

**HOW CAN YOU HELP PREPARE
YOUR CHILD FOR THE
SACRAMENT OF FIRST EUCHARIST**

1. The best preparation for First Eucharist that you can give your child is regular attendance at Mass. Talk to your child about the Mass before you go and at appropriate moments in the actual celebration when you are in church together.
2. Talk about the importance of family meals. Family meals offer the opportunity to talk to one another. During Mass we also have a family conversation. We talk to God in the opening prayer, the penitential rite, the Gloria, the Alleluia and when we praise Him. Encourage your child to join in the prayer responses.
3. Stress the importance of what happens at the penitential rite of the Mass. We express sorrow for our sins and we forgive one another. It is a special time for getting our hearts ready to eat at the Lord's table.
4. Stress the special time of Mass when we hear God's word. Discuss the fact that God speaks to us in the words that the priest and the lector read to us from the Bible.
5. By your words, prayer, and example, you are teaching your child what it truly means to be the Body of Christ. Your child will experience through you Jesus' giving of His love.
6. Scripture stories reveal God's love and care for us. Take time to read, study and discuss the following scripture stories with your children.
 - Jesus feeds the five thousand (Matthew 14; 13-21)
 - Jesus feeds the four thousand (Matthew 15; 29-39)
 - Jesus at the home of Mary and Martha (Luke 10; 38-42)
 - Jesus and the little children (Matthew 19; 13-15)
 - The last Supper (Luke 22; 14-20)
7. Lead your children through the various parts of the Mass. Keep in mind what is at the heart of the mystery we celebrate. When we experience it fully the Eucharist is a happening through which our lives are changed.

At the Last Supper, Jesus told His apostles, "Do this in remembrance of me"
(Luke 22; 19)

When we receive Christ's Body and Blood in the Eucharist, we remember

- His death and resurrection.
- His sacrifice for us.
- The importance of uniting our own sacrifices to His.