

## **LESSON NINE – Parents at Home: Holy Communion**

### 1) Read:

- Jn 6:22-70
- CCC 1406 - 1419

### 2) Teach:

- We must believe Jesus when He said He is the bread of life.
- How to prepare to receive Holy Communion.

### 3) Watch:

- <https://www.youtube.com/watch?v=gndxqjRrXwk>
- <https://www.youtube.com/watch?v=93lauv161ks>

### 4) Discuss:

- The things that are used at Mass: bread, wine, altar, candles, vestments, ambo, missal, lectionary, bells, incense.

### 5) Do:

- Go to Adoration with your children and spend some time in prayer with them.

### 6) Homework:

- Spend time thinking about what you are going to say to Jesus next time you go to Holy Communion.