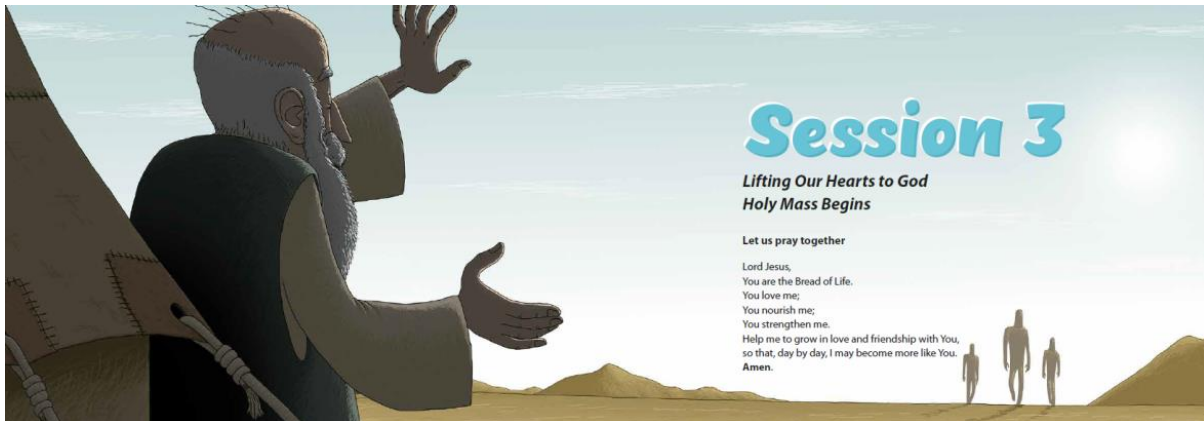


## Heart Speaks to Heart: The Gift of Holy Communion

### Exploring Session 3 Together



Turn to **PAGE 38** in the *Heart Speaks to Heart* book. There you will see a picture of Abraham greeting some strangers. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 39** is the opening prayer. Pray this prayer together.

On **PAGES 40-41** there is a conversation between Grandpa and the twins. Read through their dialogue together. Read the questions at the bottom of page 41 and try to answer them together. Here are some suggestions to help you with answers:

#### **What First Holy Communion preparation have you been doing at home since last time?**

Finishing off my designs for the Bible Journaling. Finding something to put in my backpack. Making entries in my Reflection Book. Doing the Treasure Hunt! Taking time to pray.

#### **What does it feel like to know that Jesus welcomes you to Holy Mass and is going to share Himself with you in Holy Communion?**

It feels awesome; it's humbling; it makes me feel peaceful.

Turn to **PAGE 42**. This page introduces the session's virtue, which is love. Read the page together. We will think more about this virtue later in the session.

Look at **PAGES 44-45** which tell the story of Abraham entertaining strangers. You will notice large blank spaces on these pages. These spaces are where you can write or draw thoughts which come to you as the story is read.

Read the story together, the children underlining (in pencil) words which stand out for them. Begin to do 'Bible Journaling' in the spaces provided. Finish off designs and add colour later.

Turn to **PAGE 46**. Read what it says there about Jesus at the Last Supper. At the bottom of the page there are some questions. Talk together about these questions. Here are some suggestions to help you to answer them:

**1. Who has shown you great love in your life?**

It may be: parents; other members of the family; friends; teachers.

**2. How did they show that love?**

It may be that they showed: kindness, generosity, patience, understanding, etc.

**3. Abraham welcomed visitors with love. How do you show welcome and love when someone visits you?**

As an example, look back at how Abraham welcomed strangers: he invited them to wash and to rest, he prepared a feast for them and encouraged other members of his family to make them very welcome. How do you make people feel welcome in your home?

**4. How does Jesus show His love for others?**

Some ideas for answering this question are provided in the left-hand column of this page (page 46). Jesus showed his love by: caring for and serving His friends (He washed their bruised and dirty feet); being attentive to His friends (He listened to them and talked and ate with them); laying down His life for His friends and sharing His life with them (by His sacrifice on the cross and giving them His Body and His Blood).

## 5. How can you share that love of Jesus with others?

Like Jesus you may try to: care for and look after others, especially those most in need; be attentive to others' needs and listen to what they say; give generously to others (remembering how Jesus has given His life for us); share what you know about God and how much His love for you means in your own life, etc.

Read **PAGE 47**. This page explains what happens during the first part of Holy Mass. In the right-hand column there are some questions: the left-hand column helps you with the answers. Here are some suggestions to help you to answer the questions:

1. The left-hand column suggests that the Church is "the family of God" or "the friends of Jesus". You may have some other good ideas yourself. Remember that the Church is more than a building; the Church is all the people who are united as one people (with the Holy Father, Francis our Pope, who leads and guides the Church as the successor of St Peter, who was the leader among the apostles of Jesus). As the Church we gather in love at Holy Mass to honour Jesus, our friend and loving Lord.
2. Lord have **MERCY**.
3. Gloria means **GLORY** [Note: *Gloria* is a Latin word. Latin was the language of the Romans who ruled Galilee and Jerusalem during the time of Jesus. Latin became the language of the Catholic Church and you will often hear Latin words sung or said during Catholic liturgies.]
4. You may like to pray for someone that you know who is sick or struggling in their life. You may like to pray for places which are suffering from hunger or war.

Turn to **PAGE 48**. Read page 48 together. Here are some suggestions for answers to the question on this page:

### **What do you give thanks for when you are present at Holy Mass?**

You may suggest in answer: the gift of Jesus (who gave His life for us); all who are gathered in church today and all gathered for Holy Mass throughout the world; for family and friends; for the wonder of all God's creation; etc.

You will find definitions of 'Rites' and 'Liturgy' in the Glossary which is available online. Ask a catechist for help if you have difficulty accessing it. Basically, Rites are words or actions done or said in the same way again and again; Liturgy is the public worship of God.

On the opposite page (**PAGE 49**) there's this session's Treasure Hunt.

- Download the Treasure Hunt sheets for Session 3.
- Fill in the boxes on the sheets by describing the Treasure Hunt people and objects (in words or with drawings). Googling the words on page 49 or finding them in the Glossary will help you to do this.
- Next time that you are in church, you may be able to draw or take photos of these 'treasures' in your own church.

Turn to **PAGE 50**. On this page there are suggestions for some activities to do before you start Session 4. Read through this page together and ask for help if you are not sure what to do.

On **PAGE 51** there are prayers to end this session.

Firstly, there is a time of Quiet Prayer:

- Sit quietly
- Close your eyes
- Listen to your breathing
- Quietly and slowly say a few times: ***Lord Jesus Christ, Son of God, have mercy on me***
- Allow a period of silence for about 2 minutes
- End the silence, perhaps by making the Sign of the Cross:  
*'In the name of the Father, and of the Son and of the Holy Spirit. Amen.'*

To end the session, pray together the concluding prayer (***We turn to you for protection ...***) which you will find written out on the right-hand column of page 51.

Stick the 'Love' sticker on your Sticker Chart to show that you have completed this third session.