

# Holy Communion Preparation



# Lesson 3 Mass



**Match the response to the correct greeting**

Glory to you, O Lord

It is right and just

Praise to you, Lord Jesus Christ

We lift them up to the Lord

The Lord be with you/Peace be with you  
Response: \_\_\_\_\_

The Word of the Lord/Go in peace  
Response: \_\_\_\_\_

Lift up your hearts  
Response: \_\_\_\_\_

A reading from the Holy Gospel according to Mark  
Response: \_\_\_\_\_

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb  
Response: \_\_\_\_\_

Let us give thanks to the Lord our God  
Response: \_\_\_\_\_

The Gospel of the Lord  
Response: \_\_\_\_\_

The Body of Christ  
Response: \_\_\_\_\_

**Match the response to the correct greeting**

Lord, I am not worthy that you should enter under my roof but only say the word and my soul shall be healed.

And with your Spirit

Thanks be to God

Amen

F	A	S	T	N	S	E	L	P	I	C	S	I	D
N	T	S	I	R	A	H	C	U	E	R	S	N	P
O	A	G	N	I	D	N	E	S	U	E	A	B	E
I	B	O	D	Y	O	F	C	H	R	I	S	T	R
N	B	S	S	E	I	D	A	E	R	B	I	H	U
U	F	T	M	C	R	N	E	M	C	D	D	E	T
M	I	I	S	H	E	E	N	I	T	E	C	P	P
M	P	S	A	A	T	T	I	S	S	N	B	U	I
O	Y	O	A	L	A	S	W	S	E	M	I	G	R
C	R	R	K	I	W	I	E	I	I	L	O	T	C
Y	O	R	U	C	E	L	N	O	S	S	O	S	S
L	T	Y	Y	E	B	O	D	N	P	W	O	H	Y
O	S	B	R	O	K	E	T	E	E	P	L	A	E
H	K	O	O	T	A	I	L	L	N	G	M	B	M

## 'Mass' Word Search

Find the following words:

- |                |           |
|----------------|-----------|
| Mission        | Wine      |
| Chalice        | Sending   |
| Towel          | Broke     |
| Body of Christ | Fast      |
| Bread          | Blessed   |
| Scripture      | Eucharist |
| Gospel         | Sorry     |
| Holy Communion | Water     |
| Disciples      | Took      |
| Story          | Listen    |



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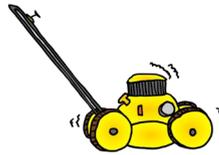
# Lesson 3 Mass



## Section C: 'Do this in Memory of Me'

During the Last Supper Jesus did two things. As well as celebrating the meal he also wrapped a towel around his waist and washed his disciples feet. When Jesus said 'Do this in memory of me' he was not just talking about the meal but also the washing of feet, he was reminding us that we have a mission of love and we have to love and care for each other...

**Match the person to what they need for their mission:**



### Preparation for Receiving Holy Communion

At home practice the prayers and the movements.

Prepare to receive by fasting for an hour before Mass, it helps us to think about Jesus and make room in our hearts for him.

At Communion time say the 'Prayer before Communion' quietly in your seat.

Walk to the priest with your hands joined. Place one hand on top of the other and when the priest says 'Body of Christ' you say 'Amen'. Place the Holy Communion in your mouth and bless yourself slowly.

Return to your seat in the same way. Quietly pray the 'Prayer after Communion'. Talk to Jesus and welcome him.

Leave the Church inspired by Jesus to live your mission of love, of light and of service to others.

## Family Assignment

**Complete the following section with members of your family (where possible)**

1. **Make a list of the people or organisations that you know that put Jesus' mission of love and service into action.**

a) Write down why you chose them.

b) Share your answers and why you chose them. Compare your answers.

c) Share with each other the ways in which you currently put Jesus' mission of love and service into action. What kind things do you do? Why do you do them? What do you like about doing them?

d) In Holy Communion we are being challenged and helped to become what we receive, to become more like Jesus. Think of a way you want to be more like Jesus. What way will you show kindness and love?



2. **Together practice how to receive Holy Communion using something like a wafer. You can practice walking with your hands joined. When you reach your parent or family member put out your hands. Normally, if you are right handed, you put your left hand on top of your right hand and vice versa if you are left handed. The family member will say something like 'Body of Christ' and place the wafer on your hand. You will say 'Amen'. Pick up the wafer, place it in your mouth and bless yourself slowly and turn away with your hands joined and walk back to your seat.**

3. **Another important way to prepare for receiving Holy Communion for the first time is to learn the prayers that you pray on the day. Also it is important to learn the Mass responses. The prayers and Mass responses are on pages 64 and 65 of your 'Grow in Love' student book. It will be important to know the following:**

1) Prayer before Communion

2) Prayer after Communion

3) The Mass Responses