

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

### Exploring Session 5 Together



Turn to **PAGE 66** in the *Heart Speaks to Heart* book. There you will see a picture of Jesus breaking the bread at the Last Supper. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 67** is the opening prayer. Pray this prayer together.

On **PAGES 68-69** there is a conversation between Grandpa and the twins. Read through their dialogue. Read the questions at the bottom of page 69 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.

#### **How's it going? What have you enjoyed in your preparation so far?**

Which part of the preparation have you really enjoyed? Is it: drawing closer to Jesus (especially through prayer); learning about what is in the church (especially through the treasure hunts); what happens during Holy Mass; thinking about the virtues and how we can live them out in our lives; reading stories from the Bible and thinking

about what they mean; the characters of Grandpa, Jess and Ryan and how they explore the faith together; talking with others (especially in the family) about the Catholic faith and about Jesus; something else?

### **What are you looking forward to?**

This question was asked in Session 1. You may like to try and recall the answers you gave then. If you are recording your answers in your Reflection Book, have a look back to see what you said. Are there more things that you are looking forward to?

Turn to **PAGE 70**. This page introduces the session's virtues, which are generosity and gratitude. Read this page together. We will think more about these virtues later in the session.

Look at **PAGES 72-73** which tell the story of the people of Israel and their release from slavery in Egypt. 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 underling (in pencil) words that stand out for them. Begin to do 'Bible Journaling' in the spaces provided. Finish off your designs and add colour later.

Turn to **PAGE 74**. Read what it says there about Jesus giving thanks 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. What are you grateful for?**

Prompts to answer this question are given on page 70: the beauty of the world; food and friendship; God for giving us all this!

#### **2. How do you show gratitude?**

By saying, "Thank you" – to God and to other people; by offering prayers of thanksgiving, especially at the start of the day for the new day which is just beginning and at the end of the day for the day that has just passed; etc.

### 3. Who do you give thanks to during Holy Mass? What do you give thanks for?

We give thanks to God – for the gift of Jesus; for His life given up for us; for the gift of eternal life and friendship with Him for ever.

### 4. What gifts do you think that God has given you?

I'm a good listener. I'm hard working. I don't give up easily. I'm good at singing. I'm good at sports. I'm good with numbers. I've a great imagination.

### 5. How can you be generous and share your gifts with others?

I can help others to enjoy working. I can help them with their singing or in maths. I can help others to work as an effective team in singing or in sports.

Read **PAGE 75** together. This page explains what happens at the heart of Holy Mass when the bread becomes the Body of Christ and the wine becomes His Blood. 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. Eucharist means **THANKSGIVING** (the answer is on page 48).
2. The part of Holy Mass when the bread becomes the Body of Christ and the wine His Blood is called the **CONSECRATION**.
3. Amen means something like: Yes! **IT IS TRUE!**
4. Suggestions include: for Francis our Pope, for Marcus our Bishop and all the people of God's Church throughout the world; someone who is sick; someone who has died.

Turn to **PAGE 76**. Read page 76 together. Below there are some suggestions to help you to answer the question on this page:

### Can you think of a sacrifice you have made of something which you valued very much?

During Lent we often give up (or sacrifice) things, e.g. a favourite food or drink; a favourite activity; etc.

On the opposite page (**PAGE 77**) there's this session's Treasure Hunt.

- Download the Treasure Hunt sheets for Session 5.
- Fill in the boxes on the sheets by describing the Treasure Hunt objects (in words or with drawings). Googling the words on page 77 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 78**. On this page there are suggestions for some activities to do before you start Session 6. Read through this page together and ask for help if you are not sure what to do.

On **PAGE 79** 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: **Save us, Saviour of the world**
- 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 three times the final prayer (**O Sacrament most holy ...**) which you will find written out on the right-hand column of page 79. This is a lovely prayer to pray after you have received Holy Communion: it's good to try and learn it off by heart.

Stick the 'Generosity and Gratitude' sticker on your Sticker Chart to show that you have completed the fifth session.