



THE CATHOLIC DIOCESE OF  
ARUNDEL & BRIGHTON

# Readiness for **Holy Communion**



## **Your child will be ready to receive Holy Communion when you notice:**

- they have a desire to receive Holy Communion;
- they are developing a relationship with Jesus Christ and the Church;
- they are familiar with the movements, prayers and gestures of the Mass and the connections they have to our lives;
- they have a sense of 'real presence' – that the bread and wine of Eucharist is no longer bread or wine, but Jesus himself coming to us in a special way.

## **As parents you have an important role in helping your child to be 'ready':**

When your child sees you regularly receive Holy Communion with reverence and understands that it is an important part of your life, they will also desire to receive Holy Communion, and know this is Jesus coming to us in a special, tangible way.

When you have conversations about God, encourage the family to pray, worship and also meet Jesus through life with others in the parish, they will naturally grow in relationship to Jesus Christ and the Church

When you take the time to help your child participate in Mass – to give thanks and praise, to learn the words and gestures, to sing and pray, they will be as comfortable at the Eucharistic meal as they are at your family's table.

When you 'practice what you pray' by living the Gospel commandment to 'love one another', they will see that the Eucharist nourishes your life every day of the week.