



Growing
FAITH
moments

First Communion

INTRODUCTION

At the heart of equipping people for their lifelong faith formation are the Four Key Faith Practices: **Caring Conversations, Devotions, Service, and Rituals and Traditions**. As you celebrate the opportunity to begin receiving communion may you be reminded of Jesus' gift to you. Let this First Communion **Growing Faith Moment** be a time to reflect on Jesus' love for you.

This moment can take place in a small group or around the family table.

Caring Conversations

Invite the young person to share their answers to one or a number of the following questions.

- Share what Holy Communion means to you
- Share why being welcomed to participate in communion is a special moment for you

Devotions

As they sat down to eat, he took the bread and blessed it. Then he broke it and gave it to them. Suddenly, their eyes were opened, and they recognised him. And at that moment he disappeared! They said to each other, "Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?" Luke 24: 30-32

Talk about the very first Lord's Supper that Jesus had with his disciples. Read it in Mark 14:22-25.

Talk about the gifts we receive in Holy Communion - receiving forgiveness, growing in faith, receiving Jesus' body and blood, and giving thanks.

Service



In Holy Communion Jesus feeds us spiritual food to strengthen our faith. Maybe you can offer to help out leading in worship - perhaps help serve communion or help set up or clean up the communion elements for your church.

Rituals and Traditions



Gather the people present around the young person. Invite them to place their hands on the young person's head or shoulders for the following prayer and blessing.

Pray:

Gracious God, may your body and blood strengthen our faith and encourage us for a life of service. Prepare our hearts when we take communion. Help us to receive your forgiveness of our sins and fill us with joy. May this gift of life draw us closer to you Lord and to each other. Amen

Bless

May you give thanks to Jesus for his incredible sacrifice, love and gift of life. Amen.

Gifts:

- A photo frame for first communion.
- A special bible verse to encourage them in their faith journey.

For more information about the Growing Faith Moments and other resources for ministry to children, youth and their families, please contact:

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