

Preparing For Holy Communion

A Workbook for young people

Name: _____

Church: _____

Date started: _____

Part One : God's Family

There are many different families.
Draw some of your family here:



We are each part of our earthly family, and we are part of God's family too.
We join God's family of the church when we are Baptised or Christened.

Fill in the missing words: (*God, member, baptised*)

*Every person who is _____ is a special
_____ of _____'s family.*

When we are baptised, we become brothers and sisters in God's family.

How old were you when you were baptised ? _____

Where were you baptised ? _____

Go to church to see a baptism when you can.

Write the name of the person who was baptised: _____

This person is our new Christian brother or sister.
Welcome them into God's family by saying hello.

Part Two: The Story Of God's Family

Most families have photograph albums which show some stories of the family. God's family has existed for thousands of years, and the story of God's family is told in the Bible. The most important parts of the story are about Jesus, in the New Testament.

Either:

Find lots and lots of New Testament bible story books to read (from home or Sunday School or church or your RE teacher)

Or:

Read some parts of Luke's Gospel in the New Testament. You don't have to read it all - ask your teacher or priest or parent to mark the stories which are best for you.

Make a little picture book as you read. Cut 2 sheets of paper into 4 pieces each and staple them together like a little book. Write a title on the front "Stories about Jesus", and on the other pages, draw a picture about each story you read and write a title. Do 2 stories on each page.

When you have done lots of reading and drawing, watch a video about Jesus from your teacher or priest.

What video did you watch ? _____

You can do some other pages of this workbook in between reading your bible stories if you like.

Part Three: God's House

Members of God's family all over the world meet in God's house, the church. Churches all over the world look different, but they are all used to worship God.

Draw a picture or glue in a photo of your church on the cover of this book.

Write its full name _____

Find and draw some of the special things we have inside churches:

font	Easter candle
lectern	altar
chapel	crucifix
pews (seats)	organ

Part Four: God's Family Meet Together

We gather together at church because we are God's family. We come together in God's name, to worship him and to be together.

Either:

Ask the people at church if you could take photos of them. When the photos are printed, draw a large person shape on a big piece of card, glue the photos inside the shape and write their names. Write the title "We are the Body of Christ."

Or:

Make a paper doll chain with about 10 –15 paper dolls in it. Draw faces on each shape and write on each one the names of people at your church. Fold the chain back up, hold it together with a paper clip, and glue it in your workbook here, or pin it up on the notice board at church.

Part Five: When We Are In Church

1. Saying Hello

When we meet friends, we greet them by saying “Hi” or “Hello”.
When we begin worship at church, we greet God and each other.

We sing a hymn or song to say hello to God.

Write some words of one song you know from church:

We greet each other when the priest says:
The Lord be with you.

And we say: _____

2. Bible Reading

We always read the Bible together at church.

Some stories are a long time before Jesus was born, some are about Jesus, and some are letters to Christians to help them live the way God wants.

Fill in the missing words: (*New, Old, end, start, before, after, Jesus*)

The _____ Testament is at the _____ of the Bible, and it tells about God's family _____ Jesus was born. The _____ Testament is at the _____ of the Bible, and tells about _____ and God's family _____ Jesus was born and died and rose again.

3. Saying Prayers

We always say prayers in church, too.

Prayer is how Christians talk to God and listen to him, too.

Our prayers can say:

Thank you God for all your blessings, especially

I'm sorry God for the wrong things I have done, especially

Please God, help other people especially

Make a list of people and things you could pray for each day of the week.

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

The Lord's Prayer is an important prayer for Christians.

Who gave us the Lord's Prayer ? _____

(Find and read Luke chapter 11 verses 1 - 4)

Fill in the missing words in the Lord's Prayer:

Our Father _____

hallowed _____

your _____ come,

your _____ be done

on _____ as in _____ .

Give us today _____ .

Forgive us _____

as we _____ .

Save us from _____

and _____ .

For the _____, the _____, and the _____

are yours, _____ and _____. Amen.

Join in with the rest of your church family when they say the Lord's Prayer on Sundays.
It is our family prayer.

4. Sharing God's Peace

In the Greeting of Peace, we share God's peace with other members of God's family.
We shake hands with everyone, smile at them, and wish them God's peace.

Un-jumble the words for the Greeting of Peace. (*you, be, peace, with*)

We say: _____

Part Six: Holy Communion

You share many meals with your earthly family at home, and the Holy Communion is a very special meal we share as God's family.

More than 1,000 years before Jesus was born, God's special people the Jews were slaves in Egypt. On the night God set the people free, he told them to sprinkle the blood of a lamb on their door so the death plague would pass over them. He also told them to have a meal of flat bread and roasted lamb, and to call this meal the Passover.

With an adult, cook some flat bread to eat like this:

Mix half a cup of flour with a big spoon of oil, a little spoon of salt and some water.

Knead it into a circle.

Cook it both sides in a frypan with a little oil.

Eat it while it's still warm – yummy.

On the night before Jesus died on the cross, he and his disciples were having a Passover meal.

Find out what Jesus did during that meal by reading Mark 14 verses 22 – 25.

Draw a picture here:



This is the meal we call Holy Communion.

Christians share it every Sunday because Jesus told us to.

Un-jumble the words Jesus said: (*this, remembrance, do, me, of, in*)

Part Seven: Going Home

To finish our worship, we offer ourselves to God and ask him to send us into the world to be his people every day.

Un-jumble the words at the end of church:

Go in peace to love and serve the Lord: (amen, in, Christ, name, the, of)

What does the family of God do at your church after service has finished?

After we go home, we need to remember to be good Christians. At home, ask your family to say grace (a prayer of thanks) before meals, like one of these:

We thank you, God,
For apples red,
For milk and honey,
Cheese and bread.
Amen.

For every cup and plateful
Let us be truly grateful.
Amen.

Bless this bunch
as we munch
and crunch our lunch.
Amen.

For cereal, milk
and nice hot toast,
Praise Father,
Son and Holy Ghost.
Amen.