

## How to Use This Booklet

Whether used individually or in a small group, each session of *Getting More Out of Your Child's First Communion* is designed to take less than an hour. The following tips will help you have a successful, fruitful experience.

### As an Individual

1. Identify a time and place that will work consistently in your schedule. Move through the booklet at your own pace, allowing for reflection and application.
2. Begin with a prayer. Pray, “Come Holy Spirit” slowly several times. Sit quietly for a few moments of silence. Then say a prayer, such as the Our Father, the Hail Mary, or the Glory Be.
3. Before you begin the first session, watch the opening video at [wau.org/familyfaith](http://wau.org/familyfaith).
4. Read the Scripture passage slowly a couple of times, followed by the commentary.
5. Move on to the reflection questions, and prayerfully consider your responses. You might want to find someone to talk to about what you learned, or keep a journal with your notes and responses.

6. “As a Family” will give you helpful activities to do with your child and other family members during the week ahead. Make a commitment to doing one or both of the activities.
7. End with the prayer provided or your own prayer to the Lord about what you have just read.
8. During the week, use one of the prayers from the appendix or use your own words to compose a prayer.
9. After the last session, watch the closing video at [wau.org/familyfaith](http://wau.org/familyfaith).

## As a Small Group

1. Begin with a prayer. Pray, “Come Holy Spirit” slowly several times. Sit quietly for a few moments of silence. Then say a prayer together, such as the Our Father, the Hail Mary, or the Glory Be.
2. Before you begin the first session, watch the opening video at [wau.org/familyfaith](http://wau.org/familyfaith).
3. Invite one person to read the Scripture passage aloud that appears at the beginning of each session.
4. Assume everyone has read the commentary beforehand. The group facilitator could ask everyone if that is the case. If not, you might ask one or two people to try to summarize the main points of the commentary or to say what most struck them from reading it.

5. Begin discussing the questions, being careful not to rush to the next question, especially if not everyone has spoken. Some people need more time to gather their thoughts. People who tend to be quiet may need a moment of silence before they feel free to express themselves.
6. If the discussion strays, try to bring it back to the questions or text. Any member of the group should feel free to gently steer the discussion to the next point.
7. When you are finished with the questions, go over the “As a Family” section, and ask whether anyone has any questions about it. Encourage participants to do one or both of the suggested activities.
8. End with the Parent’s Prayer or one of the prayers from the appendix, or pray spontaneously.
9. After the last session, watch the closing video at [wau.org/familyfaith](http://wau.org/familyfaith).

### Get the most out of your booklet.

Visit [wau.org/familyfaith](http://wau.org/familyfaith) for a video introduction and conclusion by Mark Hart, Series Editor.