

Topic: Holy Communion Strengthens Us

Family Small Group for FHC Cycle Week 2.18 (March 9, 2025)

Lesson Overview for Parents

We have a short lesson this week. We continue to look at receiving Holy Communion. Hopefully you have practiced receiving Holy Communion at home over the last week. We also practiced during our last family lesson. We really cannot practice receiving too much. Our students get very nervous and excited about receiving Jesus. Practice helps so much to calm those nerves.

1. Opening Prayer

Pray the prayer below together. This is a great little prayer to pray when you sit down at mass too! Have your student write it in their mass journal so they can pray it at mass. Pray it before attending our First Holy Communion classes.

2. Mass and Mass Journal

Did your student write in their mass journal this weekend?

Reminder: Students can still receive a prize each time they write in their Mass Journal or complete a row on their Mass Journal Bingo card.

Lord's Prayer

Our Father, who art in heaven,
Hallowed be thy name;
Thy kingdom come,
They will be done
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses,
As we forgive those who trespass against us;
And lead us not into temptation,
But deliver us from evil.

Amen

Spend a minute or two talking about what your student wrote in their mass journal. Do they have any questions they need answered?

3. Sacrament Book Readings

*Remember, you are your student's first and most important Catechist. You have options on how you cover the material below. You can read the information in the books below yourself and then talk about it with your student. You can read it together like story time and talk about it as you read it. We are asking you to focus on **parts** of the chapter. If you would like to go through the entire chapter with your student, you are welcome to do that too.*

Grades 1-3

Book: *God's Gift Eucharist*

Step 1: Chapter 7, pages 62-63 – Read the story about The Early Christians while your student puts the stickers on the pages.

Ask your student: What did the early Christians do to show that they followed Jesus? (they did what Jesus wanted; they gathered together; they sang hymns and praised God; they learned more about all that Jesus said and taught.)

What did the early Christians receive when they shared the blessed bread and wine? (the Body and Blood of Christ)

Step 2: Chapter 7, page 64-65 – Read the pages. Have your student fill in the blanks on page 64.

Ask your student: What are some of the things we pray for in the Lord's Prayer? (that God's Kingdom

Grades 4-6

Book: *Loyola Intermediate Reconciliation and Eucharist*

Step 1: Read God's Word – Read Acts 2:42-47 in your family bible.

Step 2: Chapter 13, page 55– Read the page.

Discuss: **The early Christians lived very differently than we do now. Discuss the differences.** Be sure to cover with your student that early Christians lived in community and share everything they had with others who needed it. Meals were shared together too. People sold things they had to help others.

Step 3: Chapter 13, page 56 - Read the page.

Ask your student: **Why is the Lord's Prayer such an important prayer?** Because Jesus gave it to us! If your student doesn't know the Lord's Prayer – work hard with them to memorize it.

Step 4: Chapter 13, page 57 - Read the page.

will come; for our daily bread; God's forgiveness; to be forgiving; that God save us from temptation and evil)
Step 3 Chapter 7, page 66 – Read the pages. This is another great review! Ask your student: **After receiving Holy Communion we say "Amen." What does Amen mean when we say it after Holy Communion?** (it means we really believe that we are receiving Jesus Christ – body, soul, blood and divinity.)

Ask your student: **Why is it important to receive Holy Communion every time we go to mass?** Possible answers: Holy Communion unites us with Christ and all members of the church, forgives our venial sins if we are repentant, helps preserve us from more serious sin, gives us grace, it is food for our soul, etc.

4. VERY IMPORTANT Formed Video

This is kind of a silly video but very informative on how to receive Holy Communion. Please watch it with your student.

<https://bustedhalo.com/video/eucharist>

6. Activity – Receiving Holy Communion Review

Find a small bowl and glass. Tear up a piece of bread or gather a few small crackers – put them in the bowl.
Put a little water or juice in the glass.

Have your student teach you how to receive Holy Communion. The best way to learn something is to teach it!

7. Story Time

Now, prepare for our next Sanctuary Lesson on March 16. You may want to schedule time to read this story later in the week and then reread it before March 16. Be sure to put it on your calendar or make a note on your frig so you don't forget. Read the bible story below in your Illustrated Children's Bible.

Story Name: Jesus on the Way to Jerusalem / The Raising of Lazarus
Pages: 253-261