

We Receive the Bread of Life

FOCUS: In this chapter, you will be helping your child to understand that Jesus comes to us in Holy Communion and unites us with himself and with one another.

Saint Augustine, in an Easter sermon to newly baptized Christians, expresses how the mystery of the Body and Blood of Christ is both a sign and an effect of our unity.

You should know what you have received, what you will receive, what you should receive daily. The bread that you see on the altar, when it has been sanctified by the word of God, is the Body of Christ. . . . If you have received it rightly, you are what you have received.

Sermon 227

We cannot consciously partake of the one bread, be nourished by the Body of Christ, without striving more earnestly to become one in the Spirit.

Scripture in This Chapter

Matthew 8:5–13 Cure of the Roman Soldier's Servant

1 Corinthians 10:16–17 Participation in the Body and Blood of Christ

1 Corinthians 10:17 We Are One Body.

Catechism of the Catholic Church

1355, 1384–1388

In this chapter, help your child to

- ✦ explain that the prayers of the Communion rite make us aware of our union with Christ.
- ✦ explain how to prepare for Holy Communion.
- ✦ distinguish between eating food and eating the Bread of Life.
- ✦ describe how close Jesus is to us in Holy Communion.

Word Your Child Should Know

- ✦ holy

Key Terms for Your Information

- ✦ extraordinary minister of Holy Communion—person appointed to assist in distributing Holy Communion
- ✦ fasting—refraining from food and drink, except water, in preparation for receiving Communion
- ✦ Lamb of God—the prayer before Holy Communion in which we ask for mercy and peace
- ✦ Sign of Peace—a gesture of love and forgiveness that we extend to others during Mass
- ✦ unworthy—not ready for such an honor