

STD 4 Lesson 8: To receive Jesus Worthily

Introduction (10 minutes)

Objective: To introduce the concept of receiving Holy Communion with devotion and understand why preparation is important.

Activity:

1. **Opening Prayer:** Begin with a simple, child-friendly prayer asking for guidance and understanding.
2. **Discussion Starter:** Show the picture of Jesus and the Last Supper. Ask the children what they see and what they know about this event. Guide them to the idea that Jesus gave us a special gift—His body and blood in Holy Communion.

Presentation of Topic (15 minutes)

Objective: To explain the importance of being prepared to receive Holy Communion and what it means to receive Jesus with devotion.

Lesson Content:

1. **Story from the Bible:** Read the story from Luke 24:13-35, highlighting how the disciples recognized Jesus during the breaking of the bread. Emphasize that this story teaches us about the special gift of Holy Communion.
2. **Key Points on Preparation:**
 - **State of Grace:** Explain that to receive Holy Communion properly, we should be free from serious sin. It's like preparing ourselves to meet a special guest.
 - **Fasting:** Describe the importance of waiting (fasting) before receiving Communion as a way to show respect.
 - **Examination of Conscience:** Talk about reflecting on our actions and asking for forgiveness to ensure our hearts are ready.

Bible Verse: “Examine yourselves, and only then eat of the bread and drink of the cup” (1 Cor 11:28). Read this verse and explain its meaning in simple terms.

Practical Application (10 minutes)

Activity:

1. **Preparation Checklist:** Hand out activity sheets with a checklist of preparations (e.g., being in a state of grace, fasting, and examining conscience). Discuss each item with the class and let them color or mark the checklist.
2. **Real-Life Application:** Talk about how children can prepare their hearts and minds for receiving Holy Communion, even though they might not yet receive it. For example, practicing kindness, helping others, and saying sorry when they've done something wrong.

Activity (15 minutes)

Objective: To reinforce the lesson through a hands-on activity that makes the concepts memorable.

Materials Needed:

- Paper plates and plastic cups
- Bread and grape juice (optional)

Activity:

1. **Communion Craft:** Create a simple craft where children decorate paper plates as if they are the bread and cups used in Communion. Explain how the bread and cup represent Jesus' body and blood, and how receiving them is a special way of being close to Jesus.
2. **Role-Playing:** Role-play receiving Holy Communion in a respectful and prepared manner. Use props to show how to approach receiving Communion with reverence.

Closure/Homework (10 minutes)

To review the lesson and encourage children to live out what they have learned.