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Jesus, My Lord And My God

There are things we should do to get ready for our First Communion.

First, we must make sure our souls are healthy. We may never receive Holy Communion if we have a mortal sin on our souls. We must receive the Sacrament of Penance first. It is a good idea to go to Confession often even if we only have small sins. This will give us grace and make us strong enough to keep away from mortal sin.

We should try to show in our lives that we love Jesus. This means that we say our prayers morning and night, and that we obey our parents. It means being kind and loving to all those around us.

We also prepare to receive Jesus by not eating or drinking one hour before Holy Communion.

In church we get ready for Jesus by paying attention to the Mass and making the responses. During quiet times in the Mass, we can say our own prayers to Jesus. We can tell Him how glad we are that He will soon come to us.

We should walk up to receive Communion quietly. This is not the time to look around at the other people. It is time to think about Jesus. We should receive Jesus with love and respect.

When we get back to our seats we will kneel down and close our eyes. We can tell Jesus anything we want. He is glad to hear it all. We can ask Him to make us more like Him and to help us not to sin. We can ask Him to bless our family and friends.

Sometimes instead of talking to Jesus, it is nice to quietly enjoy having Jesus in our hearts. He does not need to hear lots of words from us. Just say “I love you, Jesus.” That is what Jesus wants to hear most of all.

Q. 37 *What is necessary to receive Holy Communion?*

To receive Holy Communion you must be in the grace of God, believe it is Jesus you are going to receive, and fast for one hour before.

Before Holy Communion:

Think about Jesus and how much He loves you. Pray to Him telling Him that you:

- believe in Him.
- hope in Him.
- love Him.
- are sorry for ever offending Him.
- want Him to come to you.

After Holy Communion:

Pray to Jesus to:

- thank Him for coming to you.
- tell Him that you love Him and always want Him to be with you.
- ask Him to help you and other people.