



FIRST HOLY COMMUNION

At Home Prep Materials

Click lesson title to go to the support video for that lesson.

Scan for key dates, support videos, submissions, etc.

Lesson 1 – [The Mass & The Introductory Rites](#)

- Read Luke 24:13-35 and Questions 140-159
- Go to Mass and complete the “Mass Scavenger Hunt.”



Lesson 2 – [The Liturgy of the Word](#)

- Read 2 Timothy 3:14-17 and Questions 160-171
- Review the Parts of the Mass on pages 187-192 and complete the “Mass Phrase Match-Up Game.”

Lesson 3 – [The Liturgy of the Eucharist](#)

- Read Mark 14:22-26 and Questions 172-191
- Practice receiving unconsecrated hosts provided by the parish. [This video](#) (“Sacraments 101: Eucharist (how we receive)” by Busted Halo) may be helpful.

Lesson 4 – [The Sacrament of the Eucharist](#)

- Read John 6:48-58 and Questions 242-263.
- Complete the True Presence in the Eucharist color-by-number craft (instructions available [here](#)).

Lesson 5 – [The Holy Habit of Going to Mass](#)

- Read Acts 2:42-47 and Questions 414-417 and 448-451.
- Review the Holy Days of Obligation handout.

Lesson 1 – The Mass & The Introductory Rites

140. What is the Mass?

The Mass is the worship of God in the way he has shown us, which is also the way his People have worshiped him for thousands of years and what Jesus told us to do at the Last Supper.

141. Why do we go to Mass on Sundays?

For thousands of years, God's people rested and worshiped him on Saturdays. Jesus rose from the dead on a Sunday, and so since the time of the Apostles Christians have celebrated the day of rest and worship on Sunday.

142. Then why can we also go to Mass on Saturday night?

The biblical way to count a day is from the evening before: "Thus evening came, and morning followed—the first day" (Genesis 1:5). For Catholics, the sabbath day begins on Saturday evening and extends through the day on Sunday.

143. Why can't I just pray to God at home on my own?

You can and should pray at home on your own. But it is also important to gather as God's People once per week to worship God as a community, as he has told us to do.

144. Is Mass supposed to be entertaining?

The Mass is not a form of entertainment. It is a form of ritual prayer. Entertainment tries to make you feel a certain way, but Mass allows you to present all that you are feeling at a given time to God.

145. How am I supposed to participate in the Mass?

Even without a role in the sanctuary, you participate actively by interior prayer, singing, and saying the Mass responses.

146. Why is there an altar at Mass?

An altar is a place of sacrifice, and Mass is the sacrifice of Jesus on the Cross re-presented before us in a way that makes his sacrifice present again.

147. What are the parts of the Mass?

The Mass has four main parts: the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites.

148. What happens in the Introductory Rites?

The Introductory Rites prepare us to receive what Jesus wants to give us during Mass. We prepare for this with the procession and Sign of the Cross, the greeting, the Penitential Act (in

which we tell God that we are sorry for our sins), the Gloria (the song of the Angels at Christmas), and the Collect (the opening prayer).

149. What is a procession?

A procession is a solemn liturgical walk, like a slow motion parade, that symbolizes our journey toward the Lord.

150. What is the Sign of the Cross?

It is a simple prayer that typically begins and ends our prayer, following St. Paul's advice: "And whatever you do, in word or in deed, do everything in the name of the Lord Jesus" (Colossians 3:17). The words are:

In the name of the Father, And of the Son, and of the Holy Spirit. Amen.

151. What gestures go along with the words of the Sign of the Cross?

With your right hand, bring your thumb, point finger, and middle finger together and trace a cross over your body from your forehead ("In the name of the Father...") to your stomach ("...and of the Son..."), then from your left shoulder ("...and of the Holy...") to your right shoulder ("...Spirit. Amen").

152. Besides a cross, do these gestures mean anything else?

The three fingers together remind us of the Holy Trinity. The other two fingers remind us of the Jesus' human and divine natures. The gesture from forehead to stomach reminds us that the Second Person of the Trinity came down from heaven to become man. The gesture from the left shoulder to the right reminds us that Jesus passed from death into life and promised to do the same for us.

153. What happens in the Penitential Act?

In the Penitential Act, we acknowledge our sins and ask the Lord to forgive them before we enter further into the liturgy. There are three different options for this.

154. What is the Confiteor?

Confiteor is Latin for "I confess." It is the first word in Latin of the Penitential Act, Option A:

I confess to almighty God,
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done, and in what I have
failed to do;
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary Ever-Virgin,

all the Angels and Saints,
and you, my brothers and sister,
to pray for me to the Lord our God.

155. What is the Kyrie?

The Kyrie is a Greek prayer for mercy that always follows the Confiteor. It is led by the deacon, if one is present at Mass:

Kyrie eleison (Lord, have mercy)
Christe eleison (Christ, have mercy)
Kyrie eleison (Lord, have mercy)

156. What are the other two options for the Penitential Act?

Penitential Act, Option B:

Priest: Have mercy on us, O Lord.
People: For we have sinned against you.
Priest: Show us, O Lord, your mercy.
People: And grant us your salvation.
Priest: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Penitential Act, Option C

Priest/Deacon: You were sent to heal the contrite of heart. Lord, have mercy.
People: Lord, have mercy.
Priest/Deacon: You came to call sinner. Christ, have mercy.
People: Christ, have mercy.
Priest/Deacon: You are seated at the right hand of the Father to intercede for us. Lord, have mercy.
People: Lord, have mercy.
Priest: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

157. What is the Gloria?

The Gloria is an ancient hymn glorifying and praising God. It begins with the song of the angels at Jesus's birth:

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you.
We give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, only Begotten Son,
Lord God, Lamb of God, Son of the Father,
You take away the sins of the world
 have mercy on us;
You take away the sins of the world,
 receive our prayer;
You are seated at the right hand of the Father:
 have mercy on us.
For you alone are the Holy One,
You alone are the Lord,
You alone are the Most High, Jesus Christ,
With the Holy Spirit, in the glory of God the Father.
Amen.

158. Do we always sing the Gloria during Mass?

The Gloria is always sung on Sundays (except during Advent and Lent), on solemnities and feasts, and during more solemn celebrations.

159. What is the Collect?

The Collect, sometimes called the Opening Prayer, is the prayer that concludes the Introductory Rites. It collects the prayers of the faithful and directs them toward the theme of the Mass.

CONCLUDING RITES

There are three options for the **Dismissal**. Which one did we use today?

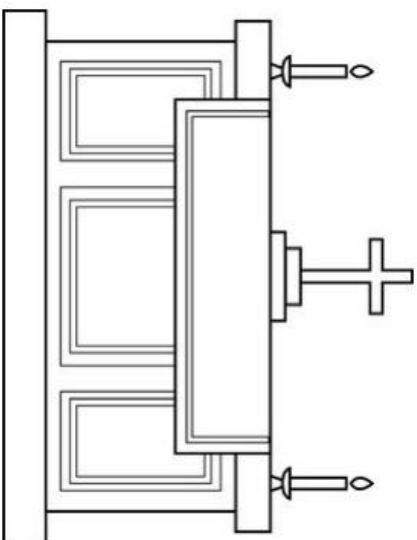
- ___ Go forth, the Mass is ended.
- ___ Go in peace, glorifying the Lord by your life.
- ___ Go in peace.

Did we sing or say the Dismissal? ___ Sing ___ Say

Did we pray the St. Michael Prayer today? ___ Yes ___ No



Mass Scavenger Hunt



Courtesy of



INTRODUCTORY RITES

What color are the priest's vestments (clothes) today?

___ Green ___ White ___ Purple ___ Red ___ Rose (Pink)

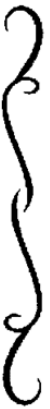
Is there a Deacon at Mass today? ___ Yes ___ No

There are three options for the **Penitential Act**. Which one did we use today?

___ **Penitential Act A** begins, "I confess to almighty God, and to you my brothers and sisters..."

___ **Penitential Act B** begins, "Have mercy on us, O Lord. For we have sinned against you..."

___ **Penitential Act C** begins, "You were sent to heal the contrite of heart: Lord, have mercy..."



LITURGY OF THE WORD

What books of the Bible do we read from today?

First Reading: _____

Second Reading: _____

A reading from the Holy Gospel according to

___ Matthew ___ Mark

___ Luke ___ John

What was something interesting in the **Homily**?

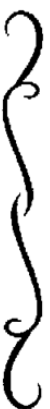
LITURGY OF THE WORD *continued*

During the **Credo**, bow your head during the line "and by the Holy Spirit was incarnate of the Virgin Mary, and became man."

What is something we prayed for during the **Universal Prayer** (petitions)?

___ Church Leaders ___ Government Leaders

___ Special Situations: _____



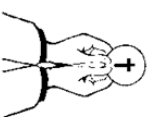
LITURGY OF THE EUCHARIST

Pay attention for these special gestures during the **Consecration**:

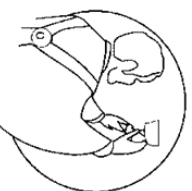
___ **Epiclasis**
(listen for the bells)



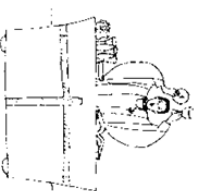
___ **Elevation of the Host**
(listen for the bells again)



___ **Elevation of the chalice**
(listen for more bells)



___ **Final Elevation**
(preceded by "Through him...")



Lesson 2 – The Liturgy of the Word

160. What happens in the Liturgy of the Word?

During the Liturgy of the Word, Jesus himself speaks to us through the words of the Sacred Scriptures. After the readings is a homily, the Creed, and the Universal Prayer. (See also questions 10-16 on the Bible.)

161. What are the readings at Mass?

The readings all come from the Bible, the inspired Word of God. When the Bible is read aloud, it is God who speaks through the voice of the lector.

- The *First Reading* comes from the Old Testament or, during the Easter Season, from the Acts of the Apostles. It points ahead to the Gospel.
- The *Responsorial Psalm* usually comes from the Book of Psalms and helps us to respond to what God said in the First Reading.
- The *Second Reading* comes from one of the New Testament letters. It is not usually about the same theme as the other readings.
- The *Gospel* is taken from one of the four Gospels, the writings about Jesus' life and ministry.

162. What are the four Gospels?

The four Gospels are Matthew, Mark, Luke, and John. They are the most important part of the Bible.

163. Why do we stand when the Gospel is read?

We stand to show respect for the most important part of the Scriptures: Jesus.

164. Why do we trace a cross on our foreheads, lips, and heart before the Gospel is read?

We trace three crosses to ask the Lord to help us think often of Jesus' words and actions, to speak often of them, and to treasure them in our hearts.

165. What is a homily?

A homily is the preaching given by a priest or deacon that helps us to understand what God said in all the readings.

166. Why do we stand for the Creed?

We stand out of respect for the summary of the most important tenets of our faith. It is the product of centuries of the Church meditating on all that God has told us about himself and about our salvation, and many saints have died for it.

167. How is the Creed organized?

The articles of the Creed are organized based on which Person of the Trinity they related to. There are articles about “God the Father Almighty,” articles about “Jesus Christ his only begotten Son,” and articles about “the Holy Spirit, the Lord and giver of life.”

168. Which articles relate to God the Father?

I believe in one God,
the Father almighty,
maker of heaven and earth, of all things visible and invisible.

169. Which articles relate to God the Son?

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day in accordance with the Scriptures.
He ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.

170. Which articles relate to God the Holy Spirit and his work in the Church?

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead and the life of the world to come.
Amen.

171. What is the Universal Prayer?

The Universal Prayer, also called the petitions, is a list of things we pray for at that Mass.

Mass Phrase Match-Up Game

The Holy Mass has four basic parts in its overall structure. They include two main parts and two framing rites.

Introductory Rites (Greeting, Penitential Act, Gloria, Collect)

LITURGY of the WORD (Readings, Homily, Profession of Faith, Prayers of the Faithful)

LITURGY of the EUCHARIST (Preparation of Gifts, Eucharistic Prayer; Communion Rite)

Concluding Rites (Announcements, Blessing, Dismissal)

Goal: In this game we want children to recognize that the Mass has separate unique parts, and specific phrases are spoken and prayed during each part.

Many youngsters will not remember the formal names mentioned above, but they can come to easily recognize and learn the different parts of the Mass they participate in from a very basic and almost practical sense. By consciously assisting at Mass, their participation is very real and substantial.

Directions:

1. Print out game on card stock or plain paper.
2. Cut phrase cards and mass part cards apart.
3. If using paper, attach each phrase or part to an index card with glue or tape for added durability. Laminate pieces for longevity.
4. As a class, individually or in teams have the children match mass phrases to the parts of the mass headings or use in any other way you want. You may want to have a missal handy for children who need assistance.

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Introductory Rites

"The Lord be with you."

"Lord, have mercy. Christ, have mercy. Lord, have mercy."

"Glory to God in the highest,"

Liturgy of the Word

"The Word of the Lord."

"I believe in one God, the Father Almighty,"

Liturgy of the Eucharist

"We pray to the Lord."

"Lord, hear our prayer."

Concluding Rites

"You are indeed Holy, O Lord, the fount of all holiness."

"Take this, all of you, and eat of it."

"Take this, all of you, and drink from it."

Communion

"Peace be with you"

"Lord, I am not worthy that you should enter under my roof"

"The Body of Christ"

Blessing

"Go forth, the Mass is ended."

"Thanks be to God."

Introductory Rites

Liturgy of the Word

Liturgy of the Eucharist

Concluding Rites

Mass Phrase Cards

"The Lord be with you."	"Lord have mercy. Christ have mercy. Lord have mercy."
"Glory to God in the highest,"	"The word of the Lord."
"I believe in one God, the Father Almighty."	"We pray to the Lord."
"Lord, hear our prayer."	"You are indeed Holy, O Lord, the fount of all holiness."

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Mass Phrase Cards

"Take this, all of you, and eat of it,"	"Take this, all of you, and drink from it,"
"Peace be with you."	"Lord, I am not worthy that you should enter under my roof,"
"The Body of Christ."	"Go forth, the Mass is ended."
"Thanks be to God."	

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Lesson 3 – The Liturgy of the Eucharist

172. What happens in the Liturgy of the Eucharist?

We prepare the altar for the sacrifice of the Eucharist and receive Jesus' Body, Blood, Soul, and Divinity in Holy Communion.

173. What should I do during the Offertory?

You should silently offer to Jesus all the prayers, works, joys, and sufferings of the day or the week. These things are symbolized in the offering of money in the collection basket, which helps support the Church.

174. What is the Preface?

The Preface is the prayer that the priest prays right before the Consecration. It usually restates the theme of the Mass.

175. Why do we pray the Sanctus (Holy, Holy, Holy)?

In the first part we join the song of the angels in the heavenly liturgy described in Isaiah 6:3 and Revelation 4:8. In the second part we join in with the crowds as Jesus entered Jerusalem on Palm Sunday (see Matthew 21:9).

176. What are the words of the Sanctus?

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

177. Why do we kneel after the Sanctus?

We kneel because the bread and wine on the altar are about to be changed into Jesus, even though they will continue to look like bread and wine.

178. What happens during the Eucharistic Prayer?

During the Eucharistic Prayer (sometimes called the Consecration), Jesus' sacrifice on the Cross is re-presented in an unbloody way on the altar. Jesus acts through the priest to offer his crucifixion to the Father for us.

179. What are the parts of the Eucharistic Prayer?

- The *Epiclesis* - The priest will call down the Holy Spirit and extend his hands over the bread and wine. The sanctuary bells ring to draw our attention to it.

- The *Words of Institution and Consecration* - Jesus himself will speak in the voice of the priest and say the words he said at the Last Supper, the words that change the bread and wine.
- The *Mystery of Faith* - We respond to the mystery now present on the altar: Jesus under the appearance of bread and wine.
- The *Anamnesis* (Remembering) - We remember Jesus' Passion, Death, Resurrection, and Ascension in a way that makes those events present.
- The *Oblation* - The sacrifice on the altar is explicitly offered to the Father.
- The *Intercessions* - The priest offers prayers for those at Mass, for the Church, and for the special intention of the Mass.
- The *Doxology* - The priest holds up the Eucharist and offers praise to God.
- The *Great Amen* - We respond with a resounding Amen!

180. What does transubstantiation mean?

It means a change of substance (what something is) without a change in accidents (the way something looks). The bread and wine are not technically transformed because there is no change in form. Rather they are transubstantiated.

181. What are the words of the Mystery of Faith?

There are three options:

1. We proclaim your death, O Lord, and profess your resurrection until you come again.
2. When we eat this bread and drink this cup, we proclaim your death, O Lord, until you come again.
3. Save us, Savior of the world, for by your cross and resurrection you have set us free.

182. Why do we pray the Our Father during Mass?

Jesus taught us the Our Father prayer, and so when we gather for Mass we pray it. In this prayer, we ask God for "our daily bread," which is a reference to the Eucharist.

183. Why do we offer a Sign of Peace right before receiving Communion?

Jesus taught us, "Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift." (Matthew 5:23-24)

184. Why does the priest call the Eucharist the "Lamb of God"?

St. John the Baptist called Jesus the Lamb of God (see John 1:29), and in the Book of Revelation, Jesus appears as a Lamb in the heavenly liturgy (see Revelation 5:6).

185. What should I do right before receiving Communion?

You should tell Jesus that you really do believe he is present in the Eucharist and how much you want to be united with him in the Eucharist. You can use the following prayers or make up your own:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.

Or:

I believe, I adore, I hope, and I love you.

186. What should I do after receiving Communion?

You should return to your seat to pray and spend a few quiet moments sitting with Jesus. Many people like to pray the *Anima Christi* prayer after Communion.

187. What are the words of the Anima Christi prayer?

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds, hide me.
Permit me never to be separated from Thee.
From our evil enemy, defend me.
In the hour of death, call me.
And bid me come to Thee.
That with Thy saints I may praise Thee
Forever and ever. Amen.

188. What is the priest doing at the altar after Communion?

The priest purifies the sacred vessels after Communion. He makes sure that even the tiniest piece of the Eucharist is consumed or placed in the tabernacle, because even the tiniest piece of the Eucharist is fully Jesus.

189. What happens after Communion?

The priest introduces the Prayer After Communion by saying “Let us pray.” After this prayer, the priest offers the Final Blessing. Then the priest or deacon dismisses the congregation.

190. When does Mass end?

Mass does not end until the priest or deacon declares, “Go forth, the Mass is ended.”

191. Why is it called *Mass* anyway?

The word Mass comes from the Latin word for *sending*, which is similar to the word *dismissal*. At the end of Mass, we are sent out to bring Jesus to the world.

Lesson 4 – The Eucharist

242. What is the Eucharist?

The Eucharist is the Body, Blood, Soul, and Divinity of Jesus under the appearance of bread and wine.

243. Why do we say, “under the appearance of bread and wine”?

In the Eucharist, the physical traits (smell, taste, texture, etc.) of the bread and wine are the only things that do not change. If you are allergic to gluten, the Eucharist still has that allergen. What has changed is the substance—what it is—which is no longer bread but Jesus. St. Jacinta Marto called the Eucharist “the hidden Jesus.”

244. Is receiving Communion cannibalism then?

No. Cannibalism is the eating of dead human flesh in the form of human flesh. Communion is the eating of living and glorified divine flesh in the form of “living bread” (John 6:51).

245. Do the appearances ever change?

There have been many documented Eucharistic miracles in which the appearance of the Eucharist has changed. However, these are not normal occurrences.

246. What did Jesus teach about the Eucharist?

Jesus taught that we must consume his body and blood to have eternal life (see John 6:53-56), that we must do what he did at the Last Supper (see Luke 22:19), and that he is alive under the form of bread and wine (see John 6:51).

247. Why does Jesus come in the form of bread and wine?

Jesus wants to be food for our souls, to make us alive and healthy, and so he comes in the form of food.

248. Why did Jesus use bread and wine?

Both bread and wine have a long history with God’s people, from the bread and wine offered by Melchizedek (see Genesis 14:18) to the unleavened bread of the Passover meal (see Exodus 12:8) and the Bread of the Presence in the Tabernacle (see Exodus 25:30). Bread and wine also symbolize Jesus’ sacrifice since wheat and grapes both need to be crushed to make bread and wine.

249. When did Jesus first give us the Eucharist?

At the Last Supper on Holy Thursday evening.

250. Why is it called Eucharist?

The word Eucharist is Greek for thanksgiving. At the Last Supper, Jesus gave thanks to God, and at every Eucharist we do as well. (See also questions 172-191 on the Liturgy of the Eucharist during Mass.)

251. Why is the Eucharist also called Communion?

Communion refers to the union that comes from receiving the Eucharist. Everyone who receives is in union with one another and with God.

252. How do the bread and wine become Jesus?

The priest calls down the Holy Spirit and then recites Jesus' words from the Last Supper: "This is my Body...This is the chalice of my blood."

253. What do I have to do to receive the Eucharist worthily?

You must be free from mortal sin (also called being in a state of grace), intend to be united more closely with Jesus, and have fasted from food and drink (but not water or medicine) for one hour before receiving Communion. The elderly, the sick, and those who care for them do not need to fast.

254. Should I receive Communion on my tongue or in my hands?

Either way is good. Some people receive on their tongue so that they do not touch the Eucharist like they touch normal objects. Other people receive in their hands so that they can make a throne for Jesus.

255. Do I need to receive the Eucharist under both forms of bread and wine to receive all of Jesus?

No, you do not. In fact, you receive all of Jesus in the tiniest particle or droplet of the Eucharist.

256. What if I have Celiac Disease or a gluten allergy?

Since Jesus used bread containing wheat, the hosts for Communion must contain wheat, even if it is only a small amount. Most parishes have low gluten hosts. You may also receive only from the chalice.

257. Can anyone receive the Eucharist?

Yes, anyone who chooses to follow Jesus and joins his Church can and should receive the Eucharist, as long as they do not have any unconfessed mortal sins on their soul. Receiving the Eucharist is part of the process of becoming Catholic.

258. Why can't you receive Communion with mortal sin on your soul?

The Bible warns us that if we receive Communion with mortal sin, we "eat and drink judgment" on ourselves (1 Corinthians 11:29). Jesus does not want us simply to pretend to be in communion

with him. He wants us to be in real communion, which means we need to apologize when we do something seriously wrong.

259. What about other Christians who are not Catholic?

Sharing the Eucharist, or Holy Communion, is a sign that someone is fully united with Jesus and his Church. For someone who is not Catholic to receive Communion, it would be a lie.

260. If the Eucharist is Jesus and Jesus is God, do we worship the Eucharist?

Yes, we do worship the Eucharist with the reverence that is due to God alone because the Eucharist is God in the form of bread and wine.

261. What is Eucharistic Adoration?

Eucharistic Adoration is a very special time of prayer in which the Eucharist is placed in a monstrance, a fancy golden display case, so that we can look at Jesus present in the host and pray quietly.

262. What is Benediction?

Benediction is when the priest or deacon blesses everyone present with the Eucharist in the monstrance.

263. What is Viaticum?

Viaticum means “supplies for the journey.” When a Catholic is preparing for the final journey of death, he or she receives Holy Communion one last time.



Color: 1 – red, 2 – orange, 3 – yellow, 4 – blue, 5 – cream, 6 - brown



Lesson 5 – The Holy Habit of Going to Mass

414. What is the Third Commandment?

The Third Commandment is: Remember to keep holy the Lord's Day.

415. What is the Lord's Day?

In ancient Israel, the Lord's Day was the Sabbath or seventh day, Saturday. Since the earliest days of the Church, Christians have celebrated the Lord's Day on Sundays, the day that Jesus rose from the dead. (See question 142 on Saturday evening Mass.)

416. How can I keep the Lord's Day holy?

To be holy means to be set apart or to be different. Sundays should be different from all other days. We do this primarily by going to Mass, by resting from unnecessary work, and by spending time with family.

417. What good thing does the Third Commandment protect?

The Third Commandment protects us from letting our work (including schoolwork) get in the way of worshiping God and spending time as a family. Since even God himself rested from his work of creation, we too should rest from our work.

448. What are the Precepts of the Church?

The Precepts of the Church show us the very least we should do to grow in love of God and neighbor. The five Precepts are:

1. You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

449. What are the Holy Days of Obligation?

In the United States, there are six:

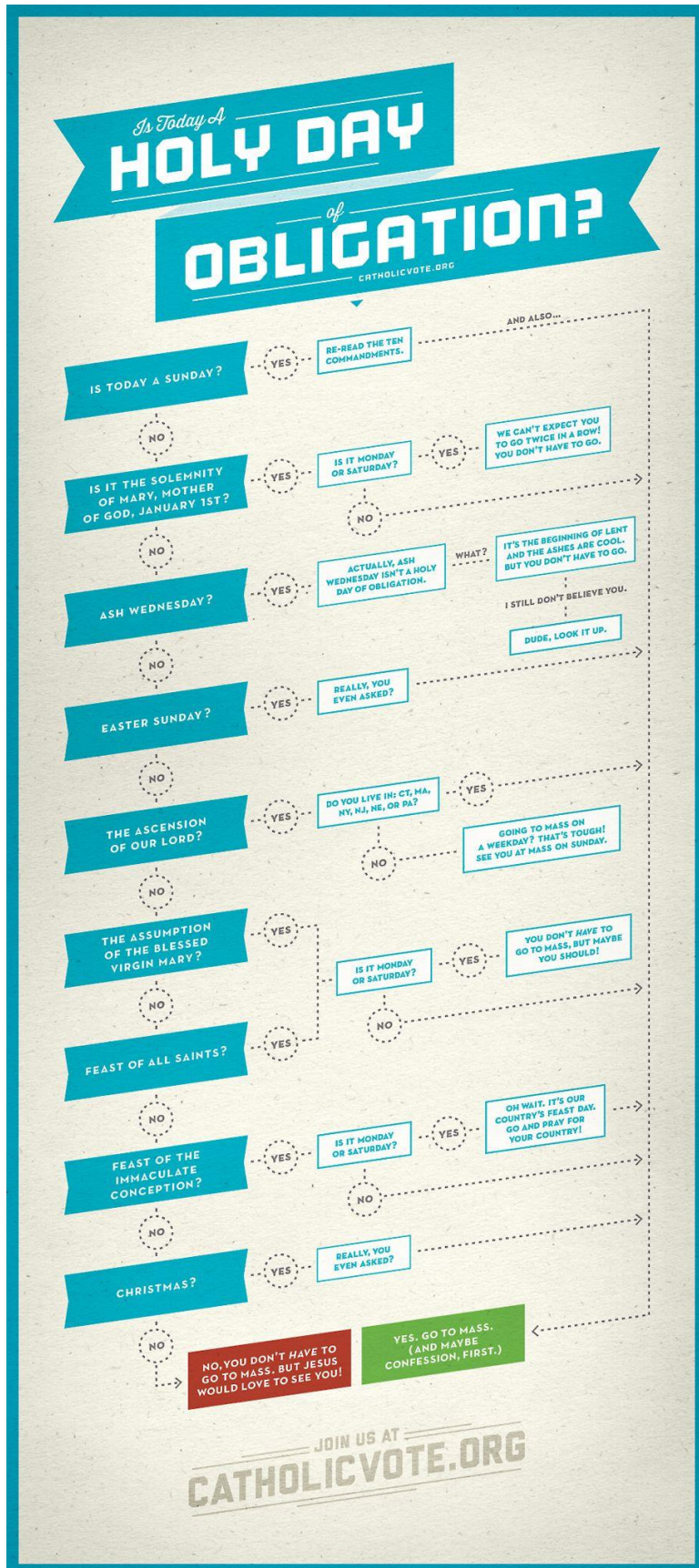
1. Solemnity of Mary, Mother of God - January 1
2. Ascension of Jesus - 40 days after Easter Sunday (some Dioceses move it from Thursday of the Sixth Week of Easter to the Seventh Sunday of Easter)
3. Assumption of the Blessed Virgin Mary - August 15
4. All Saints' Day - November 1
5. Immaculate Conception of the Blessed Virgin Mary - December 8
6. Christmas Day - December 25

450. What is servile labor?

Servile labor is any unnecessary work that takes away from worshiping God, joyfully celebrating the Lord's Day, and relaxing both mind and body.

451. Why do we have to attend Mass every Sunday but we only need to receive Communion once each year during the Easter season?

Because of God's commandment to keep the Lord's Day holy, we must attend Mass every Sunday, even if we are not in a condition to receive Communion worthily. The Third Precept makes sure we will receive Communion at least once every year, and the Second Precept makes sure we can do so worthily by going to Confession first.



2025 Holy Days of Obligation

Wednesday, January 1
Mary, the Mother of God

Thursday, May 29
The Ascension of the Lord

Friday, August 15
The Assumption of Mary

Saturday, November 1
All Saints' Day (no obligation
in 2025)

Monday, December 8
The Immaculate Conception
of the Blessed Virgin Mary

Thursday, December 25
The Birth of Our Lord,
Christmas

Mark your calendar!