

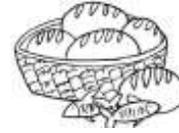
(SESSION 1) JESUS FEEDS 5000 PEOPLE



Aim: To help parents to prepare their children at home for First Holy Communion by helping them to understand how Jesus will feed them in Holy Communion.

Note to the Parent:

- The whole story is contained in John 6: 1-14. Today, However, we will reflect on that part of the episode in John 6:10-14.
- It might be useful to recall with the child what the family or the parish has done to help those who are in difficulties during the Corona Virus pandemic.



Room Setting: See General Guidelines for all Session.

- Sit with your child and other members of your family around the kitchen or dining table.

Focus on the Table: See General Guidelines for all Session.

Quiet Time:

Begin with a prayer – the Our Father.

Invite the children to be quiet and think of the words of Jesus in the Our Father: “Give us today our daily bread”.

The children and family members can share their thoughts.

The Bible Story: See General Guidelines for all Sessions.

Parent or any other member of the family:

Tell the children we are now going to hear what Jesus did with the bread and the fishes that the young boy had given.

Family Discussion and Sharing:

Share the following with all present:

Jesus wanted to make sure that all the people who had followed him had enough eat.

Parent: (to the child preparing for First Holy Communion):

There is a special message for you:

1. When you receive your First Holy Communion, Jesus will give special food.
2. It will be a small piece of bread. But it is not ordinary bread
3. It is his Body!
4. Jesus will feed you with his Body in Holy Communion.
5. Every time you go to Mass you will be able to be fed by Jesus in Holy Communion.



Practice:

Invite the all to show one another especially the child, how to go to Holy Communion

Pay attention to Reverence.

❖ *The parent takes the place of the priest.*

Encourage the children to help each other.

Repeat this a few times.

Parent: The Body of Christ

Child: AMEN

Parent or other family member:

Explain the meaning of “Amen” to the children.

“Amen” can mean: “Let it be!” or “I believe.”

When we say “Amen” at Holy Communion we are saying that we believe that the small piece of Bread is the Body of Christ.

Celebration:

Close the session by

- Sharing some of the bread.
- ALL Reciting: “Marana Tha! Come, Lord Jesus, Come! (Several times).

Amen