

A small green seedling with several leaves is growing out of a crack in a dark, textured surface, possibly asphalt. The background is a blurred, light-colored surface with some reddish-brown streaks. On the right side, there is a large, semi-circular blue graphic overlay.

HOLY COMMUNION

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# THE LITURGY OF THE EUCHARIST-HOLY COMMUNION

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- **Task 1:** Watch this video of part of the mass, from 7mins. This is from where you watched up to last week.
- <https://www.togetheratonealtar.catholic.edu.au/receive/liturgy-of-the-eucharist/>

## Task 2

Written response to these question.

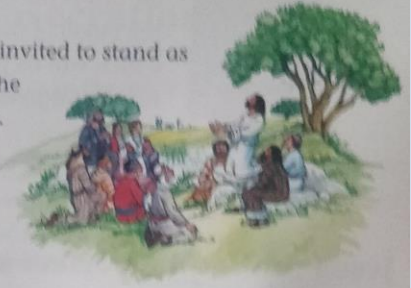
# Holy Communion



Know that it is Jesus we receive in Holy Communion.  
Be aware of how important this is for us.

## Our Father

In preparation for Holy Communion, we are invited to stand as one family and pray to God our Father. It is the same prayer that Jesus taught to the disciples.



"Our Father who art in heaven,  
hallowed be thy name."

*May your name always be kept holy.*

"Thy Kingdom come, thy will be done on earth as it is in heaven."  
*May your Kingdom of love and trust come into our world.*

"Give us this day our daily bread."  
*May you give us nourishment for our body and soul.*

"Forgive us our trespasses as we forgive those who trespass against us."  
*May you forgive us our sins in the same way as we forgive those who hurt us.*

"Lead us not into temptation, but deliver us from evil."  
*Do not let us be tempted to do things that are wrong.*

### Activities

1. How can we bring God's Kingdom into the world? Discuss.
2. Why do you think the 'Our Father' is a good preparation for Holy Communion? Some clues: Praise; God's will; Kingdom; Forgiveness.
3. We ask God to forgive us our sins in the same way as we forgive others. Give two examples to show what this really means.



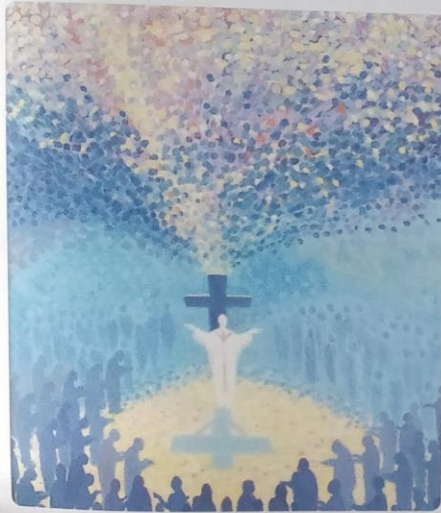


## Receiving Holy Communion

As we prepare to receive Jesus in Holy Communion, we remember that he is the nourishment we need for our souls, for our inner lives, because:

- Jesus is the **Way** to the Father.
- Jesus teaches us the **Truth** about life.
- Jesus offers us eternal **Life** with God.

When we receive Jesus in Holy Communion, we become more deeply part of him and we are given a promise of sharing his life fully in heaven.



We welcome Jesus into our hearts. The time after Holy Communion is a time of most special prayer. During it, we speak personally to Jesus who is present within us.

We have to be very careful not to be distracted by others around us. We must find our own way of focusing on the presence of Jesus within us. If we deliberately let our thoughts wander, Jesus will not give us a nudge to remind us that he is with us. It is up to us to really make an effort to be with him. He loves each of us immensely.



Don't miss this precious opportunity to ask Jesus to help you. Share your most private thoughts with Jesus and let him know how much you love him.



### Pause to reflect

Think of two ways to help you remain present with Jesus when you receive Holy Communion. Write them down.



**Task 3**  
Written response to this.



## OUR FATHER-PREPARING FOR HOLY COMMUNION

### Question 1

How can we bring  
God's Kingdom into  
the world?

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### Question 2

Why do you think the  
'Our Father' is good  
preparation for Holy  
Communion?

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### Question 3

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forgive our sins in the  
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examples to show  
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## HOLY COMMUNION

### Question 1

Think of two ways to  
help you remain  
present with Jesus  
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Holy Communion.

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