



## ACTIVITY 3

# The Effects of Holy Communion

## GRACE PERSON ACTIVITY

**Age Level:** All ages

**Recommended time:** 10 minutes

**What you need:** Grace Person, markers and/or crayons



*The Communion of St. Theresa. by Juan Martín Cabezalero.*

### What you need to know before you begin:

The effects of the Eucharist are three-fold:

- ▶ When we receive Holy Communion, we are **united with Jesus Christ**. Our souls are strengthened: we need the Eucharist in the same way our bodies need food. The Eucharist helps us avoid sin and strengthens our charity.
- ▶ The Eucharist **separates us from sin**: it forgives venial sin and helps us avoid mortal sin in the future. The Eucharist also helps us see the face of Jesus in the poor. The *Catechism* explains, “Participation in the Holy Sacrifice identifies us

with Jesus' Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints" (CCC 1419).

- ▶ Receiving the Eucharist **unites us with other Christians**. The very Body of Christ, the Eucharist, strengthens and nourishes the Body of Christ – the Church – whose members are gathered in that Eucharistic celebration: the living on earth (the Church Militant), as well as the saints in Heaven (the Church Triumphant) and the souls in Purgatory (the Church Suffering).

## Activity

- A. Go over the effects of Holy Communion with your children, explaining them at a level they will understand.
- B. Then have your children think of a way to decorate and/or mark your Grace Person to signify each of the effects of Holy Communion. For example, to show that the Eucharist separates us from sin, they might draw and color a halo, and then paste it on the Grace Person's head. Have fun and be creative while learning the effects of the Holy Eucharist.

### BONUS ACTIVITY

## Eucharist SketchPad video

**Age Level:** All ages

**Recommended time:** 6 minutes

**What you need:** Sophia SketchPad Eucharist video, found at [SophiaSketchPad.org](http://SophiaSketchPad.org)

Together, watch the six-minute Sophia SketchPad video on the Eucharist. The free video is available at [SophiaSketchPad.org](http://SophiaSketchPad.org). When you are finished watching, ask your children what most stood out to them about the video.

