

Lesson 15

Receiving the Holy Eucharist

I. Objective

- Students will understand that we must be prepared to receive Holy Communion. They will identify that we must be baptized, believe in the Holy Eucharist, and fast for one hour before receiving Communion. We must also not be in a state of serious sin. Students will be able to explain why it is important to receive with reverence, and why we should not leave Mass early, right after Holy Communion.

II. Materials

- Adventure Catechism text
- Student religion picture journals
- Printed coloring pages from CatholicBrain
- Colored pencils or crayons

III. Procedure

- Open the lesson each day with prayer. You may choose the Come Holy Spirit prayer, asking the Holy Spirit to guide your lesson. Or, if you are learning a particular prayer as a class, this is an excellent time to practice and reinforce that. As the school year progresses, you may consider asking students to lead the prayer.
- Be sure to close each day in prayer, as well, and encourage students to share with their families what they are learning.

A. Day One

- Introduce students to the Big Ideas for this chapter (the In Brief section of the chapter preview). Write the chapter's vocabulary words on the board.
- Read the chapter in the text as a class. Stop frequently to answer student questions, and to check for comprehension. Highlight the vocabulary words when you read them, and be sure that students understand them.
- As you close in prayer today, begin by reading about this week's Saint, Bl. Imelda Lambertini, and discuss how her life relates to the topic of the lesson.

B. Day Two

- Begin by reviewing the Big Ideas from yesterday's lesson. Allow students to share what they remember, and ask any questions they may have thought of.

- Although we are only obligated to go to Mass on Sundays and holy days, we are invited to go anytime. On days we can not go, or if we have not made our First Holy Communion, we can make a spiritual communion. This is a prayer in which we tell God of our desire to receive Him and ask Him to come into our hearts. Write your own prayer of spiritual communion.

C. Day Three

- Today, write the “Question to consider” from the chapter on the board. Let students know that they should keep this question in mind as they re-read the chapter, and you will be discussing it later in the class.
- Guided Reading – Divide students into partners or small groups, and have them re-read the chapter. This would be a wonderful activity to invite parent volunteers to help with, to read with the students and facilitate small group discussions.
- When they finish reading, the students should discuss the “Question to consider” in their groups, and each student should write a short answer to the question on a slip of paper or note card, which you may choose to use as an exit ticket for the class.
- After students have had a chance to discuss in their small groups, invite students to share their ideas, and a facilitate a large-group discussion about the question.

D. Day Four

- Today students will work in their religion picture journals. Begin the lesson, after prayer, by reviewing the Big Ideas, vocabulary, and “Question to consider.” Then, as a class, create a one or two-sentence summary of the chapter. Write it on the board.
- Students should now draw a picture in their religion journals representing the chapter, using the class’s summary as a caption.

E. Day Five

- Students should complete the chapter review page at the end of the chapter.
- When students have completed the chapter review, correct it as a class. Be sure to check for any questions students may still have.
- Students can color the picture of the reception of the Eucharist, found on CatholicBrain:
 - ◇ <https://s3.us-east-1.amazonaws.com/catholic-brain/prod/dc/cbrain-app/files/doc-lib/2020/09/17/07/16/58/389/head/Vol.4%20page16.pdf>
- Consider putting some of them up in the classroom as a visual reminder of this lesson’s theme, or encourage students to take them home and share them with their families, explaining what they learned this week.