

Faith Lesson 26 - Grades 1 & 2 - Your First Communion

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-5-1.html>

We used session 5 episodes 1, 2, 4, & 6. We have limited time in class for watching videos, but I encourage you to watch all the episodes from session 5 with your children.

Faith 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 do not have many weeks left before you receive your First Holy Communion. Are you getting excited? What are you doing to get ready?

In our video, Sarah has a special gift for Hemmingway. Let us find out what it is together!

Watch: "This is a Special Day" (Blessed 1st Communion session 5:1, 4:20)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-1.html>

Ask:

- Have you ever been so excited about a gift like Hemmingway was?

Say: You may be that excited about your First Communion or you may not, and that is ok. But I will tell you the more you spend time preparing for it by taking time to pray, fasting for 1 hour before Mass, and paying special attention and participating at Mass, the more excited you will be or at least happy.

Next, Sarah, Ben, Hemmingway, and their friends bike over to Max's house. Let us see what they are talking about.

Watch: "You are growing up" (Blessed 1st Communion 5:2, 3:24)

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

Ask:

- Can anybody tell the difference between themselves now and how they were when they were 2 or 3 years old? How are you different?
- Why do you think the Church chooses to wait until you are this age for you to receive the Sacraments of Reconciliation and Eucharist?

Say: You are older now and can decide to make good choices. You can also understand that when you do not make good choices there are consequences. You can choose to believe that Jesus is really and truly present in the Eucharist, even if you do not understand how. This is very special. Did you know that there was a time when you had to be a teenager before you could receive your First Communion and many people only received Communion once a year? Did you know that there are places in the world where there are not enough priests to say Mass for everyone? That many people do not have a place to go to Mass every Sunday or must travel many, many miles to get to Mass? How blessed we are to have Mass every Sunday! Did it feel strange during COVID that you were not able to go to Mass on Sunday? I can tell you it made me very happy when I was able to start going back to the Cathedral for Mass on Sundays.

Do you ever think about the future and all the wonderful things God has in store for you? Have you ever felt that you will not be able to do everything you think you should? Ben is unsure if God will help him do great things in his life. Let us listen to the incredible conversation between Ben and his Dad about the power of the Eucharist.

Watch: “The Eucharist empowers you to do great things” (Blessed 1st Communion 5:4, 8:50)

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

Ask:

- What was Ben worried about in this video? (If he can be like the great saints)
- Why does Ben not need to worry? (God made him special and will strengthen him for his mission, we are never alone)
- What amazing things do you imagine God will do through you?

In this episode, Sarah shares with us some great advice she received in the days before and after her First Communion.

Watch: “Your First, but not your last” (Blessed 1st Communion 5:6, 6:48)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-5-6.html>

Ask:

- What was some of the advice that Sarah received before and after her First Communion?
- Have you received any really helpful advice about your First Communion?

Faith Activity - First Communion Banner

Link: <https://www.catholicicing.com/first-communion-craft-make-first/>

A First Communion banner is a great memento of this special day. You can take picture with it and when you are done can hang it in your child's room as a reminder of their special day.



Materials Needed to Make a First Communion Banner:

- Big piece of felt or other fabric for background (do not shy away from bright colors!)
- Wooden dowel
- String
- Glue
- Assorted colors of felt (the stiff kind works best)
- Sharp Scissors
- Glitter glue or Fabric paint and craft jewels (optional)

Start by having you child sketch out what they want their First Communion banner to look like. Let them design the first communion banner themselves- it will be more special to them that way! Some different symbols you can suggest for their first communion banner could include a chalice, dove, host, monstrance, lamb, grapes, wheat, cross, angel, bible, Jesus fish, or even a rainbow. Do not forget to leave room for your name and possibly the date.

When they are ready, have them cut their symbol pieces out of felt. We found that the stiff felt was easier to work with than the floppy kind.

Have them keep arranging their pieces and designing their First Communion banner until everything is where they want it. Then they can glue the pieces down. You can either make an attempt to cut the letters of your child's name out of felt, or you can look for pre-cut felt letters at your craft store. You can even buy iron-on letters. You could also just use your fabric paint to write on the name and date, which would be a lot easier than cutting the letters out.

Once the felt pieces are all down, your child can embellish their First Communion banner with glitter glue and fabric paint or even fake jewels! The possibilities are endless, so be creative!

When your child is finished decorating the front of their banner, let it all dry before moving on. Now you need to be able to put the dowel through the back so it can hang up. You can either fold over the top of the banner and glue it down or add a piece of felt to the back of the banner to create a slot for the dowel to go through.

Tie on your string to your dowel and you are all finished!

Show What You Know

True or False

1. ___ Your First Communion is a very special day.
2. ___ You are not ready to walk with God, and you are not ready to receive Jesus in the Eucharist.
3. ___ Prayer doesn't help us prepare to receive Jesus in the Eucharist.
4. ___ Fasting makes us mindful of God's presence.
5. ___ For the rest of your life you will have an open invitation to God's great banquet.

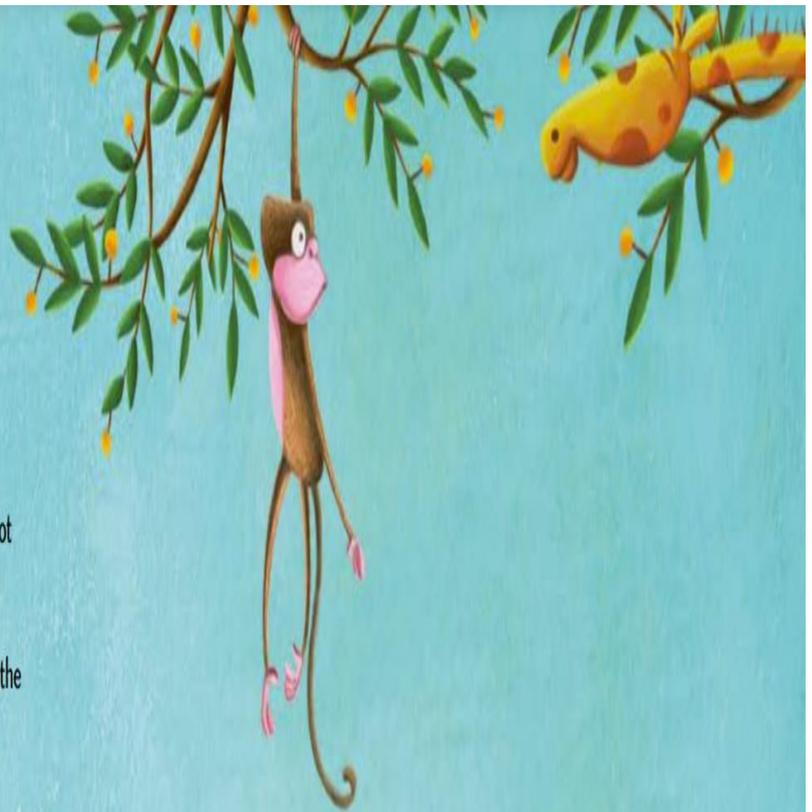
Fill in the blank

1. God the Father is so _____ when he thinks about giving you Jesus in the Eucharist.
2. The Church chooses this time in your life to share the _____ with you because you have reached the age of reason.
3. We _____ for everything that is important.
4. The great champions of our faith are the _____.
5. Prayer is a _____ with God.

6. Fasting helps us to grow _____ to God.
7. The Eucharist fills us with the _____ and _____ to become the- best-version-of- ourselves, to grow in virtue, and to live a holy lives.
8. The Eucharist empowers us to do _____ things for God.
9. After you receive the Eucharist, _____ will be in you.
10. God is sending you on a _____ to bring his love to the world.

Word Bank

GREAT EUCHARIST CONVERSATION WISDOM MISSION
JESUS EXCITED COURAGE CLOSER PREPARE SAINTS



Show What You Know

True or False

1. T Your First Communion is a very special day. (p.145)
2. F You are not ready to walk with God, and you are not ready to receive Jesus in the Eucharist. (p.147)
3. F Prayer doesn't help us prepare to receive Jesus in the Eucharist. (p.149)
4. F Fasting makes us mindful of God's presence. (p.151)
5. T For the rest of your life you will have an open invitation to God's great banquet. (p.157)

Fill in the blank

1. God the Father is so excited when he thinks about giving you Jesus in the Eucharist. (p.144)
2. The Church chooses this time in your life to share the Eucharist with you because you have reached the age of reason. (p.147)
3. We prepare for everything that is important. (p.148)
4. The great champions of our faith are the saints. (p.148)
5. Prayer is a conversation with God. (p.149)

6. Fasting helps us to grow closer to God. (p.151)
7. The Eucharist fills us with the wisdom and courage to become the best-version-of-ourselves, to grow in virtue, and to live a holy lives. (p.156)
8. The Eucharist empowers us to do great things for God. (p.152)
9. After you receive the Eucharist, Jesus will be in you. (p.155)
10. God is sending you on a mission to bring his love to the world. (p.155)

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