



Blessed

Step 1: Watch "This Is a Special Day" video.

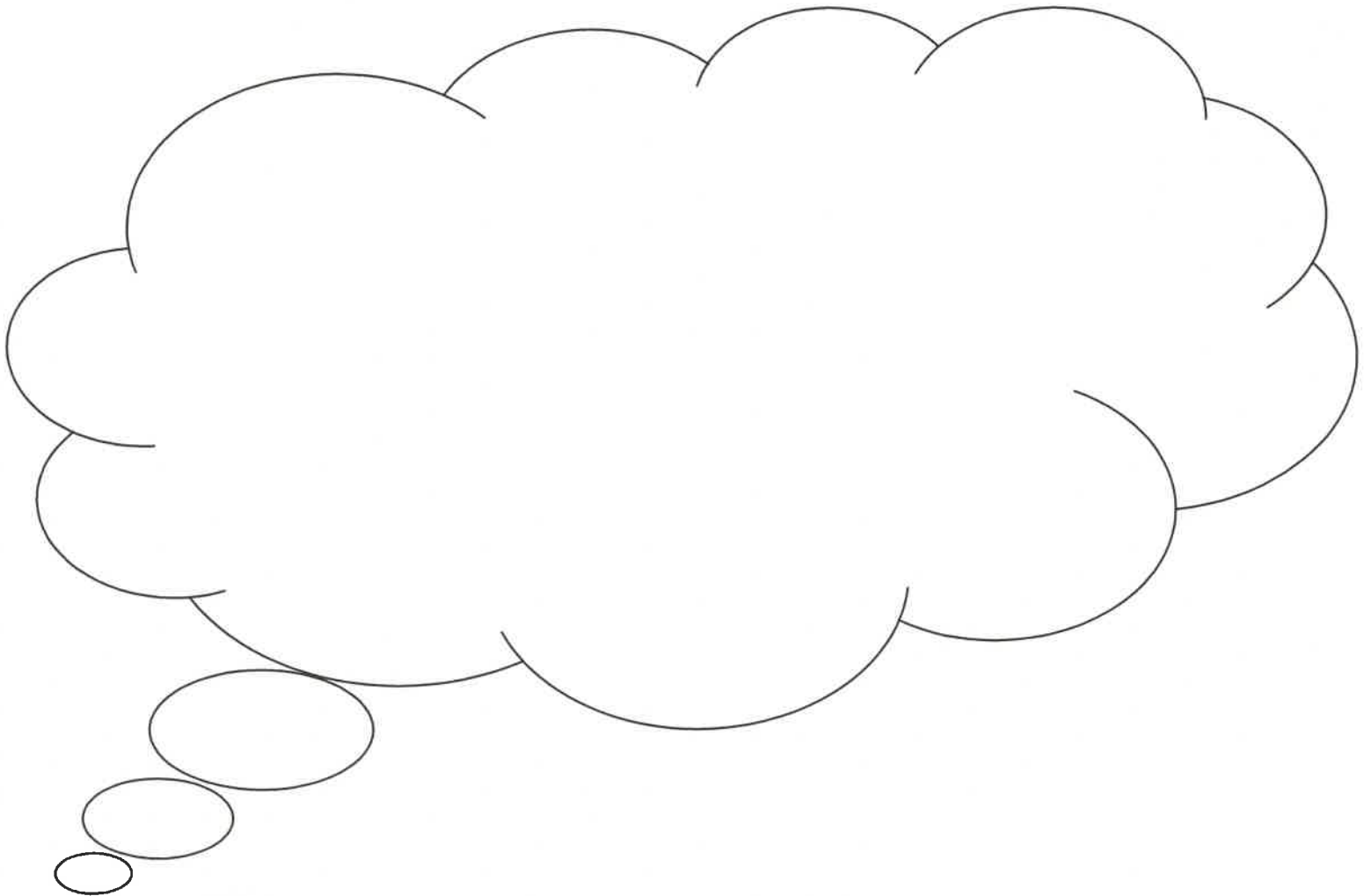
Step 2: Discuss the following questions then draw a picture of your 1st Communion Day.

Step 3: Together complete the prayer on the back.

Child - What do you think it will be like to receive Jesus in the Eucharist for the first time?

Parent - Tell your child about your First Communion.

Child - Draw a picture of you receiving Jesus for the first time in the Eucharist.



My Little Prayer Process

- 1 Thank God for whomever and whatever you are most grateful today. List what you are grateful for.

- 2 Think about today. Talk to God about the times when you were and were not the-best-version-of-yourself.

- 3 What do you think God is trying to say to you today? Talk to God about that.

- 4 Ask God to forgive you for anything you have done wrong and to fill your heart with peace.

- 5 Talk to God about some way he is inviting you to change and grow.

- 6 Pray for the other people in your life by asking God to guide them and watch over them. List those you are praying for.

- 7 Pray the Our Father.