

ARCHDIOCESE OF CHICAGO

Preparing for
The Mass and Holy Communion as a family

In the Mass, we come together as the People of God to worship with one heart, one mind and one voice. We are always invited to encounter Jesus in the Mass. He is present in the priest who presides at Mass, in the Word of God proclaimed and in the assembly gathered to worship. But the most special way we encounter Jesus at Mass is in the Eucharist—his sacramental presence under the signs of bread and wine. The bread and wine offered to God the Father through the priest are completely transformed into the Body, Blood, Soul and Divinity of Jesus by the power of the Holy Spirit. We experience this encounter with Jesus most powerfully when we receive the Eucharist in Holy Communion.

Contact your local parish for more information and mass times. For some ideas on helping children enter into the liturgy, check out **"Bringing Children to the Holy Table."**

Step 1: Scripture and Prayer

- Start by setting up a prayer space in your home. Here's a **guide** to help you get started with praying as a family.
- Pray this **Family Prayer** as you begin.
- Read the **Story of the Last Supper** in the Gospel of Matthew 26:26-28 together.

Learn more about the **Mass** and the **Eucharist** on the United States Conference of Catholic Bishops (USCCB) website.

Step 2: Reflecting on the Gospel Reading

Talk about the Gospel reading together—what stood out to you? Here are some other questions to consider:

- Who was at the Last Supper? (Jesus and his disciples)
- What did Jesus do with the bread? (took it, said the blessing, broke it, gave it)
- What did Jesus tell the disciples to do? (take and eat)
- Who goes to Mass? (believers in Jesus)
- What does the priest do with the bread at Mass? (takes it, says the blessing, breaks it, gives it)
- Who do we receive in Holy Communion? (Jesus)

Step 3: Videos and Craft Activities

- Watch a Gospel reflection video from My Catholic Kids about the **Road to Emmaus**.
- Watch **"What Happens to the Bread & Wine?"** from C4: Ignite Your Faith.
- Learn about the **Making of the Communion Wafers** in a Passionist Monastery.
- Color this **quote about the Eucharist** and hang it in your home.
- Look at a Leonardo da Vinci's painting of **the Last Supper** and draw your own or print this **coloring page**.
- Learn about the Mass with the **Introduction to Mass Story and Reflection** and the **4 Parts of the Catholic Mass for Kids** article.

Step 4: Sharing

- Reflect on the fact that when you receive Holy Communion, you receive the Body, Blood, Soul and Divinity of Jesus. What does this mean to you?
- The dismissal at mass tell us to "Go forth," or to go out and spread the Gospel. Talk about what the mission of spreading the Gospel might look like in your daily life.
- Discuss ways that you might prepare for Sunday mass as a family each week.
- End your reflection on the Mass and the Eucharist by praying the **Our Father Prayer** together.