

BLESSED First Communion

Lesson 5 (To be taught at in class April 1,2) Pages 142-162 + Practice Receiving

VIDEO LINK: <https://dynamiccatholic.com/blessed/program-view>

1. **OPENING PRAYER**—page 143; pray together
2. **WATCH AND DISCUSS**—introduce Episode 1 by telling them that Sarah has a special gift for Hemingway and we are going to find out what it is. Ask how the class how they feel when they know that they are going to give or receive an important or exciting gift. Before starting the episode, be sure that all children have their book open to page 145 so that they can pray along with Ben. Remind them that their First Communion is a **TREMENDOUS** gift.
3. **WATCH AND DISCUSS**—before watching Episode 2, ask if they know what it means to be responsible. Then introduce Episode 2 by telling the class that Ben and Sarah will be riding their bikes to Max’s house. Tell the children to listen for ways that Ben explains how he and his friends are more responsible than they were a few years ago. After the episode, if time permits, ask them to provide some examples of how they have become more responsible. Remind them that they are ready to receive First Communion because they are more responsible.
4. **WATCH AND DISCUSS**—tell the children that we are going to see that Sarah has learned why it is so important to prepare for important days. Ask the children to have their book opened to page 149 so that they can pray along with Sarah when she asks God to help in preparing them to receive Jesus in the Eucharist. After the prayer, pause the video for a moment to ask the children if they know what it means to “fast”. Explain that fasting is when we don’t eat or drink anything for a certain amount of time—like the one hour we fast before receiving Communion. Then continue the video.
5. **WATCH AND DISCUSS**—Ask the children if they have ever thought about doing great things for God. Ben had that same question so he talked with his father about this. Ask the children if they think they can be a saint one day. The answer is “YES”. God created us all to become saints. He wants us to be good and he will help us to be good. That is why he gave us the Eucharist—to make us stronger and to help us be good and make good choices. Watch Episode 4.
6. **WATCH AND DISCUSS**—Before starting Episode 5, ask the children if they have ever heard of the story of Mary and Elizabeth. Explain that they were cousins and Mary found out that she was going to be Jesus’ mother right after Elizabeth found out that she was going to have a baby. Then watch Episode 5. While watching, pause when Ben mentions the red light by the tabernacle. Ask if they have seen this light and tell them that we will look for it when we go into the church. Then turn the video back on. At the end of the video, repeat the phrase, “When you receive the Eucharist, Jesus will be in YOU!” Tell the children that this means that after they receive the Eucharist, they must bring Jesus to others—through their actions—kind acts, generosity, respect, prayer, etc.

7. WATCH AND DISCUSS—introduce Episode 6 by telling the class that Sarah is going to share some advice about First Communion with them. As Sarah gives advice, write it on the white board:

- **This is your first NOT your only Communion!**
- **Receive AS OFTEN as you can!**
- **The Eucharist fills us with wisdom and courage.**
- **The Eucharist is the ULTIMATE food for the soul. Feed your soul so you can be holy!**
- **GOD WILL NEVER STOP LOVING YOU!!**
- **God will always invite you to the Eucharist—for the rest of your life!**

At this point we invite the children to the church to practice receiving Communion. The goal is to finish the lesson by 7:15 on Monday night and by 4:30 on Tuesday afternoon.

To shorten the lesson:

Pray the Our Father as Opening Prayer

Skip Episode 1 and start with episode 2.

8. Pray a closing prayer in the church.