

First Holy Communion Lesson 3

The Mass: Liturgy of the Eucharist

The Liturgy of the Eucharist is the part of the Mass in which the bread and wine become the Body and Blood of Jesus Christ.

The Liturgy of the Eucharist is divided into three very important parts:

The Offering

The Eucharist Prayer

The Reception of Holy Communion

The Offering:

The gifts of bread and wine are brought before the altar and handed to the priest. The priest accepts the gifts of bread and wine and brings them to the altar. He prepares the gifts with special prayers. We then pray with the priest that the Lord will accept these gifts.

We then kneel:

The Eucharist Prayer:

After the gifts are prepared, we pray the Eucharistic Prayer.

This is a prayer of praise and thanksgiving,

IT IS THE MOST IMPORTANT PRAYER OF THE CHURCH!

It joins the members of the church to Christ and to one another

When the priest is saying this prayer, he is doing what Jesus did at the last supper.

The priest will hold up the host (bread) and say:

“Take this all of you, and eat it, for this is my body,
which will be given up for you.”

The priest will then hold up the chalice of wine (cup) and say:

“Take this, all of you, and drink from it, for this is
the chalice of my blood”

**THIS PART OF THE PRAYER IS CALLED THE CONSECRATION, THE BREAD AND
WINE BECOME JESUS CHRIST**

Even though the host and wine look the same, Jesus is really present in the Eucharist, we call this “Real Presence”

The priest will then invite us to proclaim our faith. We pray:

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

As a group everyone will pray the “Our Father” (all students should know this prayer)

Then the priest will remind us of Jesus’s words at the Last Supper:

Peace I leave with you, my peace I give you

We then offer each other a sign of peace.

The priest will then invite us to receive Jesus Christ in Holy Communion,

He will say: “Behold the Lamb of God, blessed are those called to his supper”

Together we will respond

“Lord, I am not worth that you should enter under my roof, but only say the word and my soul shall be healed.”

We then will go forward with love and respect to receive Jesus in Holy Communion.

Receiving Communion

Each person will approach the priest with their hands folded to show respect. As each person approaches the priest, they will bow their head

To receive Communion by mouth:

(Usually First Communion is received this way)

The priest will hold the Eucharist up in front of the communicant and will say: “***The Body of Christ***”

The communicant will respond: “***Amen***”

Tilt head up slightly and open mouth to receive the Eucharist

After receiving the Eucharist, make the sign of the Cross and return to your seat.

To receive Communion by hand:

Hold both hands, palms upward slightly out in front of you towards the priest.
Place the right hand over the left hand

The priest will hold the Eucharist up in front of the communicant and will say: ***“The Body of Christ”***

The communicant will respond: ***“Amen”***

After receiving the Eucharist, make the sign of the Cross and return to your seat.

After returning to your seat, kneel and silently say a prayer of thanksgiving to God for the gift of Communion.

The Concluding Rite

The celebration of the Mass ends with the Concluding Rite

At the end of Mass, the priest will ask the Lord to be with us and he will remind us to go forth to serve the Lord.

He will say:

“May the almighty God bless, you, the Father and the Son and the Holy Spirit

We respond: “Amen”

He will then send us out to share God’s love (He may say: Go in peace”

We respond: Thanks be to God

