

Let's Learn ...

VIDEO

'Receiving Holy Communion'

Begin by recalling how in Holy Communion, we receive the gift of Jesus and are nourished to live as he asked us. Then show the children this video, in which the priest and ministers share Holy Communion with those gathered at Mass. Having watched the video, talk to the children using these or similar questions:

- Have you ever seen anyone receive Holy Communion? Have you ever received Holy Communion? Why or why not?
- When we receive Holy Communion at Mass, it is a very special time. How do people receive Holy Communion? What did you notice in the video?
- Who gives Holy Communion to the people at Mass? Sometimes other people help the priest. Do you know anyone who helps the priest to give Holy Communion to the people at Mass?

Then explain to the children that there are certain ways we can prepare to receive Jesus in Holy

Communion. Talk through each of the following points with the children.

- We fast for an hour before we receive Holy Communion.
- We say a special prayer before we receive Holy Communion. It is called the *Prayer before Communion*.
- We join our hands when we walk up the aisle to receive Holy Communion.
- We make sure that our hands are clean.
- We hold out our tongue or hold our hands in a special way to receive Holy Communion – left hand over right (for those who are right-handed) or right hand over left (for those who are left-handed).
- We pray in silence after receiving Holy Communion. There is a special prayer we say, called the *Prayer after Communion*.



Teacher Tip:

These points are also covered in the children's books

TEACHER NOTE: Those who distribute Holy Communion with the priest are called Extraordinary Ministers of Holy Communion. This is because they are not the 'ordinary' minister of Holy Communion, who is the priest or deacon.

PRAYER

Prayer after Communion

Begin by recalling the *Prayer before Communion* with the children ...

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.

Then tell the children that there is a prayer that should be prayed after Holy Communion too. Read this prayer for the children, and help them to repeat it after you.

Prayer before Communion

Lord Jesus, I love and adore you.
You're a special friend to me.
Welcome, Lord Jesus, O welcome,
thank you for coming to me.

Thank you, Lord Jesus, O thank you
For giving yourself to me.
Make me strong to show your love
Wherever I may be.

Be near me, Lord Jesus, I ask you to stay
Close by me forever and love me, I pray.
Bless all of us children in your loving care
and bring us to heaven to live with you there.

I'm ready now, Lord Jesus
to show how much I care.
I'm ready now to give your love
At home and everywhere. Amen.

Teacher Tip:

Even if the children in your class are not celebrating their First Holy Communion this year, it is important that they learn the *Prayer after Communion*.

1.3 Theme 6 Lesson 3 - Mass 'Receiving Holy Communion'

<https://vimeo.com/178001212>