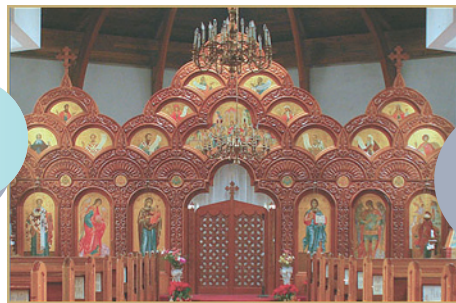


# Holy Communion

The Divine Liturgy is the most important service because we receive the Sacrament of Holy Communion. This is a most precious gift that God has given us. Holy Communion unites us with God and to each other because we know Christ is in all of us. When we receive Holy Communion we can feel God's love, peace and joy, and it gives us a glimpse of Heaven.

1.

We ask God to forgive our sins and to help us forgive others.



6.

Another word for the Sacrament of Holy Communion is Eucharist which means Thanksgiving.

2.

The Priest asks the Holy Spirit to come upon us and bless the bread and wine, and they become the Body and Blood of Christ.



5.

After receiving Holy Communion we sing: "We have seen the true light" because Jesus is in us and we feel Him.

3.

Before receiving Holy Communion we get ourselves ready by praying and fasting according to the rules given by our Priest.

4.

The Priest tells us: "Approach with the fear of God, faith and love" and we go quietly to receive Holy Communion.

## We learn about Holy Communion in the Bible

*"And as they were eating, Jesus took bread and blessed it, and broke it and gave it to the disciples and said, Take, eat; this is my body. And he took the cup and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the New testament, which is shed for many for the remission of sins."*

Mat 26:26-28.

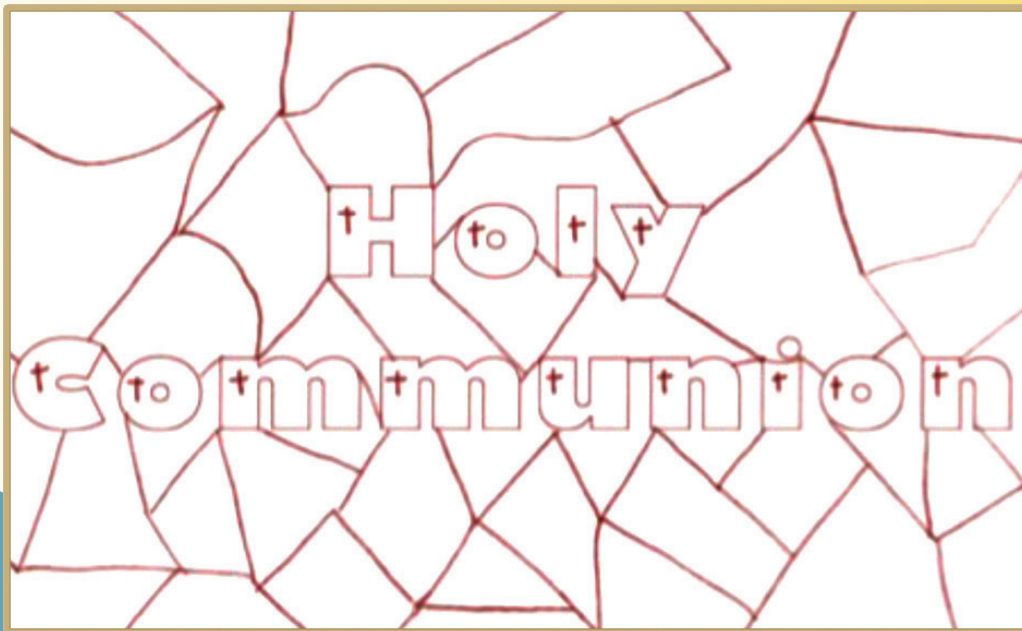
Name: \_\_\_\_\_ Date: \_\_\_\_\_

Answer  
TRUE or FALSE.

When we receive Holy Communion,  
we must be quiet.

\_\_\_\_\_

Colour the spaces with a cross in them the same colour to find  
out what is the most important part of the Divine Liturgy.



### PRAYER

*Receive ye the Body of Christ,  
Taste ye the Fountain of Immortality.*

*Alleluia, Alleluia, Alleluia.*

*- Holy Liturgy -*

# Holy Communion

## {Teacher's Edition}

**Lesson Objective:** To have children understand what happens during Holy Communion.

### Introduction:

The Divine Liturgy is the most important service because we receive the Sacrament of Holy Communion. This is a most precious gift that God has given us. Holy Communion unites us with God and to each other because we know Christ is in all of us. When we receive Holy Communion we can feel God's love, peace and joy, and it gives us a glimpse of Heaven.

### Bible Reading:

#### We learn about Holy Communion in the Bible

"And as they were eating, Jesus took bread and blessed it, and broke it and gave it to the disciples and said, Take, eat; this is my body. And he took the cup and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the New testament, which is shed for many for the remission of sins." Mat 26:26-28 **The Priest says these words during Holy Liturgy.**

### Facts About Holy Communion



- 1 We ask God to forgive our sins and to help us forgive others. **If we make mistakes we try not to do them again.**
- 2 The Priest asks the Holy Spirit to come upon us and bless the bread and wine, and they become the Body and Blood of Christ.
- 3 Before receiving Holy Communion we get ourselves ready by praying and fasting according to the rules given by our Priest. **The Priest gives us special prayers to say and tells us how to fast.**
- 4 The Priest tells us: "Approach with the fear of God, faith and love" and we go quietly to receive Holy Communion. **It is very important for us to be quiet. This is not a time to talk or play.**
- 5 After receiving Holy Communion we sing: "We have seen the true light" because Jesus is in us and we feel Him.
- 6 Another word for the Sacrament of Holy Communion is Eucharist which means Thanksgiving.

### Activity:

1. Have the children answer the True or False question.
2. Have them colour in the spaces with a cross the same colour so they can uncover the words Holy Communion.

### Prayer:

Receive ye the Body of Christ,  
Taste ye the Fountain of Immortality.  
Alleluia, Alleluia, Alleluia.  
**This is sung by the choir every Sunday.**