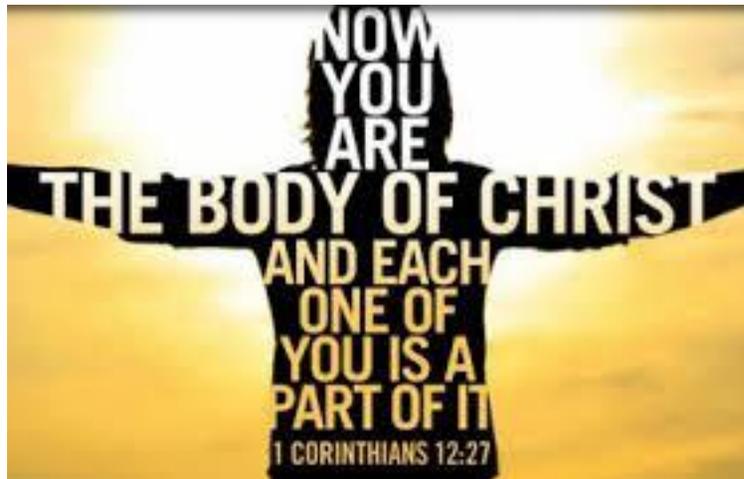


“PREPARE FOR JESUS and RECEIVE HIM WELL”

PREPARE:

1. Make sure our souls are healthy. We should have no mortal sins on our souls. Go to Confession often.
2. Show in our lives that we love Jesus. Say our morning and night prayers, obey our parents and be kind and loving to all those around us.
3. We also prepare to receive Jesus by not eating or drinking one hour before Holy Communion. This is a sacrifice we make to show Jesus that we want to receive Him above all else. (Only medicine and water are allowed at this time).
4. In church we pay attention during Mass and say the responses. *We tell Jesus how glad we are that He will soon come to us.*



RECEIVE:

1. *Think about Jesus and how much He loves you. Pray to Him telling Him that you believe in Him and love Him, too.*
2. Come forward to the altar with hands folded.
3. Bow before the priest just before receiving.
4. Place your left hand over your right hand and make a throne for Jesus.
5. Stretch your arms out toward the priest (shoulder height).
6. The priest will say “Body of Christ”
 - You will answer “**AMEN**”
 - Put the host in your mouth right away.
 - Make the sign of the cross
7. Walk to the cup; bow before the cup.
8. The priest will say “Blood of Christ”
 - You will answer “**AMEN**”
 - Hold the cup with two hands and take a sip
 - Make the sign of the cross
9. Quietly walk back to your seat with hands folded in prayer
10. Return to your seat and *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.*

