

ST. IGNATIUS OF LOYOLA RELIGIOUS EDUCATION PROGRAM

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STUDY GUIDE FOR FIRST HOLY COMMUNION
GUIA DE ESTUDIO PARA LA PRIMERA COMUNION

NOTE: Please choose the language that best meets your child's needs
Favor de estudiar en el idioma que a su hijo/a le acomoda mejor

- You DON'T have to memorize the sentences in *italic*.

BASIC BELIEFS:

1. Who made us?

God made us.

In the beginning, God created heaven and earth. (Genesis 1:1)

2. Who is God?

God is the Supreme Being, infinitely perfect, who made all things and keeps them in existence.

In him we live and move and have our being. (Acts 17:28)

3. Why did God make us?

God made us to show forth His goodness and to share with us His everlasting happiness in heaven.

4. What must we do to gain the happiness of heaven?

To gain the happiness of heaven we must know, love, and serve God in this world.

5. From whom do we learn to know, love, and serve God?

We learn to know, love, and serve God from Jesus Christ, the Son of God, who teaches us through the Catholic Church.

I have come a light into the world that whoever believes in Me may not remain in darkness. (John 12:46)

6. If God is everywhere, why do we not see Him?

Although God is everywhere, we do not see Him because He is a spirit and cannot be seen with our eyes.

7. Who is the Holy Trinity?

The Holy Trinity is the mystery of one God in three different Persons: God the Father, God the Son, God the Holy Spirit.

8. Where do we find the chief truths taught by Jesus Christ through the Catholic Church?

We find the chief truths taught by Jesus Christ through the Catholic Church in the Apostles' Creed.

THE SACRAMENT OF RECONCILIATION

9. What is grace?

Grace is sharing in God's own life; God's friendship.

10. What is Original Sin?

We call the **first sin**, Original Sin. Original sin affects all people. Because of it, suffering and death came into the world and people tend to sin.

11. What is a Sacrament?

A Sacrament is an effective sign that comes from Jesus. The Seven Sacraments give us grace.

12. What are the Sacraments of Christian Initiation?

The Sacraments of Christian Initiation are: Baptism, Confirmation and Eucharist.

13. The **Sacrament of the Eucharist** joins us in a very special way to Jesus. It is a sacred meal of thanksgiving in which Jesus shares his own Body and Blood with us in Holy Communion.

14. **Ten Commandments:** God's laws that we must always keep out of love for God and neighbor.

15. **Sin** is an offense against God; a separation from God.

16. One of the ways we can show we are sorry for our sins and ask God's forgiveness is the **Sacrament of Reconciliation**.

17. **Reconciliation/Confession:** is a sacramental way to admit that we have sinned, receive God's forgiveness through the priest, and try again.

18. **Mortal sin** is when we choose to completely turn away from God's love and separate ourselves from God's life.

19. For a sin to be mortal:

It must be **seriously** wrong. (breaking one of the Ten Commandments in a serious way)

We must **know** it is seriously wrong.

We must **freely choose** to do it anyway.

20. **Venial sin** is a lesser sin that does not result in a complete separation from God.

21. **Conscience** is God's gift to us to help us know the difference between right and wrong, good and evil. It also helps us know whether something we already did was right or wrong.

22. **Contrition:** to be sincerely sorry for our sins and promise, with the help of God's grace, not to sin again.

THE SACRAMENT OF THE EUCHARIST HOLY (COMMUNION)

23. **Bread and wine:** At Mass we use bread without yeast and wine that comes from grapes. By the power of the Holy Spirit and the words and actions of the priest, **the bread and wine become the Body and Blood of Jesus**.

24. **What is the Holy Eucharist?** The Holy Eucharist is a **SACRAMENT** and a **SACRIFICE**.

25. In the **Holy Eucharist** under the appearances of bread and wine, we receive the Body and the Blood of Jesus. In the Holy Eucharist Jesus is really, truly, and physically present.

26. **The Last Supper is the first Mass (the first Eucharist) celebrated by Jesus on the night before He died.** "Then He took the bread, said the blessing, broke it, and gave it to them, saying, **"This is my Body,**

which will be given for you: do this in memory of me.” And likewise, the cup after they had eaten, saying, “This cup is the new covenant in my Blood, which will be shed for you.” Luke 22:19-20

27. What did Jesus mean when he said, “Take and eat this Bread, this is my Body?” Jesus was transforming the bread and wine into His Body and Blood and telling His disciples to eat it and drink from it, which is why we do the same in Holy Communion.

28. **Consecration** the words of Jesus said by the priest as he elevates the HOST
Body which will be given up for you



“This is my



and the CHALICE:

...This is the Chalice of my Blood...”

29. **TRANSUBSTANTIATION** means that “under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: His Body and His Blood, with His Soul and Divinity”(CCC, 1413)

30. When the priest or Eucharistic Minister says: “**The Body of Christ!**” I respond: “**Amen!**”

31. When the priest or Eucharistic Minister says: “**The Blood of Christ!**” I respond: “**Amen!**”

A FIRST COMMUNION PRAYER:

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.
I believe it because you have said it
and I'm ready to give my life to
maintain this truth.
Amen.

MY COMMUNION PRAYER:

Dear God, I know that You give me many gifts.
The gift of Your Son, Jesus Christ in Holy Communion
is the greatest of all. How can I ever thank You
enough for this special gift?

At Mass we are called to be like Jesus, by loving
and serving one another in the world.

As I become more like Him, please continue to
help me. Show me the places and ways that
I can bring Your love, kindness, and peace
to others....

in my family,
in my neighborhood,
in my community,
with my friends.

I ask this in Jesus' name. Amen.