

## SESSION FIVE

# Receiving the Body and Blood of Christ

## Believe

In the first part of the session, your child will learn that we receive Jesus, the Bread of Life, in the Eucharist.

- Turn to page 64. Talk together about a favorite celebration in your family. Invite your child to complete the activity on this page.
- Read page 65 together. Emphasize how we gather together as God's family for the celebration of the Eucharist.
- Turn to page 66 and read the account of Jesus' appearance to the disciples on the road to Emmaus. Reflect together on what words or phrases touched your heart in this reading. Together look at the Scripture art on pages 66 and 67 as you read the Scripture story again. What do you see?

## Celebrate

In the next part of the session, your child will learn how to receive Holy Communion as part of the celebration of the Eucharist.

- Read pages 68 and 69 together. Draw attention to the pictures and ask your child to tell what is happening in each one.
- Continue reading pages 70 and 71. You might want to practice with your child the steps for receiving Holy Communion, using the book as a guide.
- Review with your child any highlighted words, and help your child understand what each one means. You can also look up the definitions in the glossary on page 95.



## Live

In the last part of the session your child will think about someone special to invite to the Mass.

- Turn to page 72 and provide assistance as your child makes an invitation for someone special to come to the Mass with your family.
- Read the story about the saint on page 73. Talk about the saint's love for Jesus Christ. Help your child complete the activity.
- Bring the session to a close with a hug and a sharing of what each of you enjoyed during your time together.

## Spiritual Practices for the Home

Rituals abound in family life. From the elaborate ones celebrated around Thanksgiving or Christmas to daily routines that follow a set pattern, rituals provide stability, promote healing, and establish a sense of identity. Prior to celebrating a ritual,

pause to ask God's blessing on your family. After the ritual concludes, take another moment to give thanks for the gift of being together.