

# Weekly Meal Prayers

*A family faith formation opportunity  
as you prepare for First Holy Communion*

**Plan a weekly meal with prayer for six Sundays before First Holy Communion. If Sundays do not work for your family to be together, plan it for another day of the week.**

## ***Weekly Meal Prayer #1***

**Sit down for a family dinner.  
Have your second grader set the table.  
Mom or Dad will lead and read the scripture.**

### **BEGIN WITH THIS PRAYER**

**Sign of the Cross**

**Reading:** Acts 3:13-15, 17-19

A Reading from the Acts of the Apostles;

*Peter said to the people:*

*“The God of Abraham, the God of Isaac, and the God of Jacob, the God of our fathers has glorified his servant Jesus, whom you handed over and denied in Pilate’s presence when he had decided to release him.*

*You denied the Holy and Righteous Once and asked that a murderer be released to you.*

*The author of life you put to death, but God raised Him from the dead; of this we are witnesses.*

*Now I know, brothers, that you acted out of ignorance, just as your leaders did; but God has thus brought to fulfillment what he had announced beforehand through the mouth of all the prophets, that his Christ would suffer.*

*Repent, therefore, and be converted, that your sins may be wiped away.”*

The Word of the Lord.

Thanks Be to God.

**Have your second grader read this aloud:**

Peter taught the people all about Jesus. He reminded everyone what they did to Jesus, but he also gives them another chance.

**Prayer-“Bless Us O Lord”**

*“Bless Us, O Lord, and these, Thy gifts, which we are about to receive through Thy bounty, through Christ our Lord. Amen.”*

**Begin Eating Dinner**

**During Dinner, Discuss These Questions:**

Who is Jesus? Who are Mary & Joseph? Who is Peter and the apostles?

What does the word “resurrection” mean? Why is it important?

When was the last time I needed a ‘second chance’ to do the right thing?

What am I most grateful for that somebody shared with me or gave to me?

What is my favorite prayer?

**After Dinner, Close by saying the “Glory Be” Prayer Together**

*“Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the Beginning, is now, and ever shall be, world without end. Amen.”*

## ***Weekly Meal Prayer #2***

**Sit down for a family dinner.  
Have your second grader set the table.  
Mom or Dad will lead and read the scripture.**

### **BEGIN WITH THIS PRAYER**

#### **Sign of the Cross**

**Reading: 1 John 2:1-5a**

A Reading from the First Letter of St. John;

*My children, I am writing this to you so that you may not  
commit sin.*

*But if anyone does sin, we have an Advocate with the Father,  
Jesus Christ the righteous one.*

*He is expiation for our sins, and not for our sins only but for  
those of the whole world.*

*The way we may be sure that we know him is to keep his  
commandments.*

*Those who say, "I know him," but do not keep his  
commandments are liars, and the truth is not in them.*

*But whoever keeps his word, the love of God is truly perfected in  
him.*

The Word of the Lord.

Thanks Be to God.

**Have your second grader read this aloud:**

We are all God's children. Sometimes we may sin, but Jesus is still our friend. Receiving Jesus in Holy Communion helps us to keep God's Commandments.

**Prayer-"Bless Us O Lord"**

*"Bless Us, O Lord, and these, Thy gifts, which we are about to receive through Thy bounty, through Christ our Lord. Amen."*

**Begin Eating Dinner**

**During Dinner, Discuss These Questions:**

What do we call God's family?

When were you baptized?

What is the bread we eat at mass changed into?

What is the wine we drink at mass changed into?

Who do we let into our hearts when we receive Communion?

What is another name for Communion?

What does the phrase "You are what you eat!" mean for us at communion?

**After Dinner, Close by saying the "Glory Be" Prayer Together**

*"Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the Beginning, is now, and ever shall be, world without end. Amen."*

## ***Weekly Meal Prayer #3***

**Sit down for a family dinner.  
Have your second grader set the table.  
Mom or Dad will lead and read the scripture.**

### **BEGIN WITH THIS PRAYER**

#### **Sign of the Cross**

**Reading:** Luke 24: 35-48

A Reading from the Holy Gospel According to Luke;

*The two disciples recounted what had taken place on the way, and how Jesus was made known to them in the breaking of the bread. While they were still speaking about this, he stood in their midst and said to them, "Peace be with you."*

*But they were startled and terrified and thought they were seeing a ghost. Then he said to them, "Why are you troubled? Look at my hands and feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have."*

*And as he said this, he showed them his hands and his feet. While they were still incredulous for joy and were amazed, he asked them, "Have you anything here to eat?"*

*They gave him a piece of baked fish; he took it and ate it in front of them.*

*He said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled."*

*Then he opened their minds to understand the scriptures. And he said to them, "Thus it is written that Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things."*

The Gospel of the Lord

Praise to You, Lord Jesus Christ

**Have your second grader read this aloud:**

*The disciples were friends of Jesus, but they were scared and confused. Jesus helped them to understand who he was and what the scripture said about him.*

**Prayer-“Bless Us O Lord”**

*“Bless Us, O Lord, and these, Thy gifts, which we are about to receive through Thy bounty, through Christ our Lord. Amen.”*

**Begin Eating Dinner**

**During Dinner, Discuss These Questions:**

How do I need Jesus’ help right now?

When was the last time I confessed my sins to Jesus?

Is there anybody I need to say, “I’m sorry” to?

Am I angry at anybody for hurting me? Do I need to forgive that person?

When was the last time I tried to help a friend or family member?

Who has helped me today?

**After Dinner, Close by saying the “Glory Be” Prayer Together**

*“Glory be to the Father, to the Son, and to the Holy Spirit.  
As it was in the Beginning, is now, and ever shall be, world  
without end. Amen.”*

## ***Weekly Meal Prayer #4***

**Sit down for a family dinner.  
Have your second grader set the table.  
Mom or Dad will lead and read the scripture.**

### **BEGIN WITH THIS PRAYER**

#### **Sign of the Cross**

**Reading:** Acts 3:13-15, 17-19

A Reading from the Acts of the Apostles;

*Peter said to the people:*

*“The God of Abraham, the God of Isaac, and the God of Jacob, the God of our fathers has glorified his servant Jesus, whom you handed over and denied in Pilate’s presence when he had decided to release him.*

*You denied the Holy and Righteous Once and asked that a murderer be released to you.*

*The author of life you put to death, but God raised Him from the dead; of this we are witnesses.*

*Now I know, brothers, that you acted out of ignorance, just as your leaders did; but God has thus brought to fulfillment what he had announced beforehand through the mouth of all the prophets, that his Christ would suffer.*

*Repent, therefore, and be converted, that your sins may be wiped away.”*

The Word of the Lord.

Thanks Be to God.

**Have your second grader read this aloud:**

*Jesus loved the people even though they abandoned Him. God loves us enough to give his life for us!*

**Prayer-“Bless Us O Lord”**

*“Bless Us, O Lord, and these, Thy gifts, which we are about to receive through Thy bounty, through Christ our Lord. Amen.”*

**Begin Eating Dinner**

**During Dinner, Discuss These Questions:**

How do you know God loves you?

Who are some people who love you?

How do you know you are important to your family, teachers, and friends?

How do you show your love for others?

Who made you to be special?

Besides Jesus, who am I most grateful to have as a friend?

**After Dinner, Close by saying the “Glory Be” Prayer Together**

*“Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the Beginning, is now, and ever shall be, world without end. Amen.”*

## ***Weekly Meal Prayer #5***

**Sit down for a family dinner.  
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Mom or Dad will lead and read the scripture.**

### **BEGIN WITH THIS PRAYER**

#### **Sign of the Cross**

**Reading:** 1 John 2:1-5a

A Reading from the First Letter of St. John;

*My children, I am writing this to you so that you may not  
commit sin.*

*But if anyone does sin, we have an Advocate with the Father,  
Jesus Christ the righteous one.*

*He is expiation for our sins, and not for our sins only but for  
those of the whole world.*

*The way we may be sure that we know him is to keep his  
commandments.*

*Those who say, "I know him," but do not keep his  
commandments are liars, and the truth is not in them.*

*But whoever keeps his word, the love of God is truly perfected in  
him.*

The Word of the Lord.

Thanks Be to God.

**Have your second grader read this aloud:**

As members of the Church, we know Jesus in a special way. Jesus knows each of us very well, too. Jesus wants us to get to know Him better every day.

**Prayer-“Bless Us O Lord”**

*“Bless Us, O Lord, and these, Thy gifts, which we are about to receive through Thy bounty, through Christ our Lord. Amen.”*

**Begin Eating Dinner**

**During Dinner, Discuss These Questions:**

What do we call the final meal Jesus shared with his friends?  
What is the gift Jesus gave His friends (and us) at the Last Supper?  
At mass, who repeats the words of Jesus at the Last Supper?  
What are those words?  
On what day was the Last Supper?  
When the priest gives you communion, what will he say?  
How will you respond?

**After Dinner, Close by saying the “Glory Be” Prayer Together**

*“Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the Beginning, is now, and ever shall be, world without end. Amen.”*

## **Weekly Meal Prayer #6**

**Sit down for a family dinner.  
Have your second grader set the table.  
Mom or Dad will lead and read the scripture.**

### **BEGIN WITH THIS PRAYER**

#### **Sign of the Cross**

**Reading:** Luke 24: 35-48

A Reading from the Holy Gospel According to Luke;

*The two disciples recounted what had taken place on the way, and how Jesus was made known to them in the breaking of the bread. While they were still speaking about this, he stood in their midst and said to them, "Peace be with you."*

*But they were startled and terrified and thought they were seeing a ghost. Then he said to them, "Why are you troubled? Look at my hands and feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have."*

*And as he said this, he showed them his hands and his feet. While they were still incredulous for joy and were amazed, he asked them, "Have you anything here to eat?"*

*They gave him a piece of baked fish; he took it and ate it in front of them.*

*He said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled."*

*Then he opened their minds to understand the scriptures. And he said to them, "Thus it is written that Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things."*

The Gospel of the Lord

Praise to You, Lord Jesus Christ

**Have your second grader read this aloud:**

*The disciples needed proof that Jesus had risen from the dead, so Jesus proved it! Jesus sacrificed His life for his disciples, and for all of us. He has risen from the dead, and now we can share life with him forever!*

**Prayer-“Bless Us O Lord”**

*“Bless Us, O Lord, and these, Thy gifts, which we are about to receive through Thy bounty, through Christ our Lord. Amen.”*

**Begin Eating Dinner**

**During Dinner, Discuss These Questions:**

What is a sacrifice?

Why did Jesus sacrifice Himself to help us?

What am I thankful for?

Have you ever sacrificed something you wanted for somebody else?

Who are the people I love?

**After Dinner, Close by saying the “Glory Be” Prayer Together**

*“Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the Beginning, is now, and ever shall be, world without end. Amen.”*