



First Communion

PREPARATION GUIDE FOR PARENTS

Introduction for Facilitators

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.” Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father’s kingdom.” Matthew 26:26-29

Holy communion is a special gift that Jesus gave to his church. It is a vital part of our congregational life. It gives us great comfort and strength. It unites us as one big church family. It celebrates all that Jesus has done for us.

Parents play a major role in the faith life of their children. Children rely on parents to teach them the most important things in life. The lessons in this resource invite parents to share the journey as their child learns more about Holy Communion and prepares to receive this special meal for the first time.

While this resource has been designed for parents and their children to do in their homes, we highly encourage you to find other families preparing for First Communion, and work with all of them as a group. We also recommend that you find other adult mentors who can walk alongside the children as they embark on this part of their faith journey.

This course is designed to be completed over five to six weeks.

1. **INTRODUCTORY SESSION** - which should be completed together with any other families working through this course of first communion and led by you as the facilitator.
2. **LESSON ONE** – Remembering what Jesus has done for us.
3. **LESSON TWO** – Eating and drinking.
4. **LESSON THREE** – God’s gifts.
5. **LESSON FOUR** – Preparing for holy communion.
6. **CONCLUDING SESSION** – which should be completed together with all the families. A shared meal is also highly encouraged.
7. **SUNDAY WORSHIP SERVICE** - where the participants and their families will take part in their first communion together with your congregation.

The lessons have been designed using the *Four Keys*. This devotional tool uses *caring conversations* followed by a devotional learning aspect. There is then space for rituals and traditions of prayer and optional memory verses. The final key is service, finding ways to share our gifts and serve one another.



We have provided additional resources also. The *Growing Faith Moment* is a devotion using the *Four Keys* and the *First Communion Moment* is an excellent take home for the parents and their children to use together after they have completed their first communion journey.

How to proceed:

- Find interested parents and children wanting to take their first communion
- Send out the parents introductory letter – see template and personalise
- Set a date, time and location for the introductory and concluding group meetings
- Decide whether the group will meet together for the four lessons or whether individual families will complete at home
- Provide copies of the four lesson outlines
- Set the date approximately 5-6 weeks after the introductory meeting for the actual Sunday morning first communion worship
- Follow up and encourage the families to complete the four lessons – this can be done by the pastor, lay worker or adult mentors

We pray this resource is a wonderful opportunity to support the parents in your congregation in helping their child grow in their faith. We recommend completing the whole course as a group of families but understand the demands on time and the possibility of not having a number of families wanting to do first communion at the same time.

Please feel free to use this resource however it fits best into your congregational context. Please contact Grow Ministries if you have any questions, or would like to know more about other resources we provide.

Blessings
from the Grow Ministries team.



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