After Receiving Holy Communion

- **Return reverently to your seat** and continue kneeling until the remaining Hosts have been placed in the tabernacle.
- **Pray to Jesus**, thanking Him for His love and sacrifice.

Prayer After Communion

O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving,
Be every moment Thine.
Before Communion, prepare yourself to receive Jesus.

- If you know that you have committed serious sin, go to the Sacrament of Reconciliation to receive God’s forgiveness before going to Mass.
- Observe the Eucharistic Fast. That is, be sure that you do not eat or drink anything for at least an hour before you will be receiving Communion.
- Go to Mass with your family. Pray, listen, sing, and focus on Jesus so your heart will be ready to receive Him.

Steps for Receiving Holy Communion

**Step 1.** Go up to the altar prayerfully and respectfully.

**Step 2.** When it is your turn, make a gesture of reverence (bow, genuflect, or kneel) for Christ in the Eucharist.

**Step 3.** The priest, deacon, or extraordinary minister will hold up a Host in front of you and say: “The Body of Christ.” You respond: “Amen.”

**Step 4.** Receive Communion either on your tongue or in your hands. After you have received, step to the side and make the Sign of the Cross facing the altar.

*Important note: always immediately eat the entire Communion Host given to you.*

**Step 5.** If you receive the Precious Blood, repeat steps 2-4 with the chalice. The priest, deacon, or extraordinary minister will offer the chalice and say: “The Blood of Christ.” You respond: “Amen.” Then carefully take the chalice with both hands and take a small sip of the Precious Blood. Be careful not to spill.