

8. We Continue to Live as Friends of Jesus

The journey that your family undertook in preparing for your child's First Holy Communion did not begin when you started to read this book. Neither, then, will it end because you have finished it, or because the First Holy Communion celebration has come and gone. The Eucharist is a mystery, and it takes a lifetime to even begin to understand it.

If you have enjoyed reading this book with your child, and if you have come to understand the Eucharist better because of it, think about how you might continue your child's faith journey over the coming years. It is a sad reality that many children celebrate their First Holy Communion with great enthusiasm and then don't continue to go to Mass until they begin to prepare for the Sacrament of Confirmation.



Consider continuing the practices that have been suggested in this book to help your child to grow in faith over the next few years:

- Say your own 'PJ Prayer' at night
- Read stories from the Bible and chat about them
- Encourage your child to perform acts of charity or 'good deeds' as an expression of their desire to live like Jesus
- Help your child to participate fully and actively in the Mass.

Remember that by joining with your parish community for Mass, you are fulfilling Jesus' final request: 'Do this in memory of me.' In his name, we come together to celebrate.

A Prayer for Parents and Families

Loving God,
On the day we presented our child for Baptism, he/she was welcomed into your family with great joy.
Help us to honour the promises we made to be his/her first and best teachers in the ways of faith.
May we give our children the best example we can as they try to live their lives in the way that Jesus taught us.
Amen.

Well done! You have come to the end of this part of the journey in preparing for your First Holy Communion. It doesn't finish here though! **This is only the beginning** of many more great days to come. After you celebrate your First Holy Communion, you can receive Communion every time you go to Mass.



Can you remember the six things that happen at Mass?



1. We gather together to _____.
2. We celebrate God's _____.
3. We listen to the _____.
4. We give _____.
5. We share _____, the _____.
6. We ___ in _____.

Each time you share in Holy Communion, **the Risen Jesus will be with you** in a special way. You can show that you are a friend of Jesus by showing that you love God and other people. That is what Jesus taught us.

PJ Prayer

Loving God,
Thank you for all the people who have helped me to prepare for my First Holy Communion, especially my family, my teacher and my priest.
Help me to keep learning about you and your love for the world.
Keep us all safe through the night.
Amen.