

**PARISH FAMILY ABLAZE (11-19-23): NUMBER 2, PART 3, LESSON
28—HOLY COMMUNION**

PRAYERS

- I. “Signum Crucis”: “In nomine Patris et Filii et Spiritus Sancti. Amen.”
- II. “Prayer to the Holy Spirit”
- III. Saint and Virtue:
 - A. Saint Imelda Lambertini
 - B. Obedience

TRUE/FALSE

- 1. There was a time when the fast before Holy Communion began at midnight before the Mass in the morning.
- 2. Holy Communion cleanses one of venial sins.
- 3. A person who receives Holy Communion in a state of mortal sin does not receive the grace of the Sacrament but suffers no further harm.
- 4. Each person who receives Holy Communion in a state of grace benefits from the grace of the Sacrament to the same degree.
- 5. We should not stay away from Holy Communion just because we are aware of venial sins.
- 6. When I am in a state of mortal sin and cannot receive Holy Communion, I am not obligated to attend Mass on Sunday or Holy Days of obligation.
- 7. The fast is not required in particular cases for certain persons to receive Holy Communion.
- 8. One effect of Holy Communion is to preserve us from committing mortal sins.
- 9. A Catholic is obliged to receive Holy Communion at least once per year during Easter Season.
- 10. A Catholic is obliged to receive Holy Communion, if possible, when he is in danger of death.

HOLY COMMUNION—RECEIVING THE HOLY EUCHARIST

- I. Holy Communion = “Receiving Jesus Christ in the Sacrament of the Holy Eucharist” (366)—May be received twice a day if one attends two Masses
 - A. Proper Disposition:
 - 1. Free from mortal sin

2. Right intention
3. One hour fast
- B. Knowingly receiving Holy Communion in a state of mortal sin:
 1. Communicant does not receive the graces of the Sacrament
 2. Communicant commits the grave sin of sacrilege
- C. Ways to increase the grace appropriated at Holy Communion:
 1. Sincere effort to overcome venial sin
 2. Increased fervor and devotion for the Blessed Sacrament:
 - a. Acts of faith, hope, and love
 - b. Visiting Jesus often in the tabernacle and adoration chapel
 - c. Attending daily Mass and times of Eucharist Exposition and Benediction
 - d. Showing reverence in the Presence of Christ in the Blessed Sacrament and when receiving Holy Communion
 - e. Spiritual communions and aspirations and prayers addressed to our Eucharistic Lord
 - f. Preparing prayerfully for Holy Mass
 - h. Giving thanksgiving after Mass
 - i. Speaking to Christ from one's heart in His Eucharistic Presence
- II. After receiving Holy Communion:
 - A. Spend time adoring our Lord and giving Him thanks
 - B. Renew promises of love and obedience to Him
 - C. Ask blessings from Jesus for us and others
- III. Chief effects of Holy Communion:
 - A. A closer union with our Lord and more fervent love of God and of our neighbor
 - B. An increase of sanctifying grace
 - C. Preservation from mortal sin and the remission of venial sin
 - D. Lessening of our inclination to sin and the help to practice good works

DISCUSSION QUESTION

What was my most memorable reception of Holy Communion, and what made this so memorable? What steps can I take to help me receive Holy Communion

as if this were my first, last, and only reception of this most awesome Sacrament?

QUESTIONS FOR FATHER JACK

MISSION/FINAL PRAYER AND BLESSING