

How to receive Jesus in Holy Communion

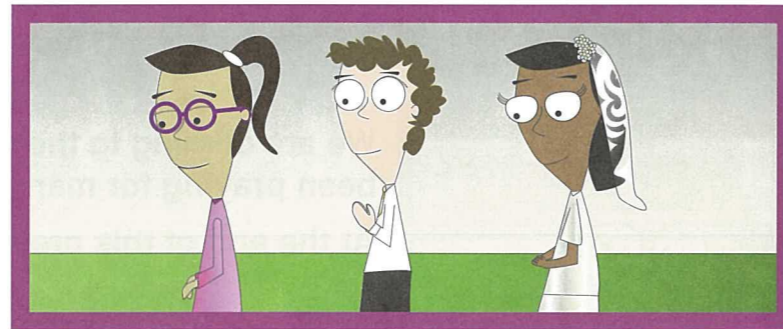
Receiving Holy Communion is a very important action. It shows that we fully belong to our Church family and that we are committed to living out the teachings of Jesus.

Before Mass, I do not eat or drink (except water) for one hour before receiving Holy Communion.

During Mass, I pay attention to everything that is going on. I join in the singing. I listen carefully to the readings. I say the responses.

When it is time, I join the communion procession and walk reverently.

As I approach to receive Holy Communion, I bow.

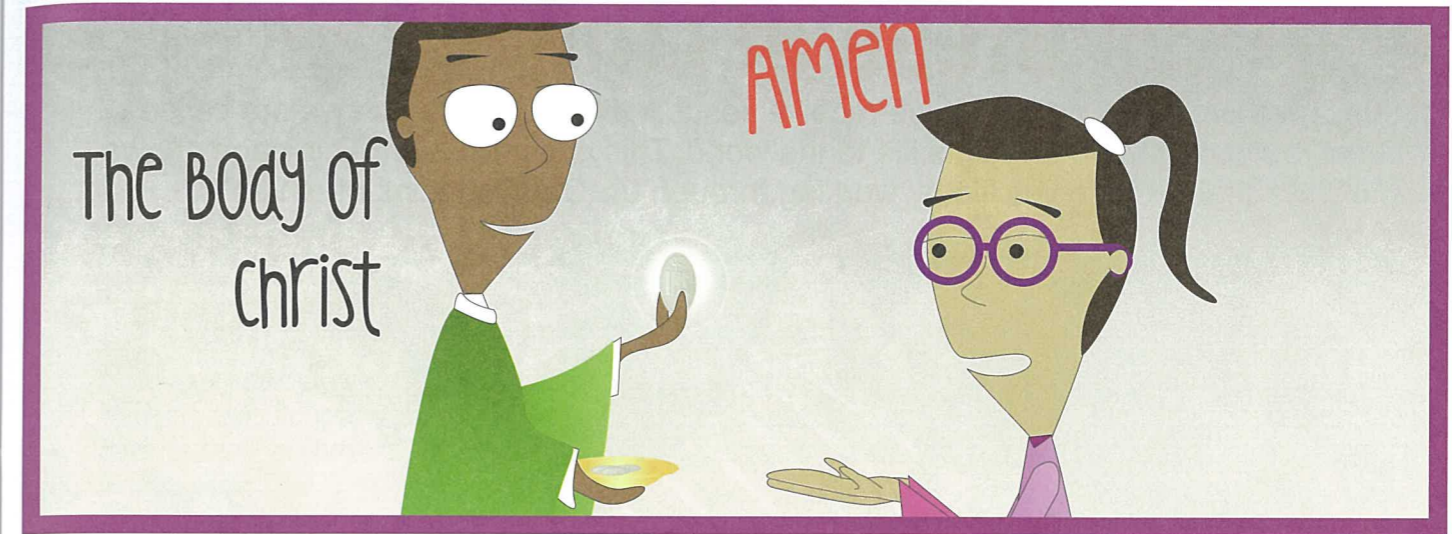


I hold out both hands, palms up, one hand under the other.

(If you are right handed, place right hand underneath. If left handed, place left hand underneath.)

**The priest says: *The Body of Christ.*
I say: **AMEN****

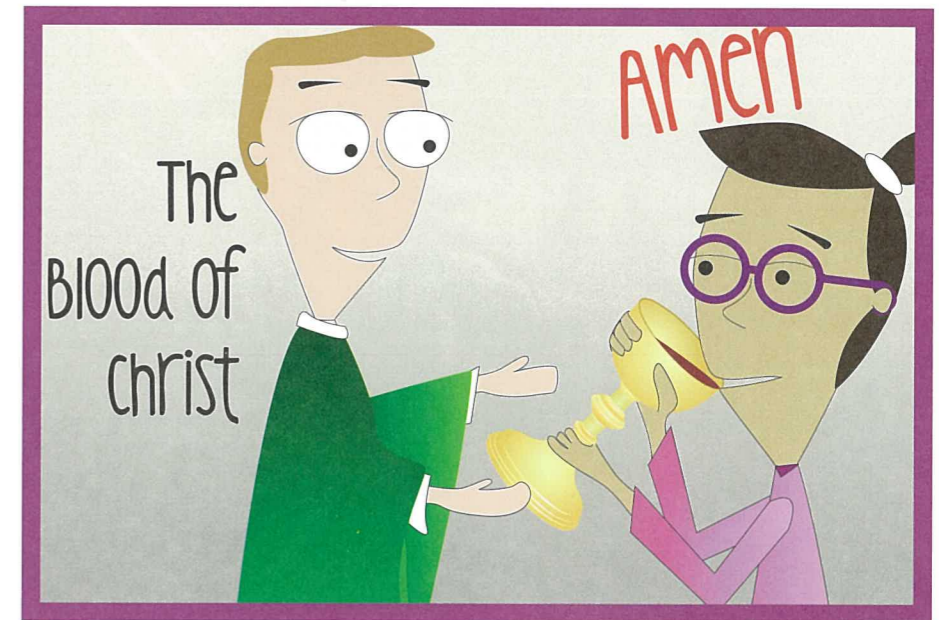
The priest places the host in the palm of my hand. I pick up the host and consume it.



Next, I approach the chalice. I bow.

**The priest says: *The Blood of Christ.*
I say: **AMEN****

I take the chalice firmly in both hands, and drink from it.



I return to my seat, and pray a prayer of thanksgiving.

What is something you could say to Jesus after receiving him in Holy Communion? Write your prayer below:

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After Mass, I greet the people.

**We have celebrated the Eucharist together.
We have received a great gift. We are the Body of Christ!
We go forth to share this gift with others...**