



RECONCILIATION & EUCHARIST

Keeping us close to Jesus

When children prepare for First Communion, they receive First Reconciliation first. The link between these sacraments continues throughout our lives: they are the only two sacraments we can receive every day. Why? Because together they are our surest way of staying close to Jesus!

Family Discussion

- Imagine getting in a big fight with a friend, then being forced to sit together on a field trip. Do you think it would be fun? Why or why not?
- Have you ever been told to “apologize and shake hands” or heard that couples should “kiss and make up?” What’s the connection between reconciling and being close? What’s the connection to Reconciliation and Eucharist?
- Share stories of your own First Reconciliation and First Eucharist. Have you grown in your understanding and appreciation of these sacraments? How?
- Together, watch the video, “Reconciliation & Eucharist.” There were lots of suggestions for staying close to Jesus. Which do we do? Which would you like to try?

Lamentations 3:23

His mercies are new every morning.

How does giving and receiving mercy help keep all our relationships close and healthy?

READY FOR THE FEAST

The Lord addresses an invitation to us, urging us to receive him in the sacrament of the Eucharist. To respond to this invitation we must prepare ourselves for so great and so holy a moment. CCC 1384-5

Before we receive Communion, we should be free from mortal sin and in full communion with the Church. This is not to be elitist: it’s about relationship. Would you give a long, heartfelt hug to a stranger or enemy? Of course not! Receiving the Eucharist is like getting a far more intimate embrace from Jesus. The Church simply wants our relationship with Him to be in a place to receive His love.

Bringing it home

Our homes are meant to be like little Churches, where we love each other like Jesus. How can we forgive and bond with each other regularly?

- Establish a ritual to apologize, forgive, affirm and hug.
- Agree that once a sin is forgiven, it does not get brought up again.
- Follow Reconciliation or Mass with a warm family event like a special meal, treat or activity.
- Prepare for vacation with Reconciliation!

Access the video and more ideas: Archkcks.org/ReconciliationEucharist