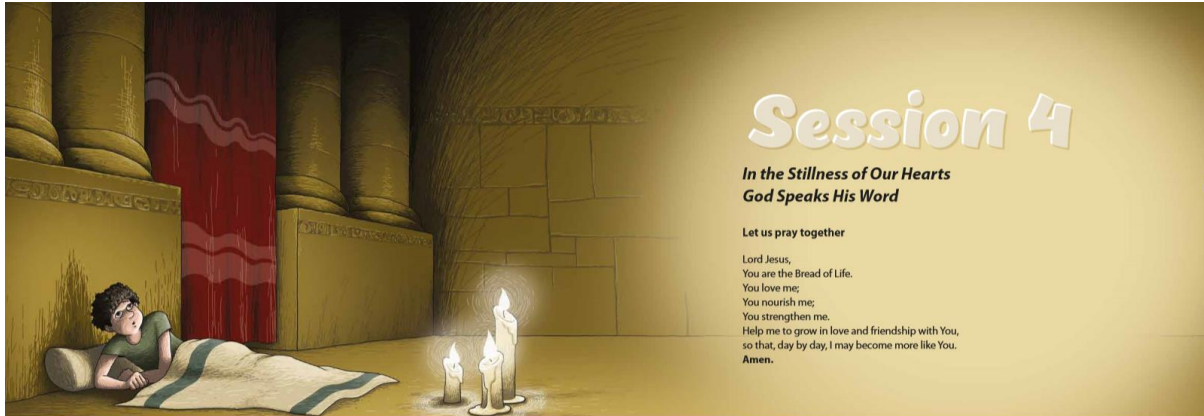


## Heart Speaks to Heart: The Gift of Holy Communion

### Exploring Session 4 Together



Turn to **PAGE 52** in the *Heart Speaks to Heart* book. There you will see a picture of the young boy Samuel who is sleeping at night in a temple. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 53** is the opening prayer. Pray this prayer together.

On **PAGES 54-55** there is a conversation between Grandpa and the twins. Read through their dialogue. Read the questions at the bottom of page 55 and try to answer them together. Here are some suggestions to help you with the 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.

#### **Where do you hear God speaking to you?**

It may be: in prayer; in church; deep within me; through other people who show me God's love; etc.

Turn to **PAGE 56**. This page introduces the session's virtue, which is stillness. Read the page together. We will think more about this virtue later in the session.

Look at **PAGES 58-59** which tells the story of Samuel hearing God calling to him during the night. 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 60**. Read what it says there about listening to the words of Jesus. At the bottom of the left-hand column there are some questions. Talk together about these questions. Here are some suggestions to help you to try to answer them:

**1. Who really listens to you? How do you know that they are really listening?**

It may be: a friend, a family member, a teacher, etc.

They are attentive when others are speaking; they respond wisely to what others are saying; they are open to what others are saying and are willing to change their opinions.

**2. How can you listen more carefully and be more attentive to others?**

By focusing on the person who is speaking; by giving my whole attention to them and to what they are saying; by not being distracted; by not interrupting them!

**3. Has it ever seemed that the voice of God was speaking to you, deep in your heart? What was this like? What was God saying to you in your heart?**

To answer this question, you may like to look back at what Grandpa said on page 55. God spoke to Elijah in what sounded like a gentle whisper: His voice sounded very close, gentle and loving. When we are still, we may hear God speaking to us like this. What God says to each of us is very personal and we need to respect others if they don't want to share God's message to them.

Read **PAGE 61** together. This page explains what happens during the second part of Holy Mass (when we listen to and reflect on readings from the Sacred Scriptures). 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. Some suggestions for names of Old Testament heroes:  
Noah, Isaac, Rebekah, Jacob, Rachel, Joseph, Moses, Ruth, King David, King Solomon, Elijah, Jonah, Daniel, Judith, etc., etc.
2. **Alleluia** means **PRAISE THE LORD**
3. The other Gospel writers were: **Saint Matthew, Saint Luke and Saint John.**  
Interesting fact: St Matthew is often portrayed as a man, St Mark as a lion, St Luke as an ox and St John as an eagle. Try and find out why. This is an interesting way to think about the differences between the gospels.
4. Some suggestions are: the Church; the Holy Father, Pope Francis; situations where there is war or conflict; people who are in need; people you know, especially anyone who is sick or has died recently.

Turn to **PAGE 62**. Read this page together. It's about the Real Presence and how Jesus is really present during the celebration of Holy Mass.

On the opposite page (**PAGE 63**) there's this session's Treasure Hunt.

- Download the Treasure Hunt sheets for Session 4.
- Fill in the boxes on the sheets by describing the Treasure Hunt objects (in words or with drawings). Googling the words on page 63 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 64**. On this page there are suggestions for some activities to do before you start Session 5. Read through this page together and ask for help if you are not sure what to do.

On **PAGE 65** 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: ***Speak, Lord: Your servant is listening***
- 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 (the ***Our Father ...***) which you will find written out on the right-hand column of page 65.

Stick the 'Stillness' sticker onto your Sticker Chart to show that you have completed this fourth session.