

First Eucharist 2021

Session 5- Your First Communion

Prayer:

My Lord and my God,
I firmly believe that you are present in the Eucharist.
Take the blindness from my eyes,
so that I can see all people and all things as you see them.
Take the deafness from my ears,
so that I can hear your truth and follow it.
Take the hardness from my heart,
so that I can live and love generously.
Give me the grace to receive
the Eucharist with humility,
so that you can transform me a little more each day
into the person you created me to be.

Amen

Lesson 1: This is a Special Day

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-1.html>

(Run time 4:20)

There are lots of things you do for the first time as you grow- the first time you stand up alone, the first time you lose a tooth, the first time you ride a bike without training wheels! What are some things you remember doing for the first time? Ask your parents, grandparents, siblings or other special people in your life to tell you about what they remember from their First Communion. Tell your family what you most look forward to on your First Eucharist day. Then, write a little prayer to God, asking for His blessings on your special day, and to help you feel His love and presence as you receive. Sleep with it under your pillow the night before, then pray with it when you wake up on your special day!

Lesson 2: You're Growing Up

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-2.html>

(Run time 3:24)

What are some things that you can do now, that you couldn't do 2 years ago? In what way have you changed so that you are now able to do those things? What changes do you notice about yourself that help you know you are ready to receive the Eucharist for the first time? Why are those changes important?

Lesson 3: Preparation Matters

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-3.html>

(Run time 6:35)

Once you have received Eucharist for the first time, you're welcome to come back every time you come to mass! Before receiving the eucharist each time, there are 2 things you need to do- abstain for 1 hour prior to mass and pray to God in thanksgiving. What does it mean to abstain? Sometimes, like on Ash Wednesday and Good Friday, we're asked to fast- what does that mean?

Lesson 4: The Eucharist Empowers Us to Do Great Things

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-4.html>

(Run time 8:35)

God wants us all to live holy lives. Do you have a favorite saint? What is something special he or she did? What is something you have done that show's God that you are trying to live a holy life? The Eucharist helps us to do wonderful things that will help us to follow the path God set for us. How does the Eucharist help us?

Lesson 5: From the Bible- The Visitation

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-5.html>

(Run time 4:42)

On our church tour, so you remember seeing the red glass candle holder next to the tabernacle? Why is that candle lit? How is Mary's visit to her cousin Elizabeth like when we receive the Eucharist? How can YOU be like the candle next to the tabernacle? Name some ways you can bring God's light to the world!

Lesson 6: Your First But Not Your Last

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-6.html>

(Run time 6:48)

What was the important advice Sarah received from her family and Sister Rosa? How often are you able to receive the Eucharist? How does receiving the Eucharist as often as it is available help us to live better, holier, happier lives?

Lesson 7: Closing Prayer

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-7.html>

(Run time 2:37)