

First Eucharist Practice at Home

In addition to discussing the theology supporting the Eucharist, it is important that you practice the physical steps at home to ensure your child is comfortable with receiving the Eucharist for the first time.

Before you begin, ensure you have the necessary materials.

1. You will need a "host". This can be an oyster cracker, ritz cracker, or other small, flat bread.
2. You will need "wine". This can be juice or real wine. It is wise to practice in using a wine glass or other heavy cup. This will help your child become used to holding the cup carefully.
3. Explain to your child that you are going to practice receiving Holy Communion. In this practice, they are not receiving Jesus. At their first communion, they will receive Jesus, even though it will look like bread and wine. This is because God sends the Holy Spirit down to turn the bread and wine into Jesus through the blessing of the priest.
4. Instruct your child to approach the Blessed Sacrament with reverence. This means they should walk up silently (or singing if they know the words) with their hands folded in front of them.
5. When they approach the priest, they will make a throne for Jesus. This throne has one hand under the other with the top hand slightly cupped so that he does not fall out. (It's helpful to have them place their dominant hand below the throne hand. Both of you practice making the throne now.)
6. The priest will say, "The Body of Christ" while holding the Precious Body up for them to see. They will respond, "Amen", which means "I believe".
7. The priest will place the host on the throne they made for Jesus. Before they leave the priest, they will pick up the host with the hand below the throne and place it in their mouth.
8. Before leaving the priest, they will make the sign of the cross.
9. Now, they will walk to the Precious Blood. The Eucharistic Minister will say "The Blood of Christ" while holding up the cup for them to see. They will respond, "Amen", which means "I believe".
10. They will take a sip out of the cup and make the sign of the cross before leaving to return to their seat.