

Faith Lesson 22 - Grades 1 & 2 - The Greatest Event on Earth

First Holy Communion

Resource: Dynamic Catholic

[First Communion Student's Workbook](#)

[First Communion Parent's Guide](#)

Link to videos: <https://dynamiccatholic.com/blessed/first-communion/program-view/session-2>

We used session 2 episodes 1, 3, 5 & 6 from *Blessed: First Communion Program*. We have limited time in class for watching videos, but I encourage you to watch all the episodes from session 2 with your child(ren).

Opening Prayer:

God, our loving Father, thank you for all the ways you bless me. Help me to be aware that every person, place, and adventure I experience is an opportunity to love you more. Fill me with a desire to change and to grow and give me the grace to become the-best-version-of-myself in every moment of every day. Amen.

Activity #1: View articles used for the Mass such as the Chalice, Plate, Candles, etc. Practice receiving Communion (approx. 20 min)

Mass Items



Items of the
Catholic Mass
clip art set

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Lesson: (approx. 35-40min)

Say: In our first video today, Hemmingway helps Ben settle a disagreement between Jessica and Max. As you watch the episode pay special attention to how many types of prayer there are and what they are. See how many you can count.

Watch: “The Ultimate Prayer” (Blessed 1st Communion session 2:1, 9:11)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-2-1.html>

Ask:

- How many types of prayer are there? (4) What are they? Can you give me an example? (petition/intercession, thanksgiving, adoration, and praise)
- What is the ultimate prayer? (the Mass)

Say: The Mass is the ultimate prayer. One reason is because the Mass combines all four types of prayer. Also, God fills us with his grace in a very special way when we go to Mass. This is especially true when we receive Jesus in the Eucharist. Mass is usually celebrated in a church or chapel which is God’s house. God always welcomes us in his house. You do not have to wait until Mass to visit God in his house, sometimes it is just nice to stop by and say hi during the week. Now this is harder to do since COVID, but there are still times you can come to the Church during the week. St. Joseph’s Parish even has an Adoration Chapel which is open 24/7. An Adoration Chapel is a chapel where Jesus can be seen and visited outside of going to Mass.

Next, Tiny asks Sr. Rosa if he really has to go to Mass every Sunday. Let us see what she tells him.

Watch: “The 3rd Commandment” (Blessed 1st Communion 2:3, 6:37)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-2-3.html>

Ask:

- What is one reason it is important to go to Mass each Sunday? (To thank God for all the ways He blesses us, Because God asks it of us, to show God that we love him)
- What is the 3rd Commandment? (“Keep holy the sabbath”)
- How do we keep the 3rd commandment? (by going to Mass)

Say: It is important to go to Mass every Sunday to thank God for all his gifts and because God asks us to. God gives us so many gifts it is not asking too much for us to give God 1 hour of our weeks. Now I know that you are all too young to get to Mass by yourself and have to rely on your parents, but do you get up and go to Mass willingly? Or do your parents have to tell you that you must go? Do you ask your parents to go to Mass when they think it might be easier to skip this week? These are things that you can do to keep the 3rd commandment.

We are about to hear one of my favorite Bible stories. Listen and see if you can figure out why.

Watch: “From the Bible: Road to Emmaus” (Blessed 1st Communion 2:5, 3:23)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-2-5.html>

Ask:

- Can anyone guess why this is one of Ms. Mary's favorite stories?
- What lesson did you learn from listening to this story?

Say: There are many reasons why I love this story, but one reason is because the disciples were walking with Jesus and could not recognize them with their eyes, but their hearts recognized that He was near. We do not see Jesus with our eyes. Sometimes we do not recognize how Jesus is always with us, trying to talk to us and teach us. The good news is that even when we do not recognize him, Jesus is still right there with us throughout the day. He encourages us, helps us, cheers us, teaches us, and waits for us.

Our last episode talks about the greatest event on earth. Can you figure out what it is?

Watch: "So Many Wonders" (Blessed 1st Communion 2:6, 2:50) <https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-2-6.html>

Ask:

- What was the greatest event on earth? (the Mass)
- What is your favorite part of the Mass?

Activity #2: Actions Speak Louder than Words & Behavior in Mass Worksheet (approx. 15 min)

Actions Speak Louder than Words

Directions: Have the students stand in front of their chairs with plenty of room in front of them. Say to the students: Let us review what you should do during Mass. When I say the action, I want you to act it out.

Stand = stand

Sit = sit

Kneel = to get down on both knees

Bow = bend forward at the waist

Sign of the Cross= In the name of the Father, Son, and Holy Spirit.

Genuflect = to bend the right knee to the floor and rise again

Say: There is one other thing that we do during Mass; with our right hand held closed, we make three crosses. Can you show me how we do this? Have the students show you (with their right hand closed they use their thumb and make a small sign of the cross on their forehead, lips, and over their heart and silently pray, "God be in my mind, on my lips, and in my heart.")

Say: I will now ask the whole class questions and all of you will answer them by acting out what you should do.

1. Before COVID-19, what was the last thing you do before leaving church? (**the Sign of the Cross with holy water**)
2. What do you do before you enter the pew where you will sit? (**Genuflect & make sign of the cross**)
3. During the First Reading, what are you supposed to do? (**Sit**)
4. At the very beginning of Mass, we sing and do what as the priest enters the church? (**Stand**)
5. During the Introductory Rites (Greeting) the priest greets us and says: "In the name of the Father, the Son, and of the Holy Spirit." What are we supposed to do while he is saying that? (**Sign of the Cross**)
6. During the prayer, Glory to God (Gloria in excelsis Deo), what are you supposed to do? (**Stand**)
7. During the Responsorial Psalm as we participate in reading or singing, what do we do? (**Sit**)
8. When we sing the Gospel Acclamation ("Alleluia" or "Praise to You Lord Jesus Christ King of Endless Glory"), what are you supposed to do? (**Stand**)
9. When the priest says at the beginning of the Gospel Reading- "A reading from the holy Gospel according to _____ (Matthew, Mark, Luke, or John)," what do we do? (**With our right hand closed we use our thumb and make a small sign of the cross on our forehead, lips, and over our heart and silently pray, "God be in my mind, on my lips, and in my heart."**)
10. During the Second Reading, what are you supposed to do? (**Sit**)
11. The Profession of Faith when we say the Nicene Creed "I believe in one God, the Father almighty...." is when we declare our Catholic beliefs. What do we do when we say this during Mass? (**Stand**)
12. During the Nicene Creed when we say: "and by the Holy Spirit was incarnate of the Virgin Mary and became man." what are we supposed to do? (**Bow**)
13. During the Consecration (when the priest, says "Take this, all of you, and eat of it. For this is my body which will be given up for you." and changes bread and wine into the Body and Blood of Christ), what are you supposed to do? (**Kneel**)
14. During the Offertory (the collection), what are we supposed to do? (**Sit**)
15. During the Invitation to Prayer, when the priest says: "Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father." (**Stand**)
16. After Communion, you return to your seat, what do you do? (**Kneel** and have a quiet time of prayer alone for a few moments.)
17. During the Great Amen, we say or sing one word, but that word is a very important one. What are we supposed to do? (**Stand**)
18. When we do the Memorial Acclamation (The Mystery of Faith i.e. "When we eat this Bread and drink this Cup, we proclaim your death, O Lord, until you come again") it is the prayer that helps us to remember Christ's death, resurrection, and ascension. What are we supposed to do during this? (**Kneel**)
19. When you approach the priest or minister to receive the Body and Blood of Christ, what do you do? (**Genuflect**)
20. When we say or sing the Lord's Prayer/ Our Father, what do we do? (**Stand**)
21. After receiving the Body and Blood of Christ, what do you do? (**the Sign of the Cross**)
22. We do a Prayer after Communion. The priest begins, "Let us pray." We respond to the prayer by saying, "Amen." What are we supposed to do during this? (**Stand**)
23. At the beginning of the Concluding Rite, the priests say: "The Lord be with you." We answer, "And with your spirit." Then the priest says: "May almighty God bless you: The Father, and the Son, and the Holy Spirit." What are we supposed to do during this blessing? (**the Sign of the Cross while standing**)
24. What do you do when you leave your pew? (**Genuflect and the Sign of the Cross**)

Behavior in Mass

Name: _____

Draw a smile face ☺ next to the good things to do during Holy Mass.

Draw a sad face ☹ next to the things not to do during Holy Mass.



Sing the hymns.		Talk with your friends and family.	
Wear picnic or beach type clothing.		Sit still and listen to everything.	
Bless yourself with Holy Water making the Sign of the Cross.		Stay until the final hymn is over.	
Get to Mass early.		Make faces at others.	
Run down the aisle.		Leave Mass early.	
Say all the prayers and responses.		Stand, kneel, pray, etc. when you are supposed to.	
Play around with friends or toys.		Squeeze hands hard during Sign of Peace.	
Genuflect in front of the tabernacle.		Cross your arms over your chest when you go up for a blessing.	
Wear nice clean clothes.		Eat food or candy.	
Chew gum.		Talk or text on cell phone.	

Protecting God's Children Video(?)

[PreK - 6th Grade: Video - "The Power to Protect"](#)

Show What You Know

True or False

1. ____ Your First Communion is going to be a very special day in your life.
2. ____ God wants you to live the worst life imaginable.
3. ____ The Ten Commandments show us the best way to live.
4. ____ God never speaks to us.
5. ____ Every Sunday at church God has something he wants to tell you.
6. It is _____ to be bored at Mass if we are trying to listen to God's voice.
7. The Mass is the _____ prayer.
8. Learning to _____ to God's voice is one of the most important lessons we can learn in life.
9. If you went to Mass every day of your life, you would still be discovering its _____ at the end of your life.
10. As you grow in wisdom you discover that the Mass is the most _____ event on earth.

Fill in the blank

1. Each Sunday God invites us over to his _____ for a great celebration.
2. The _____ is one of the greatest blessings God gives us as Catholics.
3. The Eucharist is a _____ of God's love for us.
4. When we spend time with God he fills us with _____ so that we can live holy lives.
5. The Ten Commandments are a _____ God gives us to help us become the-best-version-of-ourselves.

Word Bank

HOUSE AMAZING CELEBRATION IMPOSSIBLE GRACE
MASS ULTIMATE LISTEN WONDERS BLESSING



Show What You Know

True or False

1. T Your First Communion is going to be a very special day in your life. (p 55)
2. F God wants you to live the worst life imaginable. (p 56)
3. T The Ten Commandments show us the best way to live. (p 56)
4. F God never speaks to us. (p 60)
5. T Every Sunday at church God has something he wants to tell you. (p 61)

Fill in the blank

1. Each Sunday God invites us over to his house for a great celebration. (p 57)
2. The mass is one of the greatest blessings God gives us as Catholics. (p 54)
3. The Eucharist is a celebration of God's love for us. (p 55)
4. When we spend time with God he fills us with grace so that we can live holy lives. (p 57)
5. The Ten Commandments are a blessing God gives us to help us become the-best-version-of-ourselves. (p 58)

6. It is impossible to be bored at Mass if we are trying to listen to God's voice. (p 70)
7. The Mass is the ultimate prayer. (p 55)
8. Learning to listen to God's voice is one of the most important lessons we can learn in life. (p 60)
9. If you went to Mass every day of your life, you would still be discovering its wonders at the end of your life. (p 70)
10. As you grow in wisdom you discover that the Mass is the most amazing event on earth. (p 71)

Word Bank

HOUSE AMAZING CELEBRATION IMPOSSIBLE GRACE
MASS ULTIMATE LISTEN WONDERS BLESSING

