

First Holy Communion



Preparation Booklet 7

The Walk to Emmaus (Luke 24:13-35)

On Easter Sunday morning two of Jesus' followers of Jesus were walking to a village about seven miles from Jerusalem called Emmaus.

As they walked they talked about the events of the past week (how Jesus had been arrested and crucified).

While they were talking, Jesus joined them on the road. But the two men did not recognise that it was Jesus. They thought he was just a stranger. Jesus asked them:

"What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him:

"Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days ... the things about Jesus of Nazareth, who was

a prophet ... We had hoped that he was the one to redeem Israel."

The two men told Jesus that two of the women they know had gone to his tomb but Jesus' body had disappeared. The women had said that Jesus was alive again!

Then Jesus spoke: "Oh, how foolish you are, and how slow of heart to believe all that the prophets have said!" He reminded them of all the promises that had been made through the scriptures; how it had been necessary for Jesus to die to fulfil God's plan. He explained how the Bible had said centuries before that all these things would happen.



When they came to Emmaus, the two friends asked the man to stay for a meal, as it was getting dark.

So Jesus went with them. When they sat down at the table, Jesus took the bread, he blessed it, he broke it and gave it to them to eat. Suddenly, their eyes were opened and they recognised that this man was Jesus.

At that moment, Jesus vanished from their sight.

They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up and returned to Jerusalem.

They found the eleven and their companions gathered together. They were saying, "The Lord has risen indeed, and he has appeared to Simon!"

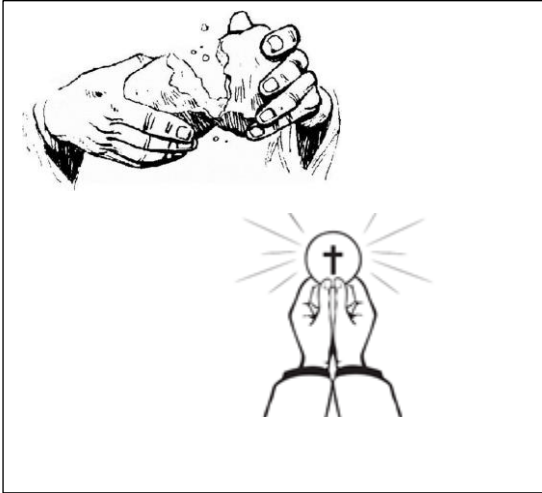
Then they told them what had happened on the road, and how they had recognised him at the breaking of bread.



"... and they recognised him at the breaking of bread."

The Risen Jesus is Present Among Us

The story of the Walk to Emmaus reminds us of important things about Jesus.



The two men did not recognise Jesus until the breaking of bread.

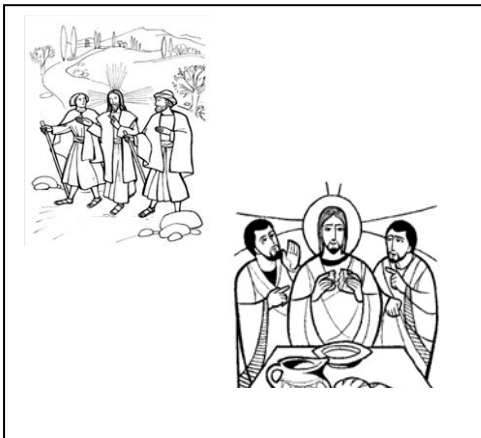
Jesus gave us the sacrament of Holy Communion and he becomes present to us during the **CONSECRATION** at Mass.

Mass is a time for us to open our eyes and be aware that Jesus is very near us.



The two men thought that Jesus was dead but in fact he was alive and very close to them.

Even though we can't see Jesus, Jesus is still there and he is looking after us.



The two men invited Jesus to stay with them.

Jesus wants us to invite him into our lives. When we have Jesus in our lives he teaches us wonderful things and our hearts burn with love and joy.

Colour in the picture of the Walk to Emmaus.

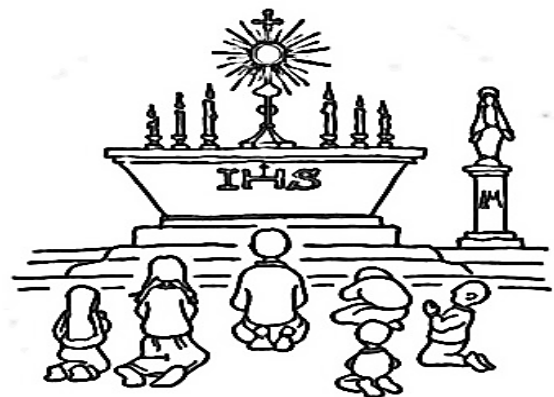
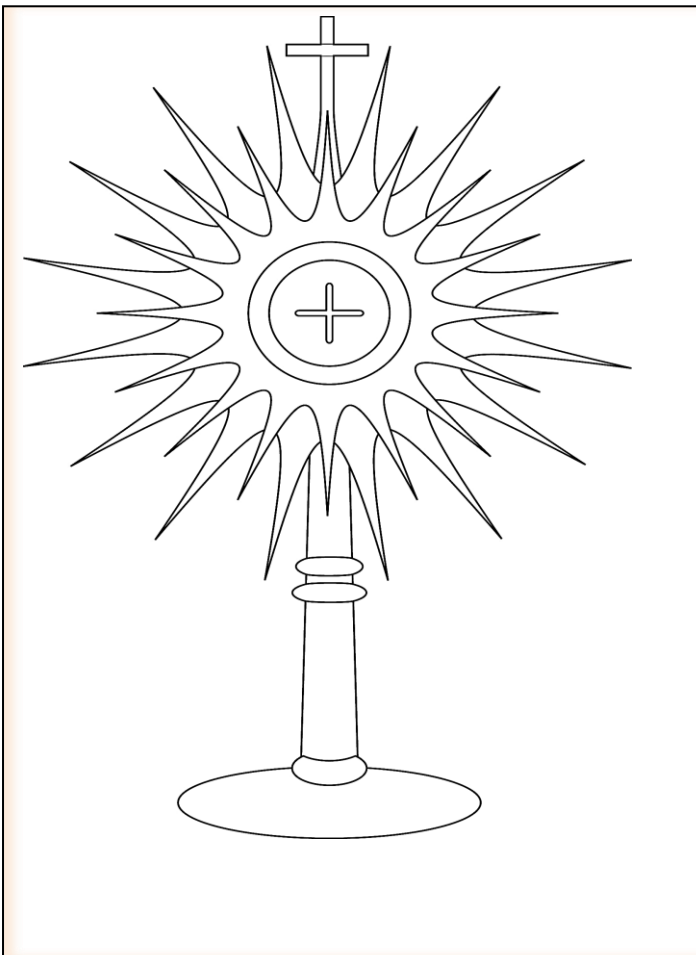


“Didn’t our hearts burn within us as he talked with us on the road and explained the Scriptures to us?” Luke 24:32.

Jesus, We Adore You

When we love someone, we find different ways of showing our love. We can show our love for Jesus in a special way through "Eucharistic Adoration".

This is when the Body of Christ, the Blessed Sacrament, is displayed in a MONSTRANCE on the altar. We can sit and pray and talk to Jesus, or we can sit in silence and simply adore him.



We can sit and pray and talk to Jesus, or we can sit in silence and simply adore him.

Eucharistic adoration usually happens at least once a week in our parishes. It is often called "Holy hour".

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Worksheets 1&2

The Walk to Emmaus

20 minutes

This is a good story to do with the children before or after they have made their First Communion. If read well and explained well, this story can be very poignant and meaningful for children. This story reminds us of what we do on Sundays: we make our way to Mass, we listen to Jesus through the scriptures, we have the scriptures explained to us through the homily, we sit around the table of our Lord and we break bread together and Jesus is revealed to us - he is truly present. Point out to the children that the Walk to Emmaus is exactly like Mass and give them the opportunity to ask/discuss and take this story into their hearts as it is one that will help them in life. It is a story to take home and share and do with parents.

Worksheet 3

The Risen Jesus is Present Among Us

15 minutes

The aim of this sheet is to explore aspects of the Emmaus story. Three main points are underlined through the three boxes with explanations. Take time to discuss all three. The second picture of the Good Shepherd will remind them of their First Confession prep and you could ask them about this again, highlighting that he always looks after his sheep (us), he seeks us out, he gives us the freedom to invite him into our lives, etc.

Worksheet 4

Colouring in page

10 minutes

Worksheet 5

Jesus, We Adore You

10 minutes

The aim of this sheet is to introduce the children to the practice of Eucharistic Adoration. To prepare the children, ask them *how* they usually pray. They will give

examples, e.g. around the table before and after family meals/at school in a class group/kneeling by their bed, etc. Explain that there are other ways of praying, that we don't have to pray aloud, that we can pray silently. Tell them that we often use images of Jesus or saints to focus our attention during prayer. Then explain that Adoration is a special form of prayer amongst many others and that they will experience different forms of prayer as they grow.

Take the opportunity to explain the word "adore" and revise "Eucharist" - What do they mean? You should show them a real monstrance if possible and give them the opportunity to participate in Eucharistic Adoration.