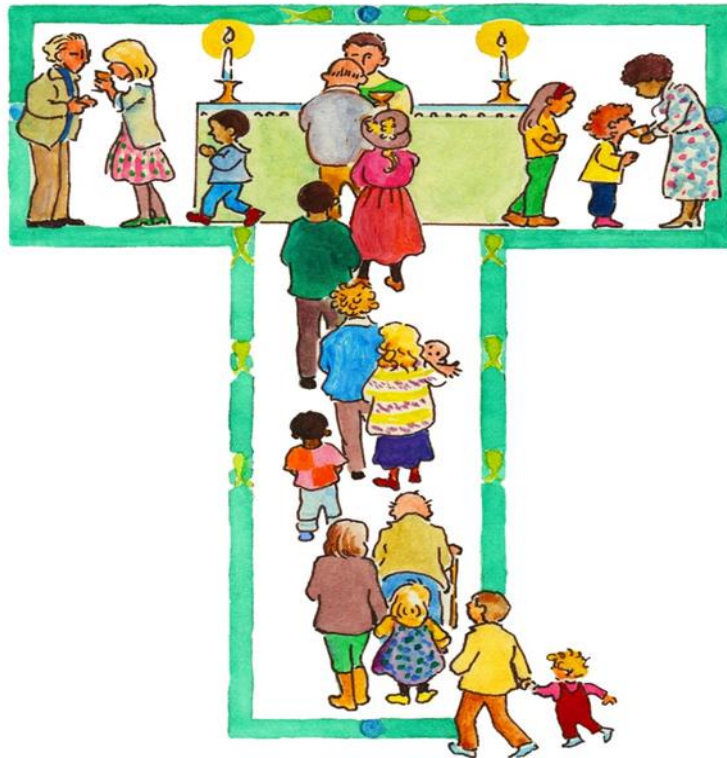


First Holy Communion Preparation



Class Activity Book for Children
MASTER COPY

On The Way

Photocopy for each Candidate

3

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

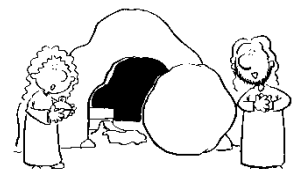
linen cloths

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.

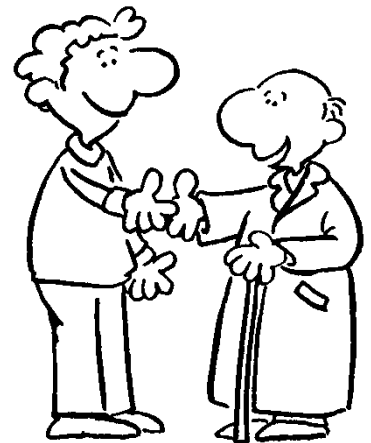
Lord, have mercy. **Response:** Lord, have mercy.



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.



Almighty	brothers	sisters	thoughts	words	done	
failed	fault	grievous	Mary	Angels	Saints	pray

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.

peace	thanks	Jesus
Father	mercy	prayer
right hand	One	most
Holy Spirit	highest	
bless	King	Son
Lamb	world	away
Holy One	Most High	
adore	Lord	glory

of the Father: have mercy on us.



Class task 4: Gathered and Nourished by the Word of God



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 awith 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.....

meal	Jewish	Passover	feet	wrapped	plagues	free
bread	special	angel	lamb	door	first	forgotten
Jewish	die	changed	tragedy	agreed	hardship	
Moses	God	slavery	Pharaoh	angry	son	lamb

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.

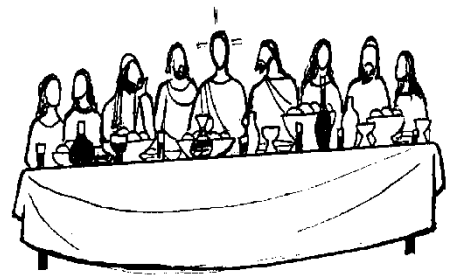


Class task 7: The Last Supper

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?

.....

.....

.....

.....

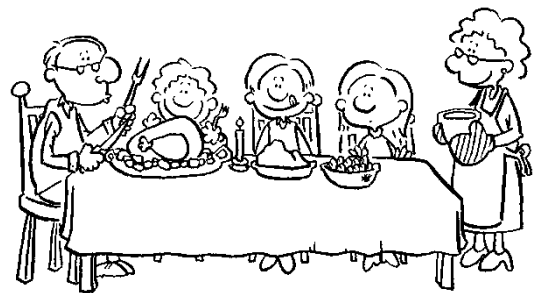
Write about a special meal you have shared with your family or friends.

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:

h T s i

— — — —

h i s T

— — — —

s i

— —

s i

— —

y m

— —

y m

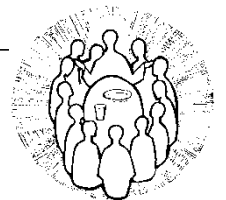
— —

d B o y

— — — —

l o d o B

— — — —



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.

Jesus	Centurion	servants	pain	heal	roof
	word	faith	home	recovered	

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

- 1 Thank 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.

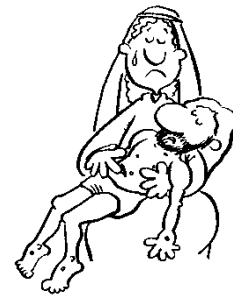
The Nicene Creed

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.

Prayer	At school	At home	At school	At home
Lord, have Mercy				
I confess				
Gloria				
Gospel Response Praise to you				
Our Father				
Holy, Holy				
Memorial Acclamation 1 We proclaim				
Memorial Acclamation 2 When we eat				
Memorial Acclamation 3 Save us				
Lamb of God				
Lord I am not worthy				
Thank you prayer				

My Prayer Partner is

.....

