

Faith Lesson 24 - Grades 1 & 2 - Holy Week and Easter

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-4-5.html>

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.

Ask: Who knows what special day in Lent is coming up in just 2 weeks? (Palm Sunday)

Say: Palm Sunday is a very special day in the Church year. It is the beginning of Holy Week. Holy Week is very important in the Church year in general, but it is even more important for you who are about to receive your First Reconciliation and First Holy Communion. This is the week when these Sacraments were instituted (or started).

Say: The last 3 days of Holy week are the most special days. They are called the Triduum which is a Latin word that means 3 days. Say the word after me... Triduum. The Triduum consists of 3 days: Holy Thursday, Good Friday, and Holy Saturday.

Let us learn more about Holy Week and the Triduum.

Watch: Brother Francis: He is Risen! The Power of the Resurrection (10:53-21:57)
<https://watch.formed.org/brother-francis-1/season:1/videos/he-is-risen-the-power-of-the-resurrection>

Say: Palm Sunday is the first day of Holy Week. It is a celebration. It remembers when Jesus rode into Jerusalem on the back of a donkey and celebrated as a king. We read and participate in the gospel. The whole story of Jesus' Passion is read with the congregation.

Next, we will talk about Holy Thursday. Holy Thursday is the day that Jesus instituted the Sacrament of the Eucharist. It is the first day of the Triduum. Let us watch this video about the Last Supper.

Watch: "From the Bible: The Last Supper" (Blessed 1st Communion session 4:5, 3:00)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-4-5.html>

Ask:

- What happened on Holy Thursday? (Jesus instituted the Sacrament of the Eucharist)
- When was the Apostles' First Holy Communion? (Holy Thursday)

Say: Holy Thursday shows that Jesus is not happy being away from you. He wants to be invited into your life to guide you, love you, and help you become the best version of yourself. He wants to be with you so much that through the consecration of bread and wine we can be with Him in a special way.

Holy Thursday is the day that Jesus instituted the Sacrament of the Eucharist. It is the first day of the Triduum. The Mass on the Holy Thursday is very special. It has more parts to it than a regular Mass. It includes the Introductory Rite with the Gloria (comment on how the bells go to Rome), the Liturgy of the Word, the washing of the feet to remind us that Jesus washed the feet of his apostles as an example of how we should serve others, and the Liturgy of the Eucharist. The Concluding Rite does not complete the Mass, instead there is usually a Eucharistic Procession to the altar of repose. Talk about how the Mass ends in silence as it will continue with the service on Good Friday.

NOTE: *Talk about events on Holy Thursday night into Good Friday: The Last Supper, Agony in the Garden, Jesus' arrest, and trial, scourging at the pillar, crowning of thorns, carrying the cross, and finally dying on the cross.*

Say: Good Friday is the day that Jesus died on the cross to save us from our sins. The service on Good Friday (*there is no Mass on Good Friday anywhere in the world*) begins in silence as it is a continuation of the Liturgy from Holy Thursday. During the service, we read and participate in the story of Jesus' Passion and death, we venerate the cross (venerate means to show that it is special and important) and receive Holy Communion. Good Friday service also ends in silence, as it will be continued at the Easter Vigil Mass. Let us watch a video to learn more about Good Friday as well as what comes after.... Easter!

Watch: "The Cross, Resurrection, and Ascension" (Blessed 1st Reconciliation session 3:4, 7:38)

<https://www.dynamiccatholic.com/first-reconciliation/blessed-program-view-first-reconciliation-session-3-4.html>

Ask:

- What is Good Friday? (The day Jesus died on the cross)
- Why do we call Good Friday "good" when it is the day Jesus died? (Jesus taught the world how to love, showed how much God loves us, and saved us from our sins)
- What is the Most Important event in history? (the Resurrection, because rising from the dead Jesus showed He was more powerful than sin and even death)
- What is the ultimate Blessing? (Eternal Life)

Say: Easter is the celebration of Jesus rising from the dead. It is so important that it lasts for 50 days. It includes the Ascension of Jesus, when Jesus goes up to Heaven to be with His father in Heaven, and ends with Pentecost, when the Holy Spirit comes down on the Apostles in wind and tongues of flame.

The Easter Season starts with the Easter Vigil on Holy Saturday night. This is a very special Mass. It begins with the church in darkness and the priest comes in with the Easter candle

lite from a bon fire outside the church. He lights the candles of everyone in the congregation with the Easter Candle to symbolize the light of Christ being passed to the world. We also sing the “Gloria” and as we sing all the lights come on and usually there are bells to show how much we are celebrating. During the Liturgy of the Word, sometimes there can be as many as 7 readings from the Old Testament that tell us about how Jesus is going to come and save the world. Before the Gospel, the “Alleluia” is sung for the first time since Lent began and lots of beautiful music is played to show that we are rejoicing because Jesus is alive. The Easter Vigil also has a part where some individuals receive the Sacraments of Initiation (Baptism, Eucharist, and Confirmation).

Ask:

- What does Holy Week have to do with First Communion and First Reconciliation? (It is where it all began. The Apostles received their First Communion. Without Holy Week, there would not be the Sacrament of Reconciliation or the Eucharist. God shows us His love during Holy week and through the Sacraments, etc.)

Closing Prayer:

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 offend 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.

Faith Activity

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

See Next Page

Before Confession



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.

Protecting God’s Children

Video: <https://www.sasr.org/apps/video/watch.jsp?v=213743>