

RECEIVING JESUS *for the First Time*

*How do I
receive Jesus
in Holy
Communion?*



What is said when you receive
the Body & Blood of Jesus?

We answer, "Amen!"

The word "Amen" in Jesus'
time was Hebrew;

Some translations are:

"So it is....",

"It is true",

"Indeed",

"Truly"

So... What do I do?

(You can practice with your parent;
enclosed in the packet you will find an unconsecrated host to taste and practice with)

(Your Parent can take the part of the Priest or Communion Minister,)

***Walk up close to the Priest or Extraordinary Minister of Communion.**

***Hold out your hands (crossed), about shoulder height...**

***Cross your hands** making a small, yet flat, cup;

if you are right-handed place your right hand under the left hand (so that you can pick up your host with your right hand and put it in your mouth... (vise-versa if you are left-handed))

The Priest will say, "THE BODY OF CHRIST".

YOU ANSWER, "AMEN!"

Place the host in your mouth and rub it against the roof of your mouth with your tongue or it becomes soft enough to swallow.

Step to the side, then Make a Sign of the Cross. Return to your seat. **Say a prayer of Thanksgiving for Jesus coming to You!!!**

"The
Body
of
Christ"



Amen!





What is a Spiritual Communion?

It is a prayer in which you state your desire to be spiritually united with Christ. You can offer it anytime of the day because you can not be physically present at Mass; or if you watch Mass on TV and you pray the following prayer when the Priest gives out Communion:

My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you with all my heart. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I embrace you as if you were already in my heart and unite myself to you completely. Please do not let me ever be separated from you. Amen.



Imagine Jesus is knocking on the door to your heart/soul; Prayer is your response to Jesus.

When you pray, imagine that you are seeing an image of Jesus, Mary, or whomever you are praying to in your mind's eye.

Just look at Jesus and talk with Him, and Listen too!

