First Holy Communion Preparation

Class Activity Book for Children
MASTER COPY

On The Way

Photocopy for each Candidate
### Class Task 1: Taking part in Sunday Mass

#### Find the words.

| b | g | n | v | d | c | x | z | M | a | r | y |
| q | a | w | s | i | r | t | p | a | d | f | g |
| S | r | h | t | s | j | a | n | g | e | l | s |
| a | d | k | o | c | m | l | n | d | b | v | c |
| b | e | x | n | i | q | i | w | a | t | y | r |
| b | n | z | e | p | h | v | j | l | k | p | o |
| a | e | J | g | l | f | e | d | e | z | x | l |
| t | r | o | l | e | m | n | b | n | v | c | l |
| h | j | h | k | s | p | i | c | e | s | g | e |
| g | a | n | o | i | n | t | r | y | p | k | d |
| P | e | t | e | r | q | w | t | o | m | b | r |
| f | l | i | n | e | n | c | l | o | t | h | s |

**Mary**  **Magdalene**  **gardener**  **tomb**  **angels**

- **anoint**  **spices**  **stone**  **rolled**  **disciples**

**Peter**  **John**  **alive**  **Sabbath**  **linen cloths**

Take turns with your Prayer Partner praying the “Lord, have mercy” prayer.

- **Lord, have mercy.**  **Response:** Lord, have mercy.
- **Christ, have mercy.**  **Response:** Christ, have mercy.
- **Lord, have mercy.**  **Response:** Lord, have mercy.
Class Task 2: The Peace and Forgiveness of God
Fill in the missing words of the I Confess

I confess to A ____________ God
and to you, my b ____________ and s ____________
that I have greatly sinned
in my t ____________ and in my w ____________,
in what I have d ____________
and in what I have f ____________ to do,
through my f ____________
through my fault,
through my most g ____________ fault;
therefore I ask blessed M ____________ ever-Virgin,
all the A ____________ and S ____________
and you, my brothers and sisters,
to p ____________ for me to the Lord our God.

<table>
<thead>
<tr>
<th>Almighty</th>
<th>brothers</th>
<th>sisters</th>
<th>thoughts</th>
<th>words</th>
<th>done</th>
</tr>
</thead>
<tbody>
<tr>
<td>failed</td>
<td>fault</td>
<td>grievous</td>
<td>Mary</td>
<td>Angels</td>
<td>Saints</td>
</tr>
</tbody>
</table>

Later at Mass, before the Breaking of the Bread we will share the Peace and Forgiveness of Jesus with the people sitting beside us.

Let us offer each other the Sign of Peace.
Peace be with you.

Take turns to practise reading the I Confess with your prayer partner.
Class Task 3: At Mass we Praise God

Fill in the missing words:

Glory to God in the h_____________
and on earth p______ _______ to people of good will.

We praise you, we b________you ,
we a________you, we glorify you,
we give you t _______ __ __
for your great g__________.
Lord God, heavenly K _
____________________ O

God, almighty Father.

Lord J__________Christ,
Only Begotten S ______
Lord God, L______ of God,
Son of the F__________,
you take away the sins of the w ________ __
have m________on us;
you take a_______the sins of the world,
receive our p__________;
you are seated at the r__________ h ________

For you alone are the H ________ O______,
you alone are the L__________,
you alone are the M ________ H ________ Jesus Christ,
with the H_______ S______________
in the glory of God the Father. Amen.

Take turns with your Prayer Partner to pray the Gloria.
IN THE LITURGY OF THE WORD

We listen to God’s W _____in the R____________________s

We respond in the Ps _______

We praise Jesus the Word in the A __ ________ __ __

The word Gospel means G _______ N _______.

We reflect with the priest on the meaning of the readings to our _________.

With your Prayer Partner, practise tracing the Sign of the Cross on your forehead, lips and heart saying: “Glory to you, O Lord.”
Class Task 5: Jewish Passover Celebration

Fill in the missing words.
The first Passover was a time when G.................. rescued
the Jewish people from s........................... in Egypt. God told M ................. to ask
P........................................ to set His people f.................. When Pharaoh refused, God
was a ......................with him and sent 10 p.......................... which caused the
people great h.......................... and sadness. During each plague, Pharaoh
a.................. to set the people free but as soon as God took away the plague,
Pharaoh c.................. his mind. The final t.................. was that the
f............... born of every living creature would d........ - including Pharaoh's own
s............... However, God would protect the J........................... people. He instructed
Moses to tell his people to coat their d............... frames with the blood of a
l............... so that the a.................. of death would “pass over” those houses. They
were also instructed to eat a s.......................... meal of roast l.................., 
unleavened b.................. and herbs with their cloaks w.......................... round
them and sandals on their f............... Moses told his people this night must never be
f.................. and so this first P.......................... is celebrated every
year by people of the J........................... faith. The Last Supper that Jesus
shared with His friends was a Passover m..........................

<table>
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<th>Jewish</th>
<th>Pasover</th>
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<th>wrapped</th>
<th>plagues</th>
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<tr>
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<td>special</td>
<td>angel</td>
<td>lamb</td>
<td>door</td>
<td>first</td>
<td>forgotten</td>
</tr>
<tr>
<td>Jewish</td>
<td>die</td>
<td>changed</td>
<td>tragedy</td>
<td>agreed</td>
<td>hardship</td>
<td></td>
</tr>
<tr>
<td>Moses</td>
<td>God</td>
<td>slavery</td>
<td>Pharaoh</td>
<td>angry</td>
<td>son</td>
<td>lamb</td>
</tr>
</tbody>
</table>

Remember: We pray for God to "save us" when we pray these words of the Our Father-
"deliver us from evil." Pray the Our Father with your Prayer Partner.
Class task 6: Jesus’ Triumphant Entry into Jerusalem

The people greeted Jesus as He rode by shouting,

"Hosanna - Blessed is He who comes in the name of the Lord!"

Copy the “Holy, Holy” Prayer into your workbook.

Holy, .........................................................................................................................

Heaven.................................................................

Hosanna......................................................................................

Blessed..............................................................................................

..............................................................................................................................

Hosanna.................................................................

The word Hosanna is an exclamation of joy meaning “Save us!”

Take turns with your Prayer Partner to practise saying/singing the Holy, Holy Prayer.

Holy, holy, holy Lord God of hosts,

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.
Class task 7: The Last Supper

The Last Supper was a very special meal that Jesus shared with his friends, where he said the words:
“Take and eat; this is my body”
“Take and drink; this is my blood.”

These words spoken by Jesus, made this meal special.
How do you think Jesus felt when he had the Last Supper with his Disciples? Why did he feel this way?

Write about a special meal you have shared with your family or friends.
Was it a celebration?
What were you celebrating?
Who was there?
Write about your special meal.

Take turns with your Prayer Partner to practise the Memorial Acclamation:
“When we eat this Bread and drink this Cup, we proclaim your death Lord, until you come again.”
Class task 8: The Mass as Thanksgiving and Sacrifice

When the Jewish people were saved they gave thanks to God for their freedom from slavery.

The word Eucharist means T..........................

When we celebrate the Eucharist, we can give thanks to God for...

1...................................................................................................................................................

2...................................................................................................................................................

3...................................................................................................................................................

We have other names for the Eucharist.

Here are 2 of them:

H.......................... C..........................................................

The B.......................... S..........................................................

We have learned that a sacrifice is something you do for another without counting the cost.

At Mass we remember that Jesus sacrificed his life for us. He d................. on the

c....................... on G....................... F............................... and rose from the dead on

E............................... S.................................

We say thank you to God for being with us every time we participate in Mass.

Take turns with your Prayer Partner to practise the Memorial Acclamation:

“We proclaim your death, O Lord and profess your Resurrection until you come again.”
Class task 9: The Risen Jesus is really Present among Us

When we gather to celebrate the Eucharist, the priest leads us in prayer and we remember the words and actions of Jesus.

Draw the priest at the altar leading the congregation in prayer.

Jesus' friends ate and drank with him but they did not understand what Jesus was telling them until after he had died. During the sacrifice of the Mass, the bread and wine is changed into the Body and Blood of Jesus and Jesus is really present on the altar.

Unscramble the words:

\[ \text{hTsi} \quad \text{si} \quad \text{ym} \quad \text{dBoy} \]

\[ \text{hist} \quad \text{si} \quad \text{ym} \quad \text{lodob} \]

Take turns with your Prayer Partner to practise the Memorial Acclamation:

"Save us, Saviour of the world, for by your Cross and Resurrection you have set us free."
Class task 10: Nourished by the Bread of Life

Jesus shared a meal with more than 5,000 people - it was like a picnic. Ask your teacher if you can organise a class picnic as a celebration after you have made your First Communion. What would you like to eat with your classmates?

List 3 things for a class picnic

✓ ..............................................................................................................
✓ ..............................................................................................................
✓ ..............................................................................................................

Jesus says: “I am the Bread of Life. I am the Living Bread come down from Heaven”

✓ How does ordinary Bread help us to grow?

..............................................................................................................

✓ How does Jesus, who is the Bread of Life, help us to grow?

..............................................................................................................

Take turns with your Prayer Partner to practise praying:
Lamb of God, You take away the sins of the World have mercy on us,
Lamb of God, You take away the sins of the World have mercy on us,
Lamb of God, You take away the sins of the World, grant us peace.
Class task 11: At the Table of the Lord

To end the Eucharistic Prayer the priest prays:
Through Him
with Him
and in Him

Unity Holy Spirit glory honour Almighty ever

Complete the prayer

In the U____________of the H____ _____ S____ ________ __

All g__________ and h________ __ __are yours

A________ __ __ ___ F _________ __ __

f__ __________ __ __ and ever. Amen.

With your Prayer Partner pray the Our Father which we say when we begin to prepare for the reception of Holy Communion.
**Class task 12: Preparing to Receive Jesus in Holy Communion**

The Centurion knew that Jesus could heal his servant without even entering his house.

**Jesus and the Roman Officer (Matthew 8: 5-13)**

The crowd stayed with J________as he walked back to Capernaum but the people held back as a C__________ __ __ __ __ ____________rushed toward him. He was clearly upset. “Will you help me?” he asked Jesus.

“One of my s__________ __ __ is very ill. He is in terrible p_________ and cannot move at all.” “Shall I come to your house to h_________ him?” asked Jesus. But the Centurion stopped Jesus and said - “Lord, I don’t deserve to have you under my r________ I know that if you only say the w_________ then my servant will be healed.”

Jesus was amazed at the Centurion’s f__________. “I have not found anyone here with such faith,” he said. “Return to your h_________ and you will find that your servant is well again.” The centurion went home and found that his servant had r__________ __ __ __ __ _______just as Jesus had promised.

<table>
<thead>
<tr>
<th>Jesus</th>
<th>Centurion</th>
<th>servants</th>
<th>pain</th>
<th>heal</th>
<th>roof</th>
</tr>
</thead>
<tbody>
<tr>
<td>word</td>
<td>faith</td>
<td>home</td>
<td>recovered</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Just as the Centurion had faith in Jesus, we believe that it is Jesus who comes to us in Holy Communion.

Take turns with your Prayer Partner to practise saying the words of the Centurion which we all say at Mass: “Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”
Class task 13: Receiving Holy Communion

The word “initiation” means to become a full member and you are about to become a full member of the Church. When it is time for me to receive Holy Communion I will:
Join my h________and approach the priest.
When the priest/Communion Minister says “Body of Christ” I will answer: “A________”
When the priest/Communion Minister says “Blood of Christ” I will answer: “A________”
I will receive the host on my t____________or on my h________and place it in my mouth before I leave the altar.
I hold the chalice carefully and drink from it. Then I will return to my seat reverently with my hands joined, kneel down and say the “Thank you,” prayers.

Thank you,.................................................................................................................................

Make me........................................................................................................................................

I’m ready now....................................................................................................................................

I’m ready now....................................................................................................................................

It is important that you take part in Mass every Sunday
and receive Jesus in Holy Communion as often as you can.

With your Prayer Partner practise praying the
Thank You Prayer.

Thank you, Lord Jesus for giving yourself to me.
Make me strong to show your love wherever I may be.
I’m ready now Lord Jesus to show how much I care.
I’m ready now to give your love at home and everywhere.
Class task 14: Eucharistic Adoration - Jesus is with us always.

Complete the drawing below.
Draw the Tabernacle behind the altar and the Sanctuary Lamp at the side.
Now colour the picture.

Take turns with your Prayer Partner to pray this Litany.
The response is: “You are with us.”

When we gather in your name - You are with us.
When we listen to your word - You are with us.
When we give you thanks and praise - You are with us.
When we help someone in need- You are with us.
When we ask for your forgiveness - You are with us.
When we place our trust in you - You are with us.
PRAYERS TO LEARN FOR THE JOURNEY

Our Father

Our Father who art in heaven, hallowed be Thy name;
Thy Kingdom come; Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace! The Lord is with thee; blessed art thou among women, and blessed
is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at
the hour of our death. Amen.

Lord, have mercy

Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ have mercy
Lord, have mercy. Lord, have mercy.

I confess

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done
and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.
Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory.
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father, have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of God the Father. Amen.

The Word of the Lord. Thanks be to God

The Lord be with you. And with your Spirit.

A reading from the Holy Gospel according to N. Glory to you, O Lord

The Gospel of the Lord. Praise to you, Lord Jesus Christ.

Eucharistic Prayer

Priest: The Lord be with you. | Response: And with your spirit.

Priest: Lift up your hearts. | Response: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God. | Response: It is right and just.
Holy, holy
Holy, holy, holy Lord God of hosts,
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest

Memorial Acclamations

1 We proclaim your death, O Lord and Profess your Resurrection until you come again.
2 When we eat this Bread and drink this Cup, we proclaim your death, O Lord, until you come again.
3 Save us Saviour of the world for by your Cross and Resurrection you have set us free.

Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.

Prayer before Communion

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Thank you Prayers

1Thank you, Lord Jesus, for giving yourself to me. Make me strong to show your love wherever I may be.
2 I'm ready now, Lord Jesus, to show how much I care. I'm ready now to give your love at home and everywhere.

Litany The response is: "You are with us."

When we gather in your name - You are with us.
When we listen to your word - You are with us.
When we give you thanks and praise - You are with us.

When we help someone in need - You are with us.
When we ask for your forgiveness - You are with us.
When we place our trust in you - You are with us.
The Nicene 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 from 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 the forgiveness of sins.

and look forward to the resurrection of the dead,
and the life of the world to come. Amen.
**Prayer Partners**  Name........................................................................................................

Target: to be able to say all the prayers by myself  
Tick (√) when you can say each prayer confidently.

<table>
<thead>
<tr>
<th>Prayer</th>
<th>At school</th>
<th>At home</th>
<th>At school</th>
<th>At home</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lord, have Mercy</td>
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<td></td>
</tr>
<tr>
<td>I confess</td>
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<tr>
<td>Gloria</td>
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<tr>
<td><strong>Gospel Response</strong></td>
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<tr>
<td>Praise to you</td>
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<tr>
<td><strong>Our Father</strong></td>
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<tr>
<td>Holy, Holy</td>
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<tr>
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<tr>
<td>We proclaim</td>
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<tr>
<td><strong>Memorial Acclamation 2</strong></td>
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<tr>
<td>When we eat</td>
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<tr>
<td>Save us</td>
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<tr>
<td><strong>Lamb of God</strong></td>
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<tr>
<td><strong>Lord I am not worthy</strong></td>
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<tr>
<td><strong>Thank you prayer</strong></td>
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</tbody>
</table>

**My Prayer Partner is**

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