

## Faith Lesson 23 - Grades 1 & 2 - The Word of God

### First Holy Communion

Resource: Dynamic Catholic

[First Communion Student's Workbook](#)

[First Communion Parent's Guide](#)

**Link to videos:** <https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-3-1.html>

*We used session 3 episodes 1, 2, & 3. We have limited time in class for watching videos, but feel free to watch all the episodes from session 3 with your children.*

### Lesson

#### **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.

**Say:** You are getting very close to receiving your first reconciliation and first communion. Are you getting excited? You should be, this is a very special time. We are going to take the next couple of lessons and learn more about the Mass. Sometimes it can be difficult to pay attention in Mass if we do not understand what is going on.

In our first video, Ben is going to be put to the test by his friends. Do you think he is going to be able to pass the test? Let us see.

**Watch:** "Overview of the Mass" (Blessed 1<sup>st</sup> Communion session 3:1, 6:16)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-3-1.html>

#### **Ask:**

- Let us see if you were paying attention. What four parts make up the mass? (Introductory Rite, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rite)
- What is a rite? (something said or done the same way every time for a reason)
- What does liturgy mean? (a prayer participated in as a community)

**Say:** We are going to learn more about these four parts of the Mass: Introductory Rite, Liturgy of the Word, Liturgy of the Eucharist, and Concluding Rite. In the next video, Fr. Tom talks about the most amazing thing he has ever seen. What do you think it could be?

**Watch:** “Introductory Rites” (Blessed 1<sup>st</sup> Communion 3:2, 8:12)

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

**Ask:**

- What is the most amazing thing that Fr. Tom has ever seen? (The Consecration)
- What prayers, etc. are part of the Introductory Rites? (Procession, Sign of the Cross, saying we are sorry {Lord Have Mercy, Christ Have Mercy}, The Gloria, and opening prayer {Collect})
- Did you notice something missing from the Introductory Rite the last two weeks at Mass? (There was no Gloria because we are in lent)

**Say:** We prepare ourselves for the heart of the Mass (the Liturgy of the Word and Eucharist) by starting with the procession and Sign of the Cross, we start almost all prayers with the Sign of the Cross and the Mass is the most powerful prayer ever. Then we tell God we are sorry for our bad choices with the prayer called the Lord, have Mercy or Kyrie. We are asking God to have mercy on us and to forgive us. Once we have apologized and God has forgiven us, we celebrate and praise him for his goodness with the Gloria. The Gloria is not said during Lent or Advent because we spend this time begging God to forgive us and make us Holy. Last the priest prays a special opening prayer to get us focused on the Liturgy of the Word - what God is going to be saying to us in Scripture.

Now Fr. Tom has asked Ben to help him with a special task. Let us see what it is.

**Watch:** “Liturgy of the Word” (Blessed 1<sup>st</sup> Communion 3:3, 3:48)

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

**Ask:**

- How many readings are part of the Liturgy of the Word at Sunday Mass? (4)
- Where are these readings from? (old testament, psalms, new testament, Gospel)
- What else is part of the Liturgy of the Word? (Homily, Creed, and Prayers of the faithful)

**Say:** The Liturgy of the Word is the time when God wants to speak to you through his Word, the Bible. There are four readings. The first is from the Old Testament, next is the Responsorial Psalm (which means we say it too), the second reading is usually from the New Testament but not the Gospels, and finally the Gospel. The Gospel is only read by the priest or deacon because it is very special. (*NOTE: making the Sign of the Cross on our forehead, mouth, and heart*) The priest or deacon give a Homily or lesson on the reading. We say the Creed. Let us talk about the creed for a minute. Let us each take a section of the creed on the board to read.

*Read the Creed below. Explain how the creed is what we believe as Catholics. The trinity, God created heaven and earth, that Jesus is 100% God and 100% man, that Jesus came and died for us to save us, that we believe in his resurrection and ascension. We believe in Jesus' second coming and that we have immortal souls, that God sent the Holy Spirit, that the Catholic church is the true faith and welcomes everyone, and that we believe in baptism.*

## *The Creed*

I BELIEVE IN ONE GOD, **THE FATHER ALMIGHTY,**

*maker of heaven and earth*

**OF ALL THINGS VISIBLE AND INVISIBLE.**

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.**

*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.*

**Say:** Finally, we have the prayers of the faithful. We pray for the world, the sick, those who are happy, those who are in need, etc.

**Closing Prayer:**

Lord, teach me to be generous. Teach me to serve you as you deserve, to give and not count the cost, to fight and not heed the wounds, to toil and not seek for rest, to labor and not ask for reward, except that of knowing I am doing your will.

Amen

**Faith Activity**

Review the following document on the preparing for Confession with you child.

**Before Confession**

The infographic is titled "Steps to Examine your Conscience" and features a silhouette of a person in prayer on the left. It consists of four ascending steps, each with a colored header and a white box containing text:

- PRAY** (white header): ASK FOR GOD'S HELP
- REFLECT** (orange header): USING QUESTIONS BASED ON THE 10 COMMANDMENTS REVIEW YOUR LIFE
- ASK FORGIVENESS** (green header): TELL GOD HOW SORRY YOU ARE FOR THE SINS COMMITTED
- RESOLVE** (yellow header): MAKE A FIRM RESOLUTION NOT TO SIN AGAIN

At the bottom, there is a silhouette of a church with a yellow starburst in front of it. To the left of the church is the text "Experience the Power of Confession" and to the right is "#TheLightIsON for You".

**How to Make a Good Confession**

Confession is not difficult, but it does require preparation. We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more. Then we review our lives since our last confession, searching our thoughts, words, and

actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

**To make an examination of conscience:**

- Begin with a prayer asking for God's help.
- Review your life with the help of some questions, which are based on the 10 Commandments (see below).
- Tell God how truly sorry you are for your sins.
- Make a firm resolution not to sin again.

**Examination of Conscience**

Ask God to help you make a good confession. **In quiet reflection** ask yourself: Since my last confession...

**YOUNG PEOPLE'S EXAMINATION  
OF CONSCIENCE**

Jesus teaches us, "Love the Lord your God." It is His first great commandment. Check the ways in which you show love for God.

1. Do I pray every day?
2. Do I use God's name with respect?
3. Do I pray with others?
4. Do I join them at Mass?
5. Do I listen to God's word?
6. Do I study my religion well?
7. Do I try to understand what God asks of me?

Jesus teaches us, "Love others as yourself." This is His second great commandment. Check the ways in which you show love for others.

1. Do I try to make my parents happy?
2. Do I obey them right away?
3. Do I help at home?
4. Am I friendly?

5. Do I behave in class?
6. Do I tell the truth?
7. Do I share with others?
8. Do I take care of my health?
9. Do I do my best at school, at play?



## During Confession

### The Sacrament of Reconciliation (Confession) involves four steps:

- **Contrition:** A sincere sorrow for having offended God, and the most important act of the person confessing. There can be no forgiveness of sin if we do not have sorrow and a firm resolve not to repeat our sin.
- **Confession:** Naming our sins—aloud—to the priest, who represents Christ and the Church.
- **Penance:** The prayers—or sometimes, the good deeds—the priest gives, for our healing and the healing of those we have hurt by our sins.
- **Absolution:** The words the priest speaks by which “God, the Father of mercies” reconciles us to himself through his death and resurrection, called the Prayer of Absolution: *“God the father of mercies through the death and resurrection of his Son as reconciled the world to himself and the sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church may God give you pardon, and peace and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”*

**Going to Confession** Reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

1. The priest gives a blessing or greeting.
2. Make the Sign of the Cross and say, “Bless me father, for I have sinned. My last confession was...” (give weeks, months, or years).
3. Confess all your sins to the priest. (If you are unsure or uneasy, tell him and ask for help.)
4. Say, “I am sorry for these and all my sins.”
5. The priest gives a penance and offers advice to help you become a better Catholic Christian.
6. Say an Act of Contrition, expressing your sorrow for your sins.
7. The priest, acting in the person of Christ, then absolves you from your sins.

## Act of Contrition

**"O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offended You, my God, who are all-good and deserving of all my love.**

**I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasion of sin."**

**Amen**



## After Confession

Rejoice! You have received the forgiveness of Christ! What should you do when you leave? Remember the words you recited in the Act of Contrition: *"I firmly intend, with you of your grace, to sin no more, and to avoid the near occasion of sin."*

Before you leave the confessional, the priest will give you your penance, which may consist of prayer, an offering, works of mercy or sacrifices. These works help to join us with Christ, who alone died for us. The goal of our life's journey is to grow closer to God. We can do this through prayer, spiritual reading, fasting and the reception of the Sacraments.

# Show What You Know

## True or False

1. \_\_\_ The Bible is a great companion for your journey to heaven.
2. \_\_\_ We should never say sorry even when we've done something wrong.
3. \_\_\_ There is no purpose or meaning behind each prayer and each action at Mass.
4. \_\_\_ God speaks to you through the Bible.
5. \_\_\_ Jesus is the greatest teacher who ever lived.
6. Music helps us to raise our hearts to God in \_\_\_\_\_ and \_\_\_\_\_.
7. God loves \_\_\_\_\_ relationships.
8. The \_\_\_\_\_ is the most famous book in the world.
9. One of the many ways God \_\_\_\_\_ to you is through the Bible.
10. The Bible is your \_\_\_\_\_ and the Church is your \_\_\_\_\_ on your journey to live with God in heaven forever.

## Fill in the blank

1. God has an amazing \_\_\_\_\_ for your life.
2. Our parish church is a very special place because it is God's \_\_\_\_\_.
3. God reveals his amazing plan for your life through the \_\_\_\_\_ you hear at Mass every Sunday.
4. Going to Mass on Sunday is a great way to thank God for all the \_\_\_\_\_ he has given you.
5. At Mass we get to receive \_\_\_\_\_ in the Eucharist.

### Word Bank

THANKSGIVING HOUSE GUIDE HEALTHY SPEAKS PRAISE PLAN  
READINGS MAP BIBLE JESUS BLESSINGS



# Show What You Know

## True or False

1. T The Bible is a great companion for your journey to heaven. (p.101)
2. F We should never say sorry even when we've done something wrong. (p.86)
3. F There is no purpose or meaning behind each prayer and each action at Mass. (p.80)
4. T God speaks to you through the Bible. (p.100)
5. T Jesus is the greatest teacher who ever lived. (p.101)
6. Music helps us to raise our hearts to God in praise and thanksgiving. (p.85)
7. God loves healthy relationships. (p.86)
8. The Bible is the most famous book in the world. (p.100)
9. One of the many ways God speaks to you is through the Bible. (p.100)
10. The Bible is your map and the Church is your guide on your journey to live with God in heaven forever. (p.100-101)

## Fill in the blank

1. God has an amazing plan for your life. (p.100)
2. Our parish church is a very special place because it is God's house. (p.83)
3. God reveals his amazing plan for your life through the readings you hear at Mass every Sunday. (p.100)
4. Going to Mass on Sunday is a great way to thank God for all the blessings he has given you. (p.84)
5. At Mass we get to receive Jesus in the Eucharist. (p.84)

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