



Resources for Teaching
our budding rocks of faith

HOLY COMMUNION

Activities for teaching young Orthodox Christian children about the Holy Mystery



HOLY COMMUNION

The symbol of this Mystery is...

The Bread and the Wine

A PHRASE FROM A HYMN:

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshipping the undivided Trinity, for the Trinity has saved us.

The Mystery in the Gospels:

Matthew 26:26-29

Luke 22:14-20

John 6:53-59

Holy Communion or the Holy Eucharist is the most important Mystery of the Church. In the Eucharist, the bread and the wine offered by the faithful truly become the **Precious Body and Blood** of our Lord Jesus Christ. When partaking of the Holy Eucharist, we, together with the whole creation, are lifted up in prayer and thanksgiving, becoming one with our Lord and Savior.

The service where the Eucharist is offered is called the **Divine Liturgy**. During the Liturgy, we participate with our whole body, mind, and soul, in the life of our Lord - from His birth to His Death and Resurrection.

To receive Holy Communion, we must **prepare ourselves**. We usually fast on the previous day, and read the prayers of preparation. We must not eat or drink anything in the morning before we receive. It is important to partake of the Eucharist with a clear conscience and a light heart: if we did something wrong to someone, we must ask them to forgive us; it is also good to participate in the Mystery of Holy Confession.



HOLY COMMUNION

THREE ICONS FOR THE HOLY EUCHARIST



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Christ communing the Apostles

This icon is symbolic of the Holy Eucharist: it does not show an event in the way it actually happened. We can see the Altar Table, and on it a paten containing pieces of Bread and a chalice containing the Wine. Christ is behind the table, handing the Bread to the Apostles with one hand and the Wine with the other.

The Lamb of God

This is also a symbolic icon. Christ is pictured as a baby, laying upon the paten or chalice. This icon clearly shows that the Eucharist is the real Body and Blood of Christ.



HOLY MYSTERY:

The symbol of this Mystery is...

In this Mystery...

The Mystery in the Gospels:

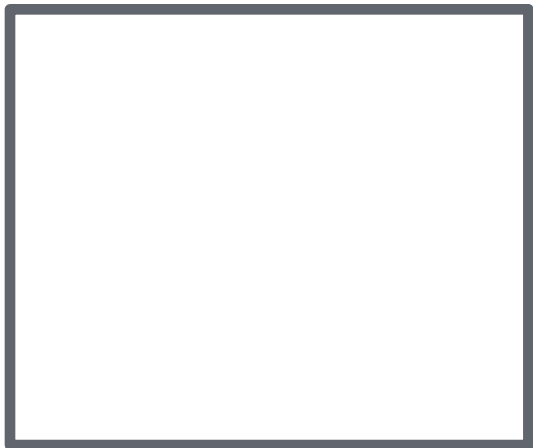
**Draw a picture inspired by the icon
or the service.**

**A PHRASE FROM A HYMN
OR PSALM:**

HOLY COMMUNION - LABEL THE ICONS



Cut out the icons from the following page and glue each one in the appropriate box, then write a brief description of each icon.



The Mystical Supper



Christ communing the Apostles



The Lamb of God

This icon shows...

This icon shows...

This icon shows...

HOLY CHRISMATION - LABEL THE ICONS



HOLY COMMUNION - CROSSWORD PUZZLE



Fill in the crossword puzzle using the following words:

EUCHARIST - BODY - BLOOD - EAT - PRAY - MYSTICAL



Across

1. Before receiving Holy Communion, we are not supposed to ... anything.
2. To prepare for Holy Communion, we ...
3. Our Lord offered the first Eucharist during the ... Supper.
4. At Holy Communion, the bread becomes the ... of Christ.

Down

1. Holy Communion is also called the Holy ...
3. At Holy Communion, the wine becomes the ... of Christ.



HOLY COMMUNION - WORD PUZZLE

Holy Communion is also named the Holy ...

To find out, write on each line the letter that, in the alphabet, comes before the one you see.



F

V

D

I

B

S

J

T

U

HOLY COMMUNION - WORD PUZZLE



What does the priest say during Holy Communion? To find out, copy every other letter to the spaces below.

TYHKEISPETRGRVZAQNUTJOKFPGFOIDBPVAXRZT
GADKWEUSPOJFGTTHFEKPPROEECPIAOSUFSK
ALNGDRABLMLNHVOCLXYDBTOHDUYJAK
NPDTBRLEOWOGDKOXFTOBUVRNLMOKRFD



PREPARING FOR HOLY COMMUNION



What do we do to prepare for Holy Communion? Draw a picture in each box.

**We fast on the previous day,
and don't eat or drink
anything in the morning.**

A large, empty rectangular box with a gray border, intended for drawing a picture related to the text on the left.

We pray to our Lord Jesus Christ.

A large, empty rectangular box with a gray border, intended for drawing a picture related to the text on the left.

**We ask for forgiveness
and go to Holy Confession.**

A large, empty rectangular box with a gray border, intended for drawing a picture related to the text on the left.

HOLY COMMUNION - BOARD GAME



The following two pages can be used to easily make a board game. Print out the following page to make the game board. Laminate or print on card stock for sturdiness. To make the spinner, follow the instructions on the page after next. Alternatively, a die can be used.

To play the game, you will need:

- The game board
- The spinner or one die
- Board game pawns or any small colored objects than can be used as placeholders (buttons, large beads etc.)

How to play

The point of the game is to go over important facts about Holy Communion in a fun and interactive way. All placeholders are placed on **START**. The first player spins the spinner or throws the die and moves his/her placeholder a corresponding number of squares. The spinner directs the player to either move forward or backward in the game. If a die is used, then the player only moves forward.

The player reads aloud the information on the square that s/he landed on. Then s/he has to close his/her eyes and repeat the information in his/her own words.

If using the spinner, there are two choices of actions, depending on the results of the spinner.

- **The placeholder had moved FORWARD**
If the player remembers the facts correctly, the placeholder stays where it landed. If not, it returns to its previous position.
* This is also what happens if a die is being used instead of the spinner.
- **The placeholder had moved BACKWARD**
If the player remembers the facts correctly, the placeholder goes back to its original position. If not, it stays where it landed.

After the action is performed, the next player takes a turn. The first player to reach **FINISH** wins. If there is no time to cover the whole board, the player who moved closer to FINISH wins.



HOLY COMMUNION - BOARD GAME

START

The first Holy Eucharist was offered by our Lord Himself at the Mystical Supper.

In the Holy Eucharist, the bread becomes the Precious Body of our Lord.



In the Holy Eucharist, the wine becomes the Precious Blood of our Lord.

We must prepare in order to receive Holy Communion.

The Holy Eucharist is offered during the service of the Divine Liturgy.

When we partake of the Holy Eucharist, we become one with our Lord Jesus Christ.



To prepare for the Holy Eucharist, we pray and fast.

We must not eat or drink anything in the morning before we receive Holy Communion.

In line for Holy Communion, we wait patiently and silently, praying and thinking about our Lord.

We get ready for the Eucharist by asking for forgiveness and going to Holy Confession.

FINISH

HOLY CHRISMATION - BOARD GAME

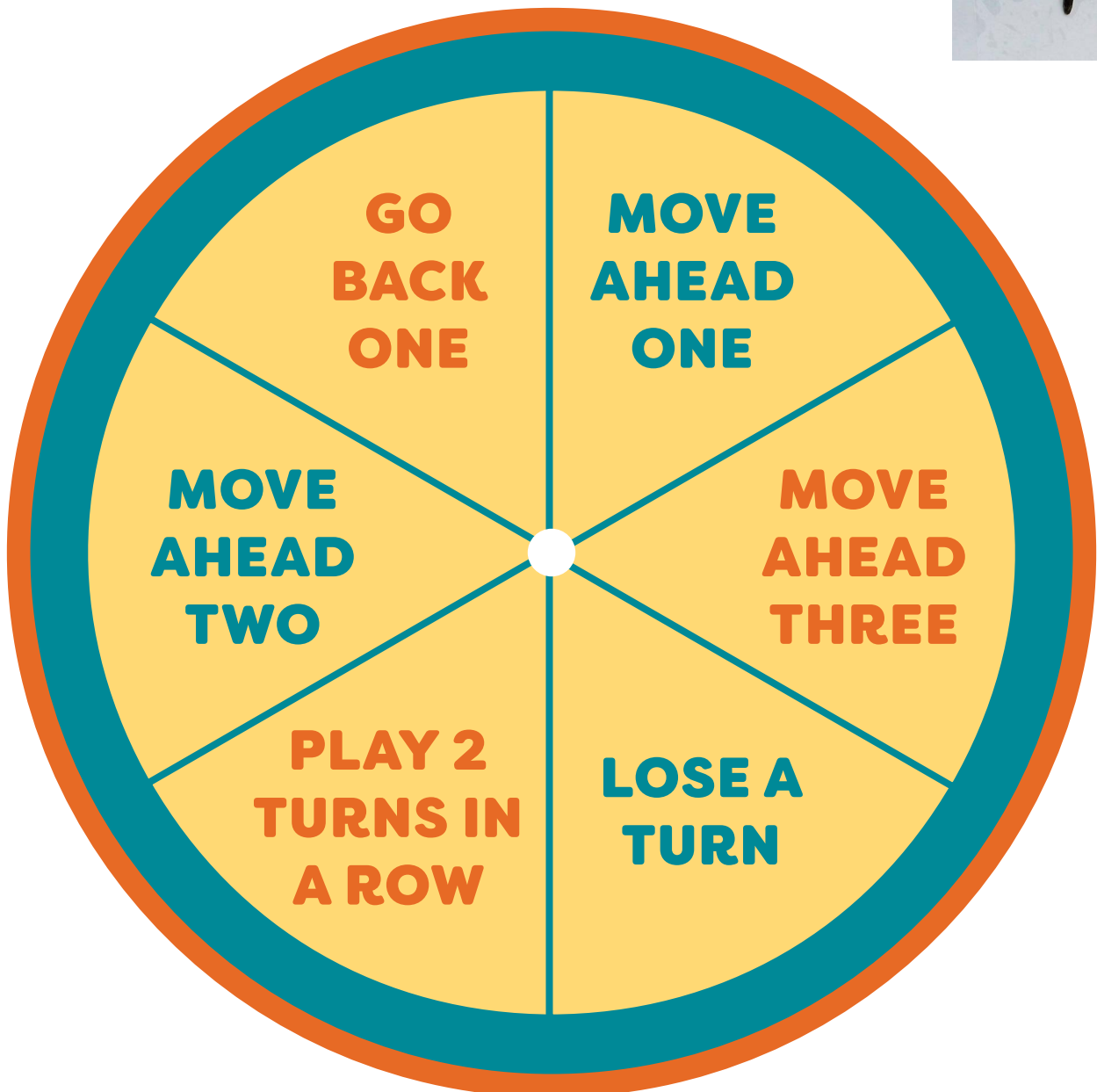
SPINNER

Print out this page. For sturdiness, print on plain paper and laminate, or use premium printer paper or card stock. Cut out the circle below.

To make the spinner, you will need:

- The circle cut-out
- A brad (metal paper fastener)
- A paper clip
- A piece of packing tape

Punch a small hole in the center of the paper circle. Insert the brad through the hole. Fold the back of the brad mid-way, not at the top, so that the brad is poking up from the paper circle about half an inch. Tape the brad on the back of the circle. Slide the paper clip on the brad. Ready to spin!





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