thee more and more.