

# We Receive Holy Communion

Keep these ideas in mind as you study *Chapter 10*.

❖ Because the Sacrament of the Eucharist makes us one with one another and with Jesus, it is sometimes called the sacrament of unity.

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❖ The Lord's Prayer is an important part of the Mass, but it is also a perfect mealtime prayer. When we pray for "our daily bread," we pray that all our daily needs are met. We also pray for forgiveness.

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❖ During the Liturgy of the Eucharist, we ask God for peace and then give one another a sign of peace.

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❖ As the priest breaks the bread and prepares it, we sing or say the Lamb of God.

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❖ The bread and wine are good symbols of many things, such as unity. But when they are consecrated, they are transformed into the Body and Blood of Jesus Christ.

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❖ When the priest says, "The Body of Christ," we respond, "Amen!" By our response, we say that we truly believe that Jesus Christ is present.

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❖ When you receive the consecrated bread, you receive Jesus Christ himself. You might be able to receive the consecrated wine as well, but it is not required.

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❖ After we receive Holy Communion, we may sit down and talk with Jesus. He will listen and speak to us.

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