

Faith Lesson 25 - Grades 1 & 2 - The Eucharist

First Holy Communion

Resource: Dynamic Catholic

[First Communion Student's Workbook](#)

[First Communion Parent's Guide](#)

Link to videos: <https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-1.html>

We used session 4 episodes 1, 2, 4, & 6. We have limited time in class for watching videos, but I encourage you to watch all the episodes from session 4 with your children.

Opening Prayer:

God, our loving Father, thank you for all the ways you bless me. Help me to be aware that every person, place, and adventure I experience is an opportunity to love you more. Fill me with a desire to change and to grow and give me the grace to become the-best-version-of-myself in every moment of every day. Amen.

Saint of the Day

Blessed Imelda

Little Imelda Lambertini loved Jesus so deeply that she often wondered, "Can anyone receive Jesus into their heart and not die?"

This caused her to request, when she was just five years old, to receive Jesus in the Eucharist. However, as it was the year 1327, her request was out of the question. At that time children were not allowed to receive their First Holy Communion until they were at least 12 years old.

But Imelda was persistent.

Although her father was an Italian Count and she had a comfortable home life, she wanted to be closer to God. Her parents raised her strongly in the faith which instilled in her a love for prayer and the Holy Sacrifice of the Mass. She would often visit a nearby Dominican Church to pray the Liturgy of the Hours with the nuns there.

At the age of nine, though her wish for receiving Holy Communion had not been granted, Imelda was allowed to enter the Dominican convent as a young postulant. All the while she continued to beg to be allowed to receive the Holy Eucharist.

One night, on the Vigil of the Ascension, the now eleven-year-old Imelda stayed late in the chapel to pray after Mass. She had begged to be allowed to make her First Holy Communion on this feast but was again denied. Each denied request increased her love and desire for the Real Presence of Jesus in her soul. Some say that a scent of roses drew the nuns back to the chapel, other accounts cite a bright light. However, it happened, the returning nuns were greeted by a stunning sight.

As Imelda prayed, a consecrated host was seen suspended in the air above her head. Quickly understanding God's will for the child to receive, the convent chaplain took the Eucharist and gave Imelda her First Holy Communion on the spot.

As she took Jesus into her heart, Imelda entered into a state of ecstatic prayer. The child remained kneeling as the nuns left chapel to allow her more time to pray. When they returned for her, they found her just as they had left her, but her body was lifeless.

After receiving Jesus in the Blessed Sacrament, Imelda, proving her early words to be prophetic, died of pure love and joy.

The feast day of Blessed Imelda Lambertini is celebrated on May 12th. She is the patroness of First Communicants and of making a holy, fervent First Communion. Her purity of heart is a beautiful reminder that, to be truly happy, we must love and desire God above all things.

Blessed Imelda's incorrupt body is kept in Bologna, Italy, at the Church of San Sigismondo, beneath the wax effigy of her likeness.

Blessed Imelda, pray for us to love Jesus in the Holy Eucharist as much as you did.

<https://www.catholiccompany.com/magazine/blessed-imelda-patroness-of-first-communicants-6058>

Faith Lesson

Say: Do you remember that the 1st part of the Mass is made up of the introductory rite with the opening prayer and Gloria and the Liturgy of the Word? Who remembers what happens during the Liturgy of the Word? (the 1st reading, the 2nd reading, the responsorial psalm, and the gospel).

Also, remember we talked about the meaning of the words "liturgy" and "rite". Does anyone remember what these words mean? A "rite" is said or done the same way every time for a reason, like making the sign of the cross. A "liturgy" is a prayer participated in as a community, like going to Mass.

This week we are going to talk about the second part of the Mass. Who remembers what they are? (Liturgy of the Eucharist and the Concluding Rite)

Get ready to find out what happens when Ben Forgets to feed Hemmingway! Hint: It involves Ben's shoe, cheese, and very sharp teeth.

Watch: "Food for the Soul" (Blessed 1st Communion session 4:1, 4:14)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-1.html>

Ask:

- Sarah mentions six ways to feed your soul. What are they? (Scripture, the Eucharist, service, prayer, being part of a faith community, and the Word of God)
- How do we know when our souls are getting hungry? (we become restless, impatient, angry, and selfish)

Say: One of the best ways to feed our souls is to attend Mass often and receive the Eucharist in a state of grace (meaning without sin on our souls). In the Eucharist, God feeds us with himself, what could be better than that? Remember how Fr. Peter said at the retreat how the Eucharist makes us more like Jesus.

Next, Fr. Tom helps Ben, Sarah, and their friends understand the Liturgy of the Eucharist.

Watch: “Liturgy of the Eucharist” (Blessed 1st Communion 4:2, 8:15)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-2.html>

Ask:

- What is the Eucharist? (the True Presence of Jesus. Body, Blood, Soul, and Divinity)
- What are the parts of the Liturgy of the Eucharist? (The Offertory, the Eucharistic Prayer, and Reception of Holy Communion)
- What is the most important part of the Mass? (the Consecration during the Eucharistic Prayer)
- Why is this the MOST important part of the Mass? (because Jesus comes to be with us even though He still looks like bread and wine)

Say: The Liturgy of the Eucharist is kind of like a time machine. We are really transported back in time to be with Jesus during the Last Supper, His suffering, death on the cross, and Resurrection. We echo many of the words from the Gospels as well. For example, as Jesus entered Jerusalem on Palm Sunday, we hear the people shout and sing: “Hosanna, Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven”. Does this sound familiar? We sing or say these words during the Holy, Holy, Holy. We hear in the words of the consecration Jesus’ words at the last supper. What other words do we say that are from the Gospels? (Our Father, “Lord, I am not worthy that you should enter under my roof...”, Gloria, etc.).

Listen as Fr. Tom tells a story about a miracle that took place in Italy. I cannot wait for you to hear it.

Watch: “The True Presence” (Blessed 1st Communion 4:4, 3:40)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-4.html>

Ask:

- Do you find it hard to believe that the bread and wine at Mass really gets turned into the body and blood of Jesus?
- How can we know that it really is Jesus? (Faith, Jesus said it, so I believe it, Eucharistic Miracles)
- How can we increase our faith? (ask Jesus to increase our faith he is the only one who can give that gift)

Say: Jesus loves us so much that He is not happy staying away from us. He loves us and wants us so much that He comes to be eaten by us so He can be inside us in a special way. Do you

love anyone enough to let them eat you? I doubt it and that would probably not be a good idea for us ordinary humans. Jesus' love is very special.

I love to think about the many Eucharist Miracles that have happened over the years, but every Mass we get our own Eucharistic Miracle. If we do not really believe that, then all the times like Lanciano will not matter because we will not believe them anyway.

In this episode, Ben and Sarah give us some great ideas on how we can share God's blessings with others.

Watch: "Jesus is in you" (Blessed 1st Communion 4:6, 4:00)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-6.html>

Ask:

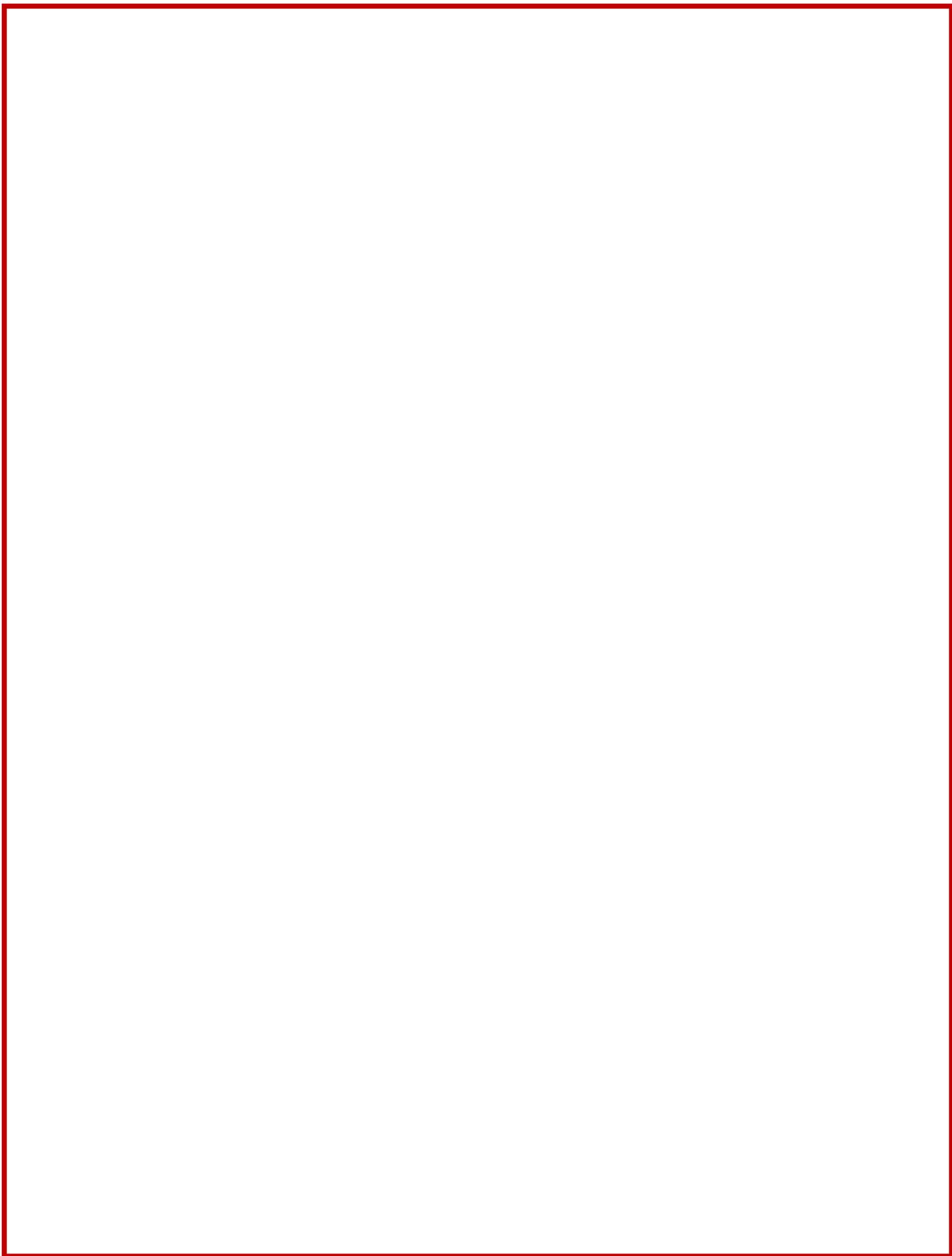
- What are some blessings we receive each time we receive Jesus in the Eucharist? (forgiveness of sin, strengthening of faith, desire to do good, hunger for virtue, desire for God, and strength to avoid sin in the future)
- How can you share your blessings with others? (help a friend, do your chores, say thank you, do something nice for someone else, etc.)

Say: The time after you receive Holy Communion is a very special time. You really have Jesus inside you. While you kneel in your pew after Communion, it is important to thank God for all his blessings and talk to Him. You can ask him questions, you can tell him about your week, or the things you are worried about.

Closing Prayer:

My God, I believe in You, I adore You, I hope in You, and I love You! I beg pardon for those who do not believe, nor adore, nor hope, nor love You.

Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly. I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world in reparation for the outrages, sacrileges, and indifference by which He is offended. And, through the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg of You the conversion of sinners. Amen. (Taught to the Children at Fatima)



Show What You Know

True or False

1. ___ One of the great blessings God wants to share with you is the Eucharist.
2. ___ The Eucharist is uniquely Catholic.
3. ___ The bread and wine don't become the Body and Blood of Jesus.
4. ___ Our souls are not nourished by the Eucharist.
5. ___ Jesus is truly present in the Eucharist.
6. The consecration is the moment when the bread and wine become the _____ and _____ of Jesus.
7. To consecrate the bread and wine, the priest says the same words Jesus used during the _____.
8. God fills you with _____ so that you can go into the world and share it with everyone who crosses your path.
9. God _____ you so much that he sent his son, Jesus, so that you could have eternal life!

Fill in the blank

1. There are _____ of blessings God wants to shower upon you.
2. The _____ is food for your soul.
3. You are so blessed to be _____.
4. Receiving Holy Communion is an incredible _____ that we should never take for granted.
5. You are on a great _____ with God and your destination is _____.
10. You are _____ and God wants you to go out into the world and share your _____ with others.

Word Bank

CATHOLIC	HEAVEN
BODY	BLOOD
BLESSINGS	JOURNEY
LAST SUPPER	LOVES
THOUSANDS	EUCCHARIST
PEACE	BLESSED
GIFT	



Show What You Know

True or False

1. T One of the great blessings God wants to share with you is the Eucharist. (p 112)
2. T The Eucharist is uniquely Catholic. (p 114)
3. F The bread and wine don't become the Body and Blood of Jesus. (p 119)
4. F Our souls are not nourished by the Eucharist. (p 112)
5. T Jesus is truly present in the Eucharist. (p 128)

Fill in the blank

1. There are thousands of blessings God wants to shower upon you. (p 112)
2. The Eucharist is food for your soul. (p 126)
3. You are so blessed to be Catholic. (p 114)
4. Receiving Holy Communion is an incredible gift that we should never take for granted. (p 127)
5. You are on a great journey with God and your destination is heaven. (p 117)

6. The consecration is the moment when the bread and wine become the body and blood of Jesus. (p 120)
7. To consecrate the bread and wine, the priest says the same words Jesus used during the Last Supper. (p 121)
8. God fills you with peace so that you can go into the world and share it with everyone who crosses your path. (p 123)
9. God loves you so much that he sent his son, Jesus, so that you could have eternal life! (p 125)
10. You are blessed and God wants you to go out into the world and share your blessings with others. (p 135)

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