



Eucharist Checklist

- attend Mass as often as possible.
- prepare with a sincere examination of conscience
- receive Communion with an open heart
- fully participate in the worship service
- listen to homilies
- memorize the words of institution by Jesus Christ during the Last Supper
- fully understand the host is truly the body of Jesus
- pray to deepen your connection with God
- take time after you receive for reflection

