

We Receive the Bread of Life

Keep these ideas in mind as you study *Chapter 21*.

❖ Before Holy Communion we pray the Lord's Prayer to ask forgiveness. We are all brothers and sisters in God's family.

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❖ When we give one another the sign of peace, we say "Peace be with you." In John 14:27, Jesus said that he was leaving his peace with us.

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❖ We call Jesus the Lamb of God when we ask forgiveness before Communion. We pray "Lamb of God, you take away the sins of the world, have mercy on us."

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❖ When we look at the host, we say "Lord, I am not worthy that you should enter under my roof." The Roman soldier said "I am not worthy" when Jesus was going to come to his house. We use this story to help us prepare to receive Holy Communion.

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❖ We fast for one hour before receiving Holy Communion. This prepares us to receive Jesus. However, we can take medicine or drink water.

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❖ When we receive Holy Communion, the priest shows us the host. He says "The Body of Christ." We say "Amen." We say "Amen" when he offers us the chalice and says "The Blood of Christ."

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❖ After Communion we speak to Jesus. We are united with Jesus and his family. He is within us. He has given himself to us.

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