

Receiving – Eucharist - Lesson 7

Page 61 - Read

**We do things that are good for us so that we grow healthy and strong.
Good foods help us grow strong in body and mind.
The Eucharist strengthens us as followers of Jesus.**

Catechist
Notes:

What are some things we do to stay healthy and strong?

Catechist
Notes:

Page 62 & 63 - Read

**Followers of Jesus Christ are called Christians.
Today we will hear a story about how the early Christians followed all that
Jesus taught. This story is from the Acts of the Apostles.**

Parent and child Discussion Questions

1. What did the early Christians do to show that they followed Jesus?
2. What did they do to remember Jesus' Last Supper?
2. What did the early Christians receive when they shared the blessed bread and wine?
4. Why did the early Christians gather to remember the Last Supper?
5. How was Jesus present to them when they gathered?

Let's
Talk!

Like the early Christians, we also gather to remember Jesus' Last Supper. We do this when we celebrate Mass. Like the early Christians, we too receive the Body and Blood of Christ.

Catechist
Notes:

Page 64 - Read

We see many people when we gather for Mass. Each of us is unique and yet we are all alike in one very important way: we are all children of God.

When we pray the Lord's Prayer, we remember that we are all children of God and brothers and sisters in Christ. We are all united with one another when we pray the Lord's Prayer.

Catechist
Notes:

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Page 65 - Read

Jesus taught the disciples the Lord's Prayer.

1. What is another name for the Lord's Prayer?
2. What are some of the things we pray for in the Lord's Prayer?



Let's
Talk!

Page 66 - Read

As members of God's family, the Church, we show that we are a community of faith in our words and in our actions.

1. What do we do to show we are members of the Catholic Church?
2. What do we say when we receive Holy Communion?

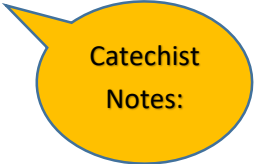


Let's
Talk!

Page 67 - Read

After we receive Holy Communion, we take time to talk to Jesus in the quiet of our hearts. In our prayer, we can tell him anything. We can praise him for the gift of himself and of creation. We can tell him to help us love others and thank him for forgiving our sins.

In the prayer after Communion, we pray in thanks for the gift we have received in the Eucharist.



Catechist
Notes:

Discuss: What do we do after we receive Holy Communion?