

First Communion Session - 1 of 4

The consecration of the bread and wine at Mass is the most solemn moment of the entire liturgical celebration. This is when the bread and wine, through the power of the Holy Spirit, become the Body and Blood of Christ. Not changing in form but in substance, the Eucharist becomes the true and Real Presence of Jesus, not merely a symbol of it.

The gift of the Sacrament of the Eucharist is the gift of Jesus himself, promising to be with us always (Matthew 28:20) and to strengthen us as his disciples. It is a truly awesome gift we receive each time we go to Mass. This chapter teaches about the Eucharist and its beginning at the Last Supper. Although the changing of the bread and wine to the Body and Blood of Jesus can be challenging for children to grasp, it is helpful to remind them that Jesus gave us this gift of himself and that the Church has been celebrating the Eucharist ever since the Last Supper.

Points to make for this lesson

- Jesus gave the gift of the Eucharist at the Last Supper
- The bread and wine become the Body and Blood of Jesus at Mass
- The Eucharist strengthens us to follow Jesus more closely

Together pray the prayer on the front of the activity booklets.

Ask your child to share what they already know about the Last Supper. Encourage him/her with questions like,

Why was it called the Last Supper?

Who was there?

What happened?

Let your child know before reading it that they can see how the Last Supper is connected to the Eucharist we receive and they will be receiving soon each Sunday.

Read together Mark 14:12-26 (pgs 1559 and 1562) in the Children's Bible/

Go to Page 1560/61 in the Bible and go through that with him/her and remember to ask questions along the way.

Take a quiet moment to allow your child to imagine what the Last Supper was like if they were there sitting at the table with Jesus. Walk them through the meal with their imagination giving them prompts and asking questions (what do you hear? What do you smell?)

Have your child tell you about everything that they were imagining and have them draw a picture of the Last Supper as they see it.

Go over the activity page together.

Closing prayer is on Page 4 of the Activity page and also add the Our Father.