

**LESSON SEVEN – Parents at Home:
Eucharist**

1) Read:

- Jn 6:48-51
- Lk 22:19-20

2) Teach:

- Holy Communion is the most important Sacrament. We should be as attentive and reverent as we can when at Mass.

3) Watch:

- <https://www.youtube.com/watch?v=J6pSp-So00o>
- <https://www.youtube.com/watch?v=UQPTfyxZLKI>

4) Discuss:

- What happened at the Last Supper.
- How the bread and wine become the Body and Blood of Jesus Christ, but that we have to have faith to know this.

5) Do:

- Practice Genuflecting
- Teach your children the word “Transubstantiation”

6) Homework:

- Learn the prayer Anima Christi below. This is to be said after receiving Holy Communion.

ANIMA CHRISI PRAYER

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within Thy wounds hide me.
Permit me not to be separated from Thee.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to Thee
That with your saints I may praise Thee
For ever and ever. Amen.