

6. We Share Jesus, The Bread of Life



This part of the Mass begins with the Our Father, the prayer Jesus taught his disciples when they asked him how they should pray. Following the Our Father we share a 'sign of peace' with one another. The *Agnus Dei* ('Lamb of God') is then prayed, after which we kneel and prepare to receive Holy Communion.

Children can receive Holy Communion either in their hand or on their tongue. The important thing is that they receive it with reverence. All who are able are asked to fast from food and drink for at least one hour prior to the reception of Holy Communion as a mark of respect for what we are to receive.

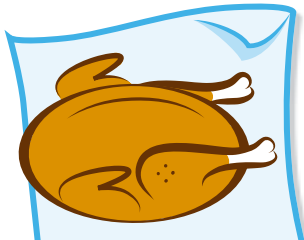
In the pages that follow, the 'Prayer after Holy Communion' is introduced. Again, go through this prayer carefully with your child. Some prompts are included to help you to do so. The main thing we want children to understand is that receiving Jesus, the Bread of Life, helps us to live in the way he asked us. It is the food that nourishes our faith.

As with the 'Prayer before Holy Communion', pray the 'Prayer after Holy Communion' with your child to help them establish it as part of their routine.

A Prayer for Parents and Families

Lord Jesus,
We believe that you come to us in Holy Communion,
because you have said it and your Word is true.
May our participation in the Mass help us to live our lives as
witnesses to the love you revealed to the world.
Amen.

Think of the **meals** that you and your family share together:



Christmas dinner



Birthday cakes



Family picnics

Holy Communion is the **special meal** that the friends of Jesus share together. While it looks and tastes like bread and wine, it is actually the Risen Jesus that we receive. That is the amazing thing: Jesus promised that he would be with his friends forever and, through Holy Communion, he is!

We get ready to share the Risen Jesus, the Bread of Life, by praying the 'Prayer before Communion' quietly. Holy Communion is not ordinary bread. It is food that helps us to **grow in love with God and for other people**. When we receive Holy Communion and hear the words, 'The Body of Christ', we respond 'Amen' to show we understand this.

After we receive Holy Communion, we return quietly to our seats, and say the 'Prayer after Holy Communion'. Look at each part of the prayer and think about what it means:

Lord Jesus, I love and adore you.
You're a special friend to me.
Welcome, Lord Jesus, O welcome,
Thank you for coming to me.

Thank you, Lord Jesus, O thank you,
For giving yourself to me,
Make me strong to show your love
Wherever I may be.

Be near me, Lord Jesus, I ask you to stay
Close by me for ever and love me, I pray,
Bless all of us children in your loving care,
And bring us to heaven to live with you there.

I'm ready now, Lord Jesus,
To show how much I care,
I'm ready now to give your love
At home and everywhere.
Amen.

We begin by welcoming Jesus. We know that after we receive Holy Communion, Jesus is with us in a very special way.

Next, we say thank you to Jesus for coming to us in Holy Communion and ask for his help to show his love to others.

Then we ask Jesus to bless us and all people. We know that, one day, we will live with Jesus forever in heaven.

Now that we have received Jesus, the Bread of Life, we are able to share his love with others.





PJ Prayer

Prayer after Communion

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