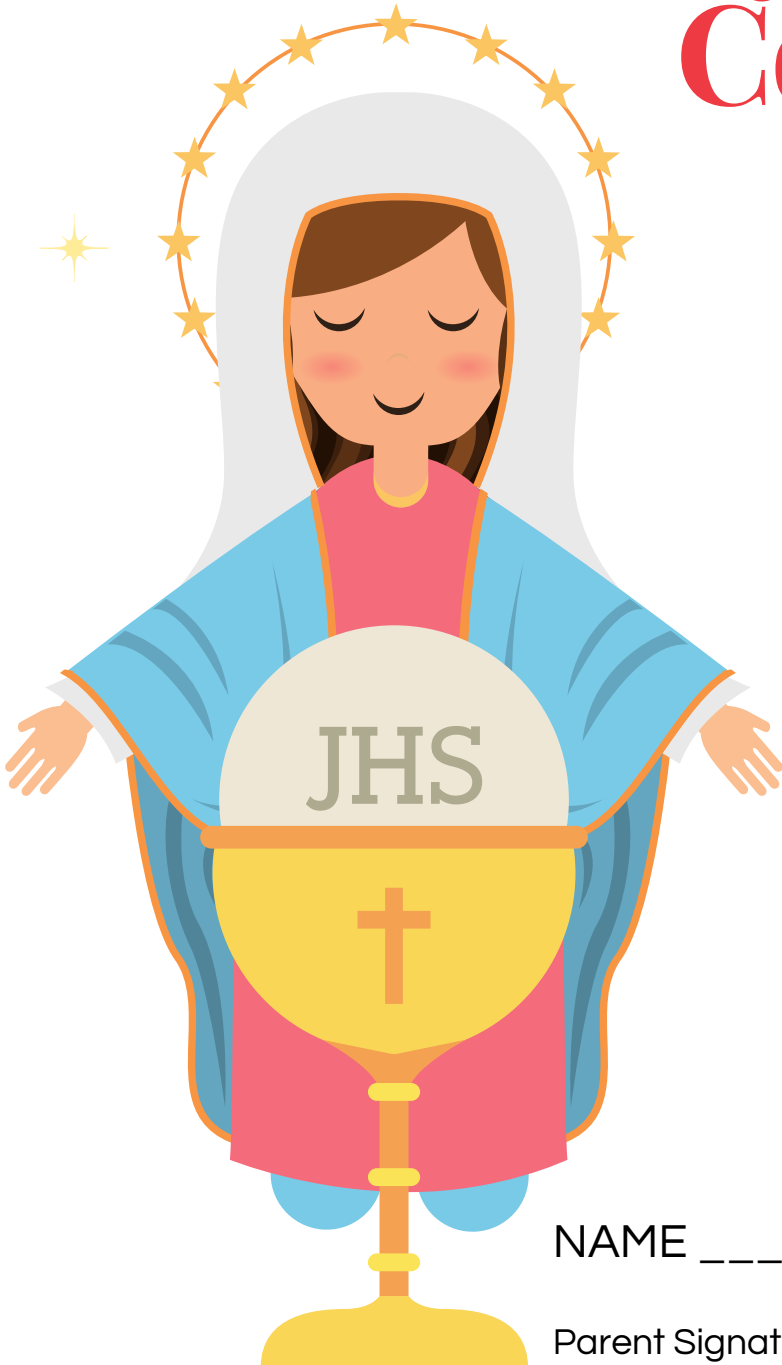


OUR LADY OF HOPE RELIGIOUS EDUCATION

My First Holy Communion

My Booklet About the
Sacrament of the Holy Eucharist



NAME _____

Parent Signature & Date _____

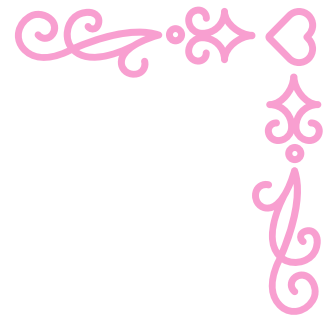
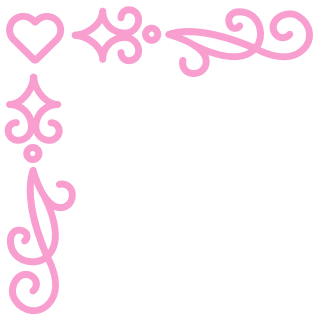
We All Need Love

Love is very important to people. Every person wants to have someone who will love them. We are very blessed to have people who care about us and show us that they love us.

Who are some of the people who love you? How do you know that they love you?

People who love you will do nice things for you. They help you. They show that they care about you. If someone loves you, what do you do in return?

What about you? Who do you love? How do you show them that you love them? ***Draw a picture of the ways you show love.***



God is Love

Think about the person who loves you the most. Can you imagine anyone else who would love you even more?

God loves you more than a million times than the person who loves you best. He shows His love for us in many ways. What are some of the ways God shows His love for us?

The best way God showed His love for us was by sending His only Son, Jesus, to become one of us. Jesus became a human being to not only teach us about God and become a good role model for us. He became a human being to offer himself as a sacrifice for us so we may be saved and one day go to Heaven with God. Jesus is God's greatest gift to us.

Jesus loves all of us. Jesus especially loves little children. Read the story about Jesus and the little children.



"Once, when some mothers were bringing their children to Jesus to bless them, the disciples shooed them away, telling them not to bother him. But when Jesus saw what was happening, he was very much displeased with his disciples and said to them, "Let the little children come to me, for the Kingdom of God belongs to such as they. Don't send them away! I tell you seriously as I know how that anyone who refuses to come to God as a little child will never be allowed into His Kingdom."

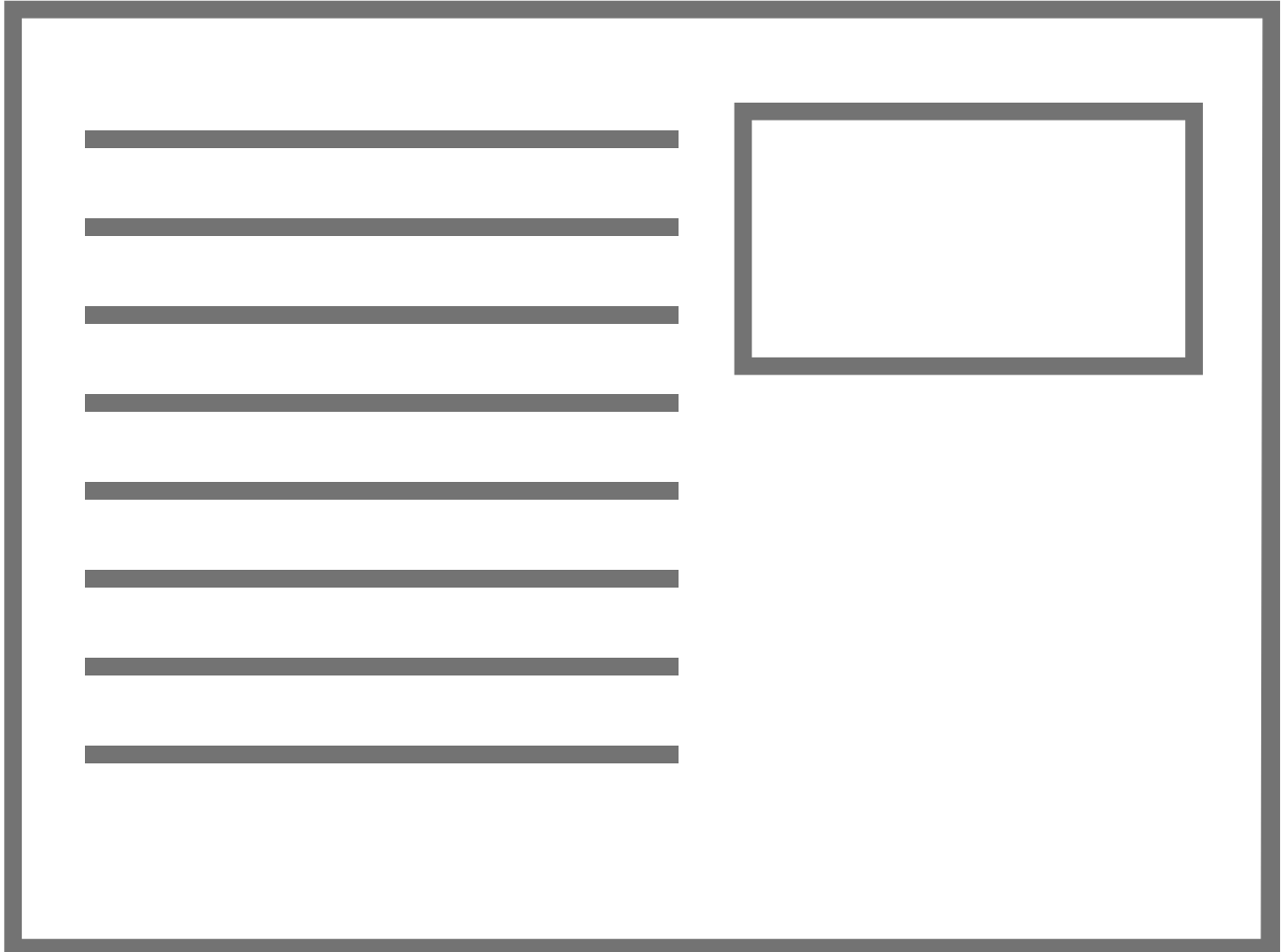


Then he took the children into His arms and placed His hands on their heads and blessed them."
(Mark 10:13-16)



Jesus Loves Me

Write a postcard thanking Jesus for loving you. On the rectangle, draw a "stamp" of you and Jesus together.



Jesus loves me this I know
For the Bible tells me so
Little ones to Him belong
They are weak but He is strong.

Yes, Jesus loves me
Yes, Jesus loves me
Yes, Jesus loves me
The Bible tells me so

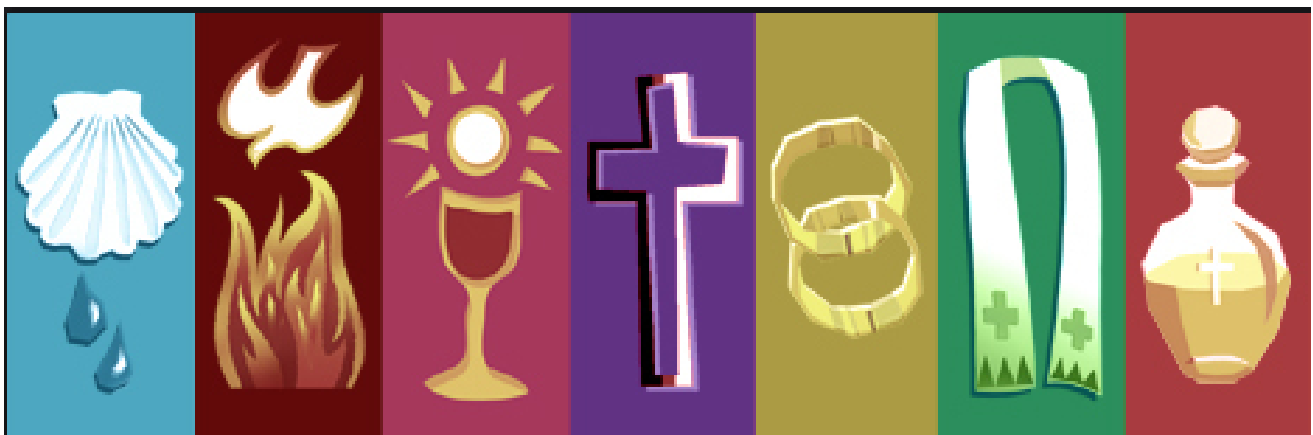


Sacraments – Signs of God's Love

Before Jesus went up to Heaven, He wanted to make sure that we would never feel alone and abandoned. He wanted to let us know that even if He wasn't with us physically, we would still know of His great love and care for us. He would give us the sacraments as a sign of His love and care for us.

Sacraments are holy signs that give us **grace** (a share in God's life). They are more than symbols. They are actions that God uses to help us live new lives as children of God. They help us grow in God's life within us. They give us the strength to fight through the difficulties of life. They help us become all that God created us to be! Of course, this means that we have to have the right attitude and desire to please God. God wants our cooperation and willingness to make the graces of the sacrament grow in our lives.

There are seven sacraments. These are: Baptism, Reconciliation, Holy Eucharist, Confirmation, Matrimony, Holy Orders and Anointing of the Sick. Through these sacraments, God gives us the grace we need to accompany us throughout our lives and help us to live fully as children of God.



Unit Test A

True (T) or False (F):

- _____ 1. Every person needs love.
- _____ 2. God doesn't need our cooperation for grace grow in our lives.
- _____ 3. Jesus is God's greatest gift to us.
- _____ 4. Grace is a share in God's life.
- _____ 5. Sacraments are just symbols of God's love.

Circle the letter corresponding to the best answer:

1. The best way God shows His love for us is by giving us ...
a. our family b. His Son, Jesus c. our lives
2. Jesus became a human being to...
a. teach us about God c. to save us
b. be a role model for us d. all of the above
3. The _____ are holy signs which gives us grace.
a. symbols b. family c. sacraments
4. Sacraments help us grow God's life in us. This is called...
a. grace b. sacraments c. love
5. God wants us our willingness and _____ to grow in grace.
a. sacraments b. cooperation c. sins

Write down 3 ways you can show your love for God:

Sacrament of Baptism

When we were born, we all inherited Original Sin. **Original Sin** is the first sin committed by our first parents, Adam and Eve when they disobeyed God in the Garden of Eden.

The **Sacrament of Baptism** washed away Original Sin in our soul and all sins we committed up to that point. In Baptism, we received God's grace which made us sons and daughters of God. We can think of our Baptism as our spiritual birthday because we are given a new life as children of God and members of the Church.

When you were baptized, a special **baptismal candle** was lit for you. The priest said, "Receive the light of Christ." You were told to keep the light of Christ burning throughout your life. You can keep this light burning by loving and serving God and each other. When you pray, say encouraging words, do good deeds, and obey your parents, you become a light for others. Your family and friends become attracted to your light because you show them the way to God.

At your baptism, you were also given a **white garment** to symbolize that your sins have been erased and your soul is now pure.

At baptism, water from the **baptismal font** is poured over your head. When the priest pours the water over your head, he says, "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."

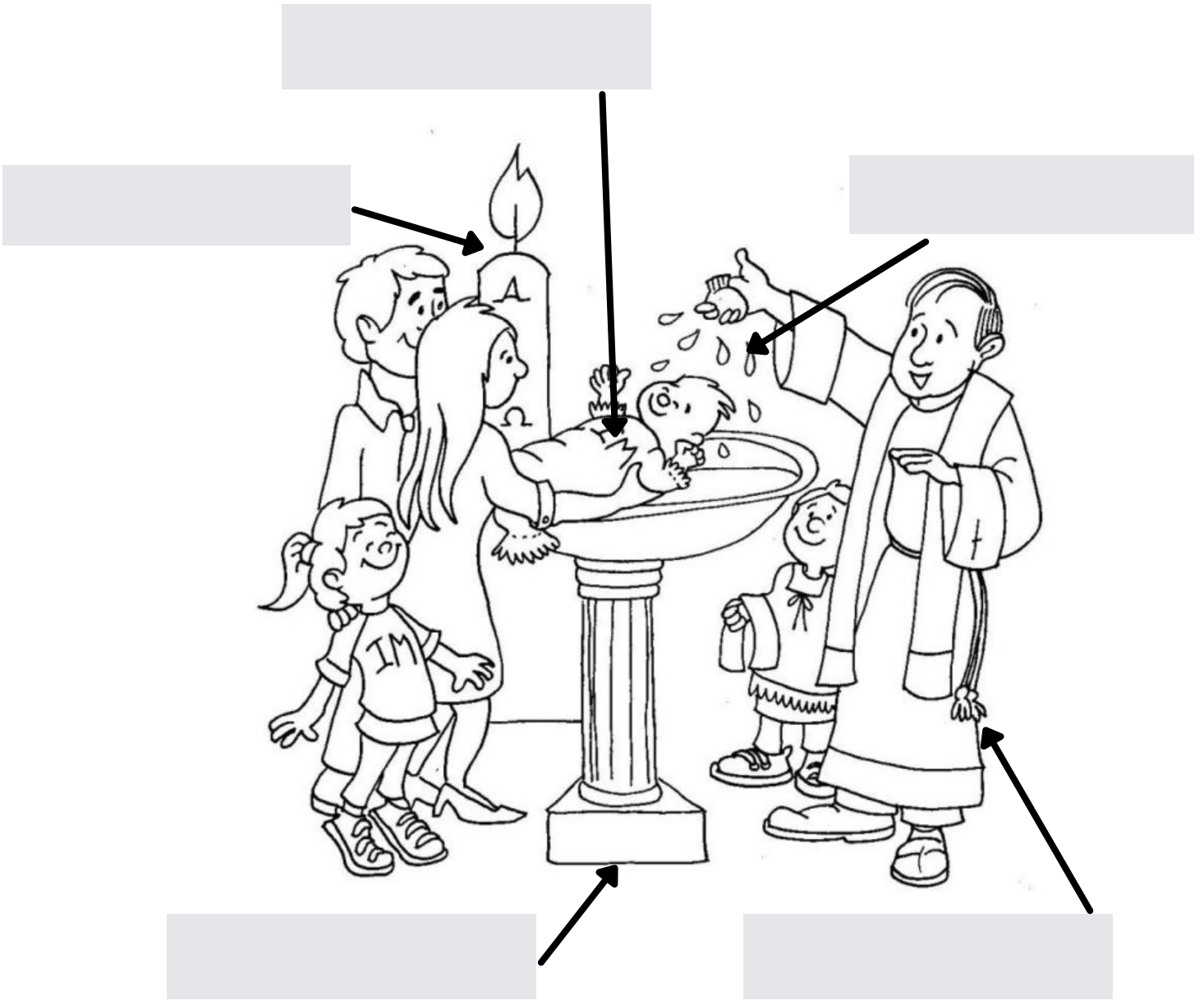
Water is used as a sign of cleansing. The words, "I baptize" are used because it means "I wash". When you were baptized, you were washed free of the stains of original sin and made holy as a child of God.

The **special sign of Baptism** is the water and the words, "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."



Baptism Activity Page

Color and label the Baptism scene. Choose from the words in the Word Bank.



Word Bank

PRIEST

HOLY WATER

BAPTISMAL CANDLE

WHITE GARMENT

BAPTISMAL FONT

Sin

God gave all people a choice to do good. When we choose to do something bad, it is called **sin**. When we sin, we turn away from God's love and the love of those we have hurt. Sin can either weaken or destroy God's life or grace that we received in the Sacrament of Baptism.

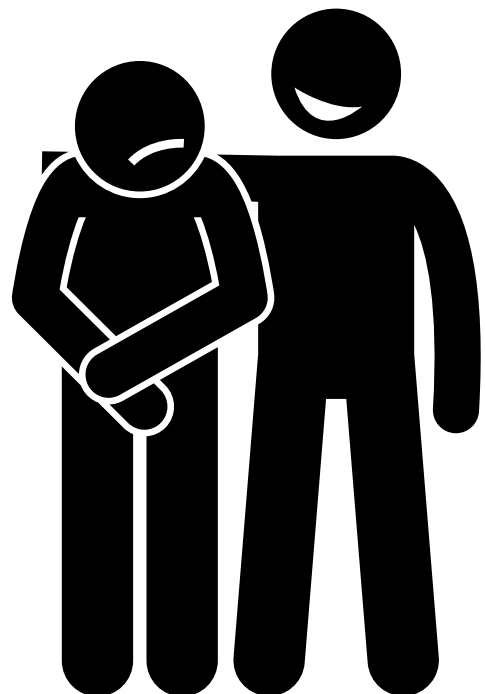
When we sin, we should never give up or fall into despair. Jesus never gives up on us and we should never give up on ourselves.

Although Jesus, the Son of God, never sinned, He did not turn away from sinners. He asked John the Baptist to baptize Him even though he never sinned. Jesus wanted to obey God the Father at all times. Just like the Father, Jesus is glad to forgive us if we ask for His love and forgiveness. He wants us to obey God's laws because it is good for us to do so. When we follow the Ten Commandments, we are able to love God, others and ourselves in the best possible way.

In the Bible we see that when people were sorry for their sins, Jesus forgave them. After Jesus forgave them, they tried hard to change their ways and follow the way of Jesus.

When we sin, we need to tell God and the people that we have hurt that we are sorry. We ask them to forgive us. We do something loving to help make up for the hurt we have caused. When we sin, we must ask God to forgive us. We pray to Him and tell Him that we are sorry.

God is always glad to forgive us when we are sorry and ask for His forgiveness. He understands our weakness and is ready and happy to forgive us.



The Parable of the Prodigal Son

With your mom or dad, read the Parable of the Prodigal Son in the Bible (Luke 15:11-32). Then complete the sentences or mark the statements True or False.

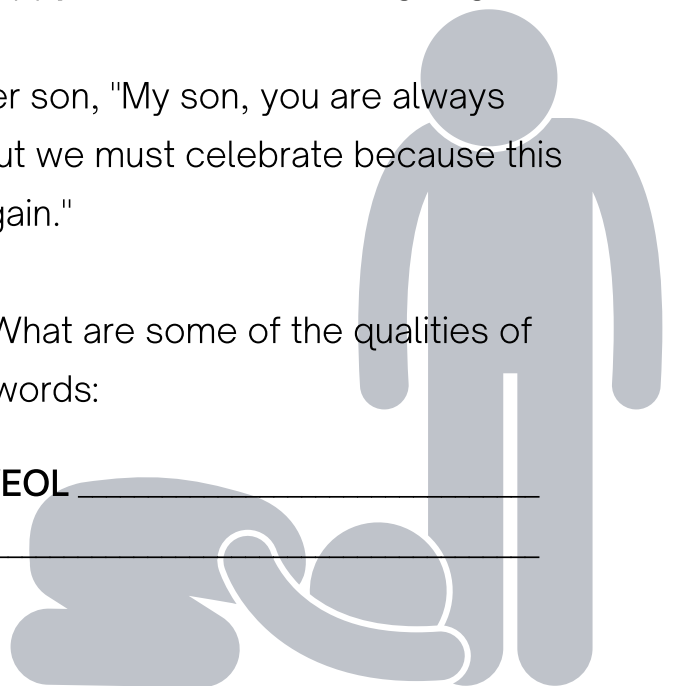
1. There was a man with two sons. The _____ (A) younger son (B) older son asked for his inheritance.
2. The son spent the inheritance very _____ (A) wisely (B) foolishly
3. The son got a job feeding _____ (A) horses (B) pigs (C) cows
4. **True or False:** It was a very good job and the son had plenty to eat.
5. The son finally came to his senses and realized that his father's _____ (A) hired men (B) top men had more food than he did.
6. **True or False:** The son decided he would say to his father, "I have sinned against you and am not worthy to be called your son. Treat me like one of your hired hand."
7. When the father saw his son from far away, he _____ (A) walked slowly (B) ran to him and _____ (A) yelled at him (B) kissed him.
8. His father did NOT give him _____ (A) robe (B) ring (C) sandals (D) bag of money.
9. The older son was _____ (A) angry (B) happy that his father was giving his brother a big celebration.
10. **True or False:** The father said to the older son, "My son, you are always with me and everything I have is yours. But we must celebrate because this brother of yours was dead and is alive again."

In the parable, the "father" represents God. What are some of the qualities of God shown in the parable? Unscramble the words:

YREMC _____

VEOL _____

GFROINEESSV _____



The Sacrament of Reconciliation

The **Sacrament of Reconciliation** is a wonderful gift of God and the Church to heal us and receive God's forgiveness. We all sin and are in need of forgiveness. This is the reason Jesus died on the cross: to save us from sins! The Sacrament of Reconciliation is a sacramental way to admit our mistakes, receive forgiveness, and try again. There is nothing more refreshing and hopeful than going to Reconciliation.

Reconciliation means to be united with someone again or to come back to someone. In this sacrament, our sins are forgiven and God's grace in us is strengthened. We become reconciled with God and with God's family, the Church. It's hard to confess when we have done something wrong. No one wants to admit they are wrong. Some people might be embarrassed or think that the priest might judge them or that God will forgive them anyway. But there is nothing like hearing, "Your sins are forgiven." We should receive the Sacrament of Reconciliation frequently.

We receive this sacrament by going to a priest and telling him the things we have done wrong. We tell him we are sorry and ask for forgiveness. In the confessional, the priest acts for Jesus. When we tell our sins to the priest, we are actually telling them to Jesus. It is also Jesus who actually forgives our sins.

The priest listens to what we tell him, gives us advice, and tells us to do penance. **Penance** are the prayers we say or something we do to make up for the hurt we have caused. Then, the priest forgives our sins with a special prayer called **Absolution**. The priest acts not for himself but for the Father, Son and Holy Spirit and God's family, the Church.

The **sign of the Sacrament of Reconciliation** is the sins said to the priest and the prayer of absolution.



Unit Test B

True (T) or False (F):

- _____ 1. We receive the Sacrament of Reconciliation once in our lives.
- _____ 2. John the Baptist didn't think Jesus needed to be baptized but he did it anyway.
- _____ 3. The Parable of the Prodigal Son shows the mercy of God.
- _____ 4. God only loves us when we are good and follow Him.
- _____ 5. Absolution means to be united with someone again.

Circle the letter corresponding to the best answer:

1. The sin of Adam and Eve is called _____
a. Mortal sin b. Original sin c. Venial sin
2. This sacrament can only be administered once and makes us children of God.
a. Reconciliation b. Eucharist c. Baptism
3. In the Sacrament of Penance, it is actually _____ who forgives us.
a. the priest b. Jesus c. our parents
4. We keep the light of Christ burning within us when...
a. we pray c. we say and do good things
b. we obey our parents d. all of the above
5. The special sign of Baptism is
a. sins and prayer of absolution
b. sins and Act of Contrition
c. water
d. water and the words, "I baptize you in the name of the Father..."
6. "I baptize" means
a. "I wash" b. "I forgive" c. "I am sorry"

Unit Test B

Circle the letter corresponding to the best answer (continued)

7. _____ never committed a sin but was baptized anyway.
a. John the Baptist b. The Prodigal Son c. Jesus

8. The prayer said by the priest to forgive our sins is called...
a. Absolution b. Penance c. Act of Contrition

9. The prayers or actions we do and say to make up for the hurt we caused is called...
a. Absolution b. Penance c. Act of Contrition

10. The _____ in the Parable of the Prodigal Son shows us the love and mercy of God.
a. older son b. younger son c. father

Fill in the blanks by choosing from the Word Bank

JESUS
DOVE

TEN COMMANDMENTS
RECONCILIATION

VOICE
SIN

1. When we choose to do bad things, we commit a _____.
2. When Jesus was baptized, the Holy Spirit descended upon Him in the form of a _____.
3. When Jesus was baptized, a _____ was heard saying, "This is my beloved Son."
4. When we follow the _____ we are able to love God, others and ourselves in the best way possible.
5. When we tell our sins to a priest, we are actually telling it to _____ who is ready to forgive us.

Why shouldn't we give up on ourselves when we sin? What should we do?

God Feeds Us

God has shown us throughout the Bible that He wants to provide for our needs and feed us, both physically and spiritually.

In the Book of Exodus (Ex 16:2-15), we read how the Israelites complained to Moses in the desert because they were hungry. God heard their cries and sent them quail in the evening and manna in the morning. **Manna** was thin white flakes that the people gathered to eat. It was bread sent down from Heaven. It is sometimes called "Heavenly Bread" or "Bread of angels." The Israelites were provided manna to eat for 40 years while they wandered through the desert on their way to the Promised Land.

When Jesus was born, the Bible says that He was laid on a **manger**, which is the feeding container for the animals in the stable. Isn't it fascinating that from the beginning of his life, Jesus was already presented as "food"?

Later, the Gospels of Matthew, Mark, Luke and John tell us the story of Jesus feeding a great number of people. In Jn 6:5-15, we read that more than 5000 people came to listen to Jesus. He told them the Good News from His Father. In the evening, the people were hungry. Jesus told them to sit down. The apostles found a boy who had 5 loaves of bread and 2 fish. Jesus took the bread and fish. Jesus prayed and blessed the food. He broke the bread. He gave it to the people to eat. He gave them the fish too. Everyone had more than enough to eat from just the 5 loaves of bread and 2 fish! When his apostles gathered the food scraps, they needed 12 large baskets to fill it. When the people saw what had happened, they followed him, wanting more bread. But Jesus had gone away to pray.

The next day, they found Jesus by the lake. Jesus loved the people. He told them...

"I am the Bread of Life. Whoever eats this Bread will live forever."



Activity Page

Using the Venn diagram, compare the stories of Manna in the desert and the Feeding of the 5000 by placing the words from the Word Bank.

Manna in the Desert

Word Bank:

MIRACLE

HEAVENLY BREAD

HUNGRY PEOPLE

LOAVES & FISH

JESUS PROVIDED

MOSES PRAYED

Feeding of 5000

The Sacrament of the Holy Eucharist

Jesus told the people, "I am the Bread of Life. Eat of this bread and you will live forever."

Jesus wants to feed us and nourish us with His own Body and Blood. We eat the Bread of Life when we receive Jesus in the Sacrament of the Eucharist. The **Holy Eucharist** is the Body and Blood of Jesus Christ. It is the food that strengthens and nourishes the grace (God's life) in us.

Like the manna God provided in the desert for the Israelites, the Eucharist is the Heavenly Bread that God provides for those who believe in Him. If ordinary bread satisfies our hunger and makes us strong, the Holy Eucharist satisfies our spiritual hunger and makes us strong in the faith. It helps us to live and grow as children of God.

We can receive the Sacrament of the Holy Eucharist when we receive Holy Communion at the Sacrifice of the Mass. **Holy Communion** is the Body and Blood of Jesus Christ present under the appearance of bread and wine. The change in the substance of the ordinary bread and wine into the Body and Blood of Christ is called **Transubstantiation**.

Even if the bread and wine does not change outwardly in appearance or taste, it has changed in its substance or essence into the Body and Blood of Jesus Christ. This is a miracle that happens each and every time we go to Mass. It is a mystery of God's great love for us. It is said that if angels could be envious of humans, it is because we can receive God in our bodies. God becomes a part of us and we become a part of Him. When we receive Holy Communion with a clean soul and a pure heart, we become one with Jesus.



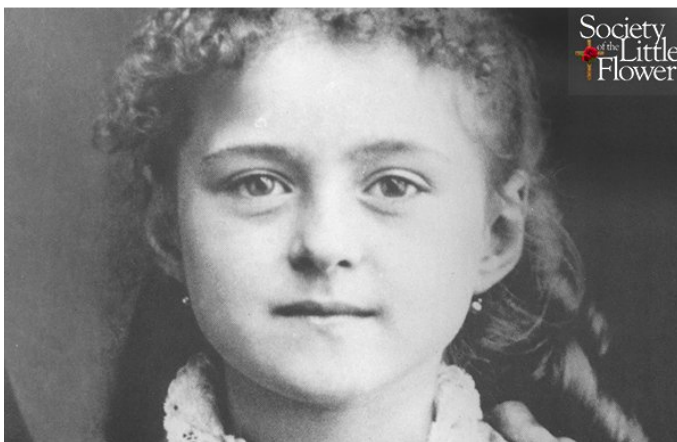
The Last Supper

Jesus gave us the Sacrament of the Holy Eucharist at the **Last Supper**. This was the last meal Jesus shared with His apostles before He died. At the Last Supper, Jesus took the bread and said, "This is My Body." Then He took the chalice of wine and said, "This is the chalice of My Blood."

The bread and wine became the Body and Blood of Jesus. Jesus made His Body and Blood present under the appearance of bread and wine. This miracle is repeated at every celebration of the Mass. At the moment of **Consecration**, the priest takes the bread and says the same words of Christ: "This is My Body." Then, the priest takes the chalice of wine and repeats the words of Jesus at the Last Supper. He says, "This is the chalice of My Blood." When the priest says those words, the bread is changed to the Body of Jesus Christ and the wine is changed into the Blood of Jesus Christ.

Through the power of God, the bread and wine become the Body and Blood of Jesus Christ. We can receive the Body and Blood of Jesus today because Jesus gave priests the power to change bread and wine into His Body and Blood.

Even as a little girl, **St. Thérèse of the Little Flower** understood how special the Mass and Holy Communion are. She knew that Jesus was really present in the host. If someone else in the family had been to Mass, she would run to the door with happiness when they came home because she knew they were carrying Jesus inside them. She longed to receive her First Holy Communion. When she finally received Jesus in the Eucharist, she said it was like a kiss from Jesus. She was so happy and longed to receive communion often.



"Our meeting was more than simple recognition, it was perfect union. We were no longer two."

- St. Therese of Little Flower on receiving her First Communion

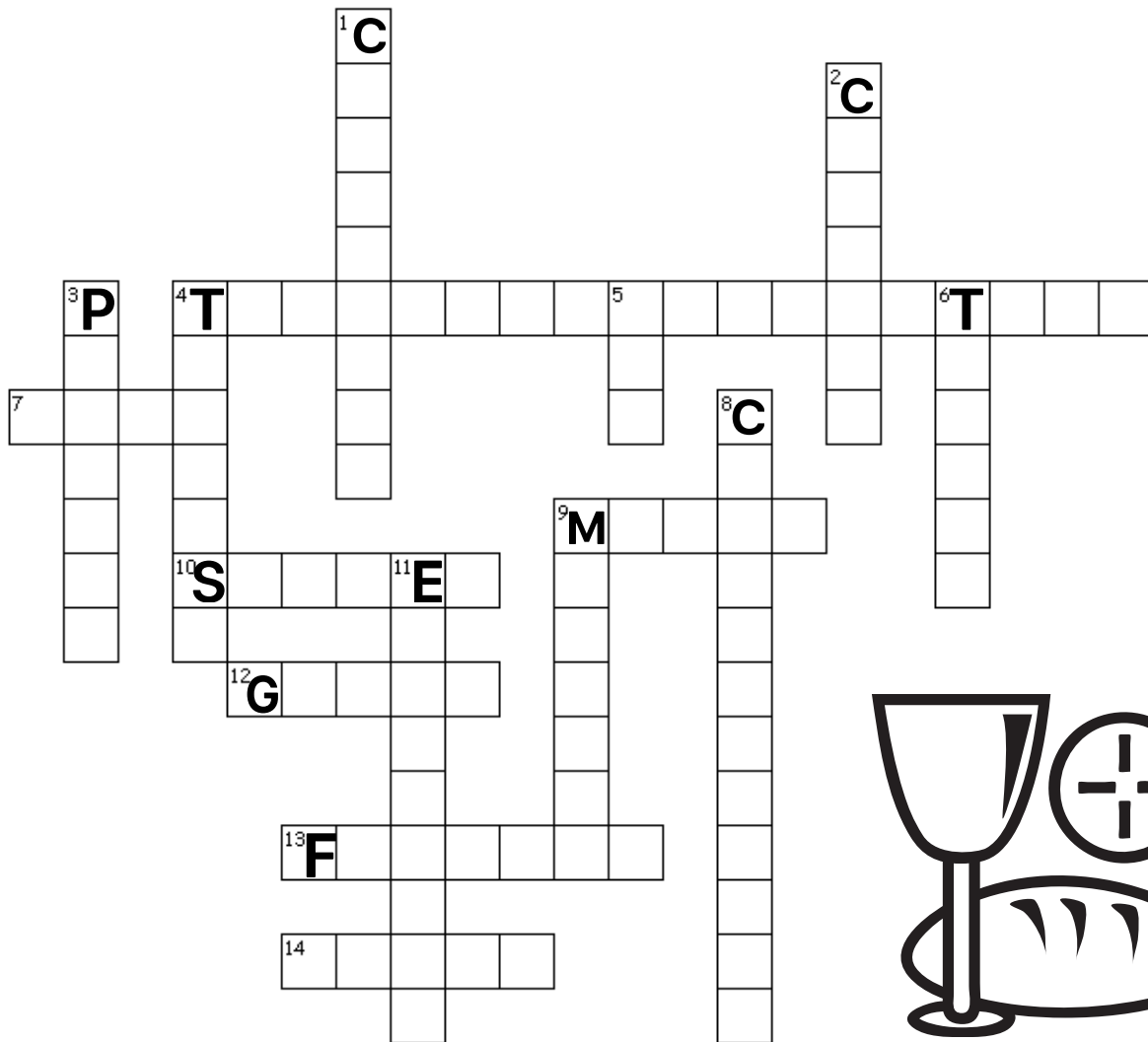


Unit Test C

Circle the letter corresponding to the best answer:

1. Jesus said, "I am the Bread of _____."
a. Love b. Manna c. Life
2. We can eat of the Bread of Life when we receive Jesus in the Sacrament of _____.
a. Reconciliation b. Eucharist c. Baptism
3. The Holy Eucharist is the Body and Blood of _____.
a. the priest b. the Church c. Jesus Christ
4. God provided the Israelites with heavenly bread or _____.
a. manna b. the Eucharist c. loaves
5. The change in the substance of the bread and wine to the Body and Blood of Jesus Christ is called _____.
a. Consecration b. Transubstantiation c. Holy Eucharist
6. The part of the Mass where the miracle of the Eucharist takes place is during _____.
a. Consecration b. Transubstantiation c. Holy Eucharist
7. Jesus gave us the Holy Eucharist at the _____.
a. Crucifixion b. Last Supper c. Resurrection
8. Jesus took the bread and said, "This is My _____."
a. Body b. Blood c. Eucharist
9. Jesus took the chalice of _____ and said, "This is the chalice of My Blood."
a. water b. wine c. bread
10. Jesus gave _____ the power to change the bread and wine into His Body and Blood.
a. everyone b. baptized Christians c. priests

Unit Test C



ACROSS

4. The change of the bread and wine to the Body and Blood of Jesus
7. Number of loaves later multiplied by Jesus
9. Bread fed to Israelites in the desert
10. Jesus gave us the Holy Eucharist at the Last _____.
12. God's life in us that is strengthened by the Eucharist
13. Jesus said that whoever eats the Bread of Life would live _____.
14. He said, "I am the Bread of Life."

DOWN

1. We receive the Sacrament of the Holy Eucharist when we receive Holy _____
2. Container to hold wine
3. Jesus gave them the power to change the bread and wine to His Body and Blood
4. She is a saint who longed to receive Jesus in the Holy Eucharist.
5. Number of fish multiplied by Jesus
6. Number of baskets filled with leftovers from loaves and fish
8. The part of the Mass where the Eucharistic miracle takes place
9. An act of God that cannot be explained or fully understood because it doesn't seem possible.
11. Body and Blood of Christ

The Sacrifice of the Lamb

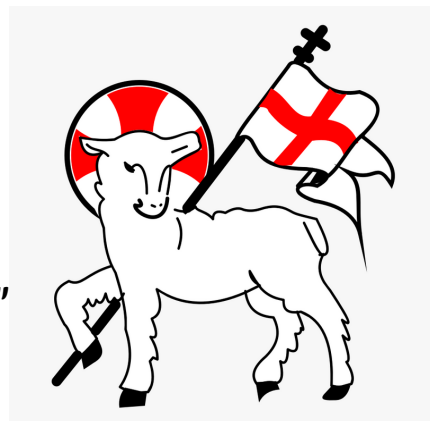
In ancient times, people used to offer animals, and in some cases, even people as a sacrifice to their gods. A **sacrifice** is a religious action where someone or something is offered to God.

The sacrifice they offered was a way people showed their love for God and to make up for their own sins. In the story of the **Passover**, the Israelites were enslaved by the **Pharaoh**, the king of Egypt. Moses told the Israelites that God would soon free them. He asked the Israelites to slaughter a pure white lamb. They would then take the blood of the lamb and paint their doors with the blood so that when the Angel of Death would see it, he would pass over their homes and no harm would come to those in the houses marked by the blood of the lamb. Then, the Israelites were asked to roast the lamb and eat it and pray. The next morning, the Egyptians all lost their first born sons. The Israelites were protected by the blood of the lamb! The Pharaoh finally allowed the Israelites to be set free and go to the **Promised Land**.

The death of Jesus Christ on the cross was a sacrifice Jesus made on behalf of all sinners. Jesus offered Himself to God the Father so that we may be saved. Jesus did not sin, yet to prove His love for us, He willingly took our punishment and gave up His life so that we may be saved from the punishment due to original sin and all the sins we committed. Because of the sacrifice of Jesus, we are able to live with God forever in **Heaven**.

Jesus is like the pure white lamb that was sacrificed at Passover. Like the lamb, Jesus is pure and sinless. When we were baptized, we were marked by the Blood of Jesus. Like the Israelites, we are saved from slavery to sin. As the Israelites ate the sacrificial lamb, so do we eat the Lamb of God, Jesus Christ, in the most Holy Eucharist. Like the Israelites, we are now free to go to Heaven, our Promised Land.

*"Lamb of God,
who takes away the sins of the world,
have mercy on us."*



The Sacrifice of the Father

In the Old Testament, there is a story about **Abraham**. Abraham was a holy man, devoted and faithful to God. But he and his wife did not have any children. At last, when Abraham was about 100 years old, God gave him a son who was named **Isaac**. Abraham loved Isaac very much.

One day, God commanded Abraham to offer his only son, Isaac as a burnt sacrifice on **Mount Moriah**. Abraham loved his son more than anything in the world and would never do anything to hurt him, but he knew he had to obey God. So Abraham took Isaac (who was a young teen at the time) to the place God told them. They took some chopped wood which Isaac carried on his back and traveled for three days. As they neared the top of the mountain, Isaac asked his father what animal they were going to use as sacrifice. Abraham said to him that the Lord would provide.

When they reached the top of the mountain, Abraham built an altar made of stones, placed the wood on top, then bound Isaac in ropes and made him lie on top of the altar. Abraham raised the knife to kill Isaac when an angel came and stopped him. The angel told Abraham that he no longer needed to prove his love for God. God knew that Abraham loved him more than anyone. Abraham looked up and saw a **ram** and offered it as a sacrifice instead. God told Abraham, "Because you have done this and did not withhold your only son from me, I will bless you and your family forever."

The sacrifice of Abraham is a hint of the sacrifice that God Himself will make for us. Abraham proved his love for God by willingly sacrificing his only son. God did not permit him to do it, however. But God the Father proves His great love for us by allowing His Only Begotten Son, Jesus Christ, to suffer and die for us!

In every celebration of the Mass, we remember the sacrifice of Jesus and God the Father, made out of their great love for us.

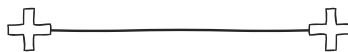
FOR
GOD
SO
LOVED THE WORLD
THAT
HE
GAVE
HIS
ONLY
SON
John 3:16

Activity Page

Compare and contrast the story of the Passover with the Sacrifice of Jesus. Choose from the Word Bank below for the answers.

Blood of Jesus	Israelites
Pure Lamb	Jesus
Blood of the Lamb	The Promised Land
Heaven	Sinners

	<i>THE STORY OF PASSOVER</i>	<i>THE SACRIFICE OF JESUS CHRIST</i>
<i>Who were slaves?</i>		
<i>What was the sacrifice?</i>		
<i>What saved the people?</i>		
<i>Where could they go as a result of the sacrifice?</i>		



Compare and contrast the sacrifice of the Abraham and the sacrifice of God the Father. Choose from the Word Bank below for the answers.

Wooden cross	NO
Prove his love for God	Jesus
Proove His love for us	Chopped wood
YES	Isaac

	<i>THE SACRIFICE OF ABRAHAM</i>	<i>THE SACRIFICE OF GOD THE FATHER</i>
<i>Who was the sacrifice?</i>		
<i>What did the son carry to the mountain?</i>		
<i>Why did the father willingly offer the sacrifice?</i>		
<i>Did the sacrifice happen?</i>		

The Mass: A Sacrifice & Celebration

Every time we go to Mass, we remember the sacrifice of Jesus Christ on the cross. After Jesus consecrated the bread and the wine at the Last Supper, Jesus commanded his apostles, "Do this in memory of Me." As Jesus said those words, He gave the power to change bread and wine into His Body and Blood to his apostles and their successors.

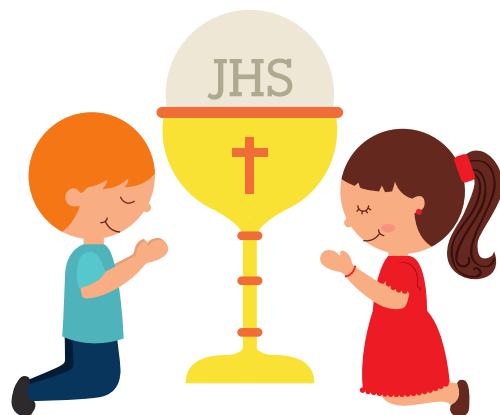
We call the Mass a **sacrifice** because we offer God the sacrifice of His Son, Jesus Christ, through the prayers of the priest and the people. We offer the perfect and eternal sacrifice of Jesus, the Son of God, the Lamb of God, who takes away the sins of the world. The sacrifice of Jesus on the cross is made present at every Mass.

The Mass is also a **celebration**. Jesus rose from the dead and conquered sin and death. Because of His death and resurrection, we can celebrate and give thanks because we can go to Heaven and be with God forever.

We remember and give thanks for the gift God the Father has given us, His Son, Jesus Christ, whom we receive in Holy Communion. When we receive Jesus in the Holy Eucharist, we receive the greatest gift God the Father could ever give us. We become fully united with Jesus, both bodily and in spirit. Because Jesus lives in us, we are able to grow closer to God the Father and become more like Him. Because we receive Jesus in the Eucharist, we are able to go back to the world and do His great works. With Jesus, we are able to love and serve others. When we do good works and act with kindness, we are able to show God's love to others.

The **sign of the Sacrament of the Holy Eucharist** is the bread and wine, and the words, "This is My Body. This is My Blood."

Let us always remember to thank God for the wonderful gift of the Holy Eucharist.



Reception of Holy Communion

If a very important person was going to visit you, like a famous celebrity or the Pope, what would you do to prepare for their visit? You will most likely clean your house, take a shower, prepare a meal and wear your best outfit.

Jesus, the most important person in the whole of creation, wants to come into your heart and soul, your spiritual home, in the Sacrament of the Eucharist. To prepare our heart to receive Jesus, we must clean up our souls. We must get rid of any serious or mortal sins in our souls by going to Confession. We must ask for God's forgiveness for any word or action that may have hurt Him and hurt others. We must say sorry for the good things we could have done but chose not to do. We must reconcile with those whom we have hurt.

At Mass, we ask for God's forgiveness for our sins. We say, "Lord have mercy. Christ have mercy. Lord have mercy." We also ask for one another's forgiveness. The priest says, "The peace of the Lord be with you always." We respond saying, "And with your spirit." Then, if appropriate, the priest adds: "Let us offer each other the sign of peace." We then give one another the sign of peace.

Before Communion, the priest says, "Behold the Lamb of God, behold Him who takes away the sins of the world. Blessed are those called to the Supper of the Lamb." We answer, "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed."

When we receive Holy Communion, we walk up to the priest slowly with our hands folded in prayer. The priest shows us the Host and says, "The Body of Christ." We reply, "Amen." Then the priest gives us the Body of Christ (the Host). We walk slowly back to our pew, kneel down and pray.

After we receive Jesus, we talk with Him. We thank Him. We tell Him we love Him and believe in Him. We ask Him to bless our families and friends. We ask Him to help all people.

At Mass, we gather to share Jesus' light and life. At the end of Mass, the priest reminds us that we need to share Jesus' light and life with others. He sends us off to the world by saying, "Go in peace."

Unit Test D

Circle the letter corresponding to the best answer:

- _____ is a religious action where something or someone is offered to God.
a. Eucharist b. Sacrifice c. Love
- The Israelites were slaves of the Egyptian king, _____.
a. Pharaoh b. King David c. Moses
- Moses told the Israelites to sacrifice _____.
a. the first born son b. Jesus Christ c. pure white lamb
- The Angel of Death passed over the houses marked by the _____.
a. blood of lamb b. blood of Jesus c. blood of the son
- The Israelites were freed and were able to go to _____.
a. Egypt b. Heaven c. the Promised Land
- Jesus offered _____ to God the Father to save us by taking our punishment due to sin.
a. Himself b. the Eucharist c. the lamb
- Like the Israelites, we eat the _____ in the Eucharist.
a. Lamb of God b. Passover Lamb
- God asked Abraham to sacrifice his only beloved son, _____.
a. Jesus b. Isaac c. Moses
- Isaac carried the _____ for the sacrifice on his back.
a. bread b. wine c. wood
- God the Father proves His love for us by sacrificing _____, His only begotten Son.
a. Jesus b. Isaac c. Moses

Unit Test D

True (T) or False (F):

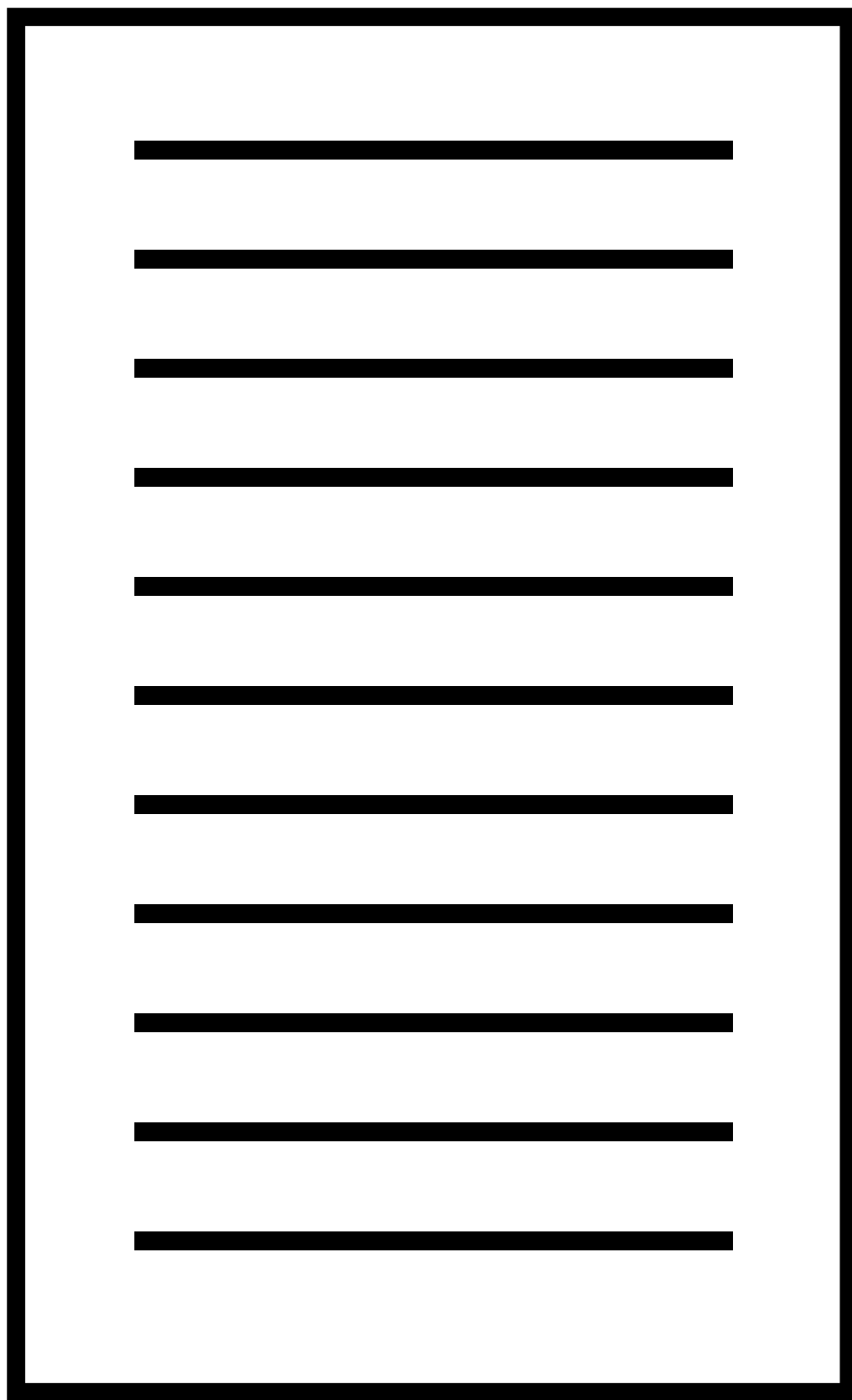
- _____ 1. The Passover is the event when Abraham sacrificed Isaac.
- _____ 2. Jesus commanded the apostles, "Do this in memory of Me."
- _____ 3. The Mass is a sacrifice because it is hard to go to Mass on Sunday mornings.
- _____ 4. The sign of the sacrament of the Eucharist is the bread and wine only.
- _____ 5. The Mass is a celebration because we are able to go to Heaven because of Jesus' death and resurrection.

Label the steps to receiving Holy Communion in the proper order:

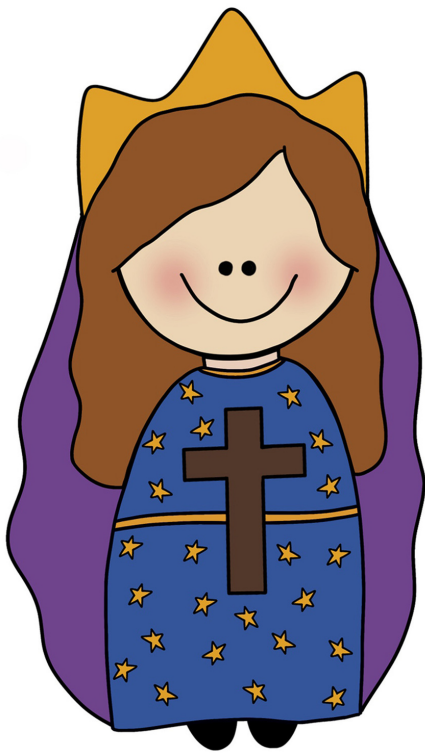
- _____ We say, "Lord I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed."
- _____ We say, "Lord have mercy. Christ have mercy. Lord have mercy."
- _____ We share the light and life of Jesus to the people in the world.
- _____ We talk to Jesus and thank Him. We tell Him we love Him and we ask Him to bless us and our loved ones.
- 1** _____ We prepare our hearts to receive Jesus worthily by going to Confession.
- _____ The priest says, "The Body of Christ." We say, "Amen."
- _____ We reconcile with others when we give the sign of peace.

My Prayer to Jesus

Write a prayer to Jesus. Tell him how you feel as you prepare to receive Him in your First Holy Communion. Tell him what you will do to spread His light and life to others. Ask for His grace to help you prepare to receive Him with a pure heart. Thank Him for His great love.







*“But pray, my children.
God will hear you in a
little while. My son
allows himself to be
moved by compassion.”*

Our Lady of Hope