

# 2022-2023 First Holy Communion Study Guide

(Lessons in Green Workbook are noted)

## 1. How do you know that Jesus is present in the church?

When you see the red sanctuary lamp lit by the altar, you know that Jesus is present in the tabernacle. (The little gold house on the high altar.)

## 2. How should you act when you enter and are in church?

Since you are in God's house, you must ALWAYS behave with reverence (showing honor, respect, and love to God).

**Examples of things you should do are:** (Students should be able to recite and do these behaviors.)

- a. Enter quietly.
- b. Make Sign of Cross with holy water
- c. Walk quietly to your pew.
- d. Genuflect by bending your right knee so that it touches the floor before you enter your pew.
- e. During mass, you should: Listen, participate, and pray.

## 3. The mass is divided into two parts:

**Part I: What happens during the Liturgy of the Word?** (Lesson 3)

Students should be able to name the three readings & understand what a homily is and when it is delivered during the mass. If the student and family follow along in the missal, the order of the mass and the prayers will be more easily understood and appreciated.

### The Liturgy of the Word

- a. Has three related readings from the Bible
  1. The first is from the Old Testament.
  2. The second is from the New Testament. (Both are read by a lector.)
  3. The third reading is from the Gospel in the New Testament. We stand out of respect for these holy words as the priest or deacon reads.
- b. The priest helps us understand the readings in a teaching called the homily.
- c. The Nicene Creed, Prayers of the faithful and offertory follow the homily

**Part II: What happens during the Liturgy of the Eucharist?** (Lesson 4)

### The Liturgy of the Eucharist

The man-made bread and wine are turned into Jesus' Body and Blood through a miracle, called: Transubstantiation. (Students do NOT need to be able to pronounce this word if it is difficult for them. They need to know it means that the bread and wine are no longer bread and wine, although they look like it and taste like it. The bread is now the Body of Jesus, and the wine is His Precious Blood). This happens as the priest holds the bread and wine in his hands and repeats the words Jesus spoke to His disciples at the Last Supper. This time during the Mass is called the Consecration.

The priest holds the bread in his hands and says, "Take this, all of you, and eat of it; for this is my Body which will be given up for you." The priest raises the host, and the servers ring the bell. (A silent prayer to say at this time is, "My Lord and My God!") The priest takes the cup of wine and says, "In a similar way, when supper was ended, he took the chalice and, once more giving thanks, he gave it to his disciples, saying: Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant which will be poured out for you, and for many, for the forgiveness of sins. Do this in Memory of Me." The priest raises the chalice, and the servers ring the bell. (A silent prayer to say at this time is, "I love you Jesus!!")

#### **4. What is a sacrament?**

A sacrament is an outward sign, given by Jesus, to produce grace in our soul (an inward action). (In Holy Communion, the outward signs are the bread and wine (now Jesus' Body and Blood) that are given to us to feed our souls, and wash away our sins.)

#### **5. Why is the Last Supper so important? (Lesson 2)**

It is when Jesus gave us the Sacrament of the Holy Eucharist (Communion). It was at the Last Supper that Jesus changed bread and wine into His Body and Blood for the first time and asked the disciples to do this in memory of him.

#### **6. By what power is the man-made bread and wine turned into the Body and Blood of Jesus?**

By the consecration of the bread and wine a change takes place in which the bread and wine becomes the Body and Blood of Jesus, by the power of God. This change is called Transubstantiation. (Remember consecration is when the priest holds the bread and wine and then says the words Christ said at the Last Supper.)

#### **7. What kind of special person is given the power to change bread and wine into Jesus' Body and Blood? (Lesson 5)**

A Catholic Priest has been given the power to change the bread and wine into the Body and Blood of Jesus through the Sacrament of Holy Orders when the bishop, who is a successor of the original apostles, ordained him a priest.

#### **8. What must you do before you receive Jesus in Holy Communion? (Lesson 6)**

1. My soul should be free (or clean) of mortal (serious) sin. (Go to Confession)
2. Do not eat or drink anything for one hour before receiving Holy Communion (except water or medicine), because we are preparing our body and souls to receive Jesus.
3. Believe that you are truly receiving Jesus - HIS body, blood, soul, and divinity.

#### **9. What do you do and say when the priest or Extraordinary Eucharistic minister says, "The Body of Christ."? (Lesson 6)**

- a. You do a sign of reverence by bowing your head slowly to Jesus (who is present in the host).
- b. You say, "Amen", which means, "Yes, I Believe!" (That this is Jesus I am receiving).
- c. You receive the host, which is Jesus.
  - Receiving in the hand: You make a throne for Jesus to rest on by unfolding your hand in front of your heart (not your waist). Put one hand under the other, when Jesus is placed on your hand, use the bottom hand to lift the host from your top hand and put in your mouth.
  - Receiving on the tongue: Keep your hands folded in front of your heart, look up at the host and tilt your head back a little and extend out your tongue to the priest who puts the Host on your tongue. (If your hands are dirty, stained, or wounded, you should receive on the tongue.)
- d. Only move after the host is safely in your mouth!

Sometimes the Chalice of the Precious Blood of Jesus, under the form of wine, is offered to you. To receive reverently bow and when the Priest or Extraordinary Minister of Holy Communion says, "The Blood of Christ", answer "Amen". Take a tiny sip of the Precious Blood. Make sure you do not let go of the chalice until the priest has it safely back in his hands. (The Precious Blood will look and smell like wine, but it is really and truly JESUS!)

#### **10. What does the word "Eucharist" mean?**

Eucharist means "Thanksgiving"