

St. Mary's, St. John Bosco, and St. Edward's: First Holy Communion – Lesson 1 of Level 1

“I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh.” St. John 6:51-52



Dear Student

Welcome to level one. This level is for those children preparing their first Confession and their first Holy Communion.

After completing this level, you will have enough knowledge to receive your first Holy Communion. God wants you to love Him and serve Him. He will give you the graces necessary to do this, but you must say ‘Yes’ to His graces just as our Blessed Mother said ‘Yes’ to the Archangel Gabriel, when he asked her to be the mother of God.

When studying this year, remember to seek the help of one of the saints. Perhaps Saint Tarcisus who defended the Blessed Sacrament with his life, or Saint Dominic Savio who prepared so well for his first Holy communion, or Blessed Imelda who received her first Holy Communion so beautifully, or any other saint who you have a special devotion.

Your guardian angel will also help you whenever you call on him. Do not forget to ask our Blessed Mother for her help. She will give you all the graces you need to receive these sacraments with love and devotion.

May God bless you as you prepare your souls to receive Our Blessed Lord.

Catechism

Each lesson we are going to study catechism questions. Learning these questions and answer will help you to learn about God and His wonderful creation. This is the most important part of each lesson.

This lesson you have three catechism question to learn.

1. Who made you?
God made me.
2. Did God make all things?
Yes, God made all things.
3. Why did God make you?
God made me to show His goodness and to make me happy with Him in heaven.



Question 1 – Who made you?

Question 2 – Why did God make you?

Prayer

In the name of the Father, and of the Son, and of the Holy Ghost, Amen



We make this sign before and after our prayers and when we use holy water. We can make it at any time. It is a prayer, and it shows that we are followers of Christ. When we make the sign of the cross, we show God we believe in Him and that we love Him. It reminds us of the sacrifice that Jesus made for us on Calvary. It is an act of faith in the Blessed Trinity. Try to remember, that each time you make the sign of the cross, you are addressing each person of the Blessed Trinity, so you should be very reverent in the way you make it.

Question 3 – Who are you speaking to when you make the sign of the cross?

Bible Story

Each lesson there will be a story from the Bible. It may come from the Old Testament (before Jesus was born) or the New Testament (after Jesus was born). Stories from the Bible are very important for us because God Himself through the sacred authors wrote the Bible, so everything we read in the Bible is true.



Question 4 – Is the Old Testament before or after the birth of Jesus?

Question 5 – Is everything we read in the Bible true?

The Saints

Before the world was created, God created the Angels. God tested them to see if they loved Him and deserved to live with Him forever in heaven. A group of angels led by Lucifer, shouted out “We will not serve!”. They thought they were equal with God. They started a war on God.

An angel named Saint Michael, stood up with the other good angels and fought against Lucifer and the bad angels. Saint Michael loved God so much that he defeated the bad angels and drove them out of heaven. God created a place for them called hell and the bad angels were cast into hell where they became devils.

Saint Michael knelt before God and cried out that God was his only king. All the good angels did likewise. Saint Michael is now the defender of the church, and we should pray to him after each Mass to ask that he protect us against the devil. Let us imitate Saint Michael and never be afraid to stand up and defend God.



Question 6 – Who is the defender of the Church?

Question 7 – Who did Saint Michael cast out of heaven?

The Sacraments – Baptism

When a little child is born, he is made up of a body and a soul. We can see the body, but we cannot see the soul. God made the little baby's body and soul. God can see the soul, just as He sees our body. God wants the baby to grow up and learn all about Him. Most of all, God wants the baby to grow up and love Him.

When we were born, we had a mark or stain on our soul. This stain is called 'Original Sin'. This stain must be taken off the baby's soul so that little child will be able to see God in heaven.

When a little new-born baby comes, the first thing the baby's parents do is to go to see a priest to do a very special act for the baby. They ask the priest to baptise their baby.



Question 8 – What is the name of the stain that babies have on their souls when they are born?

The Creation of the World

We live in a world that had a beginning. Before the world was made, there was no land, no sea, and no bright blue sky. There were no trees, no plants, and no flowers. There were no people, nothing but only God. He always was and always will be.

In the beginning God made the world, the land, and the water; the sun, the moon and the stars; the birds and the fishes and all the creatures of the earth.

Last of all God made a man and a woman, Adam and Eve were their names. They are called our 'First Parents'.

God is so great and powerful that He made all these things out of nothing. In the six days of creation, He made everything.

On the seventh day He rested from His work and made that day holy.



Question 9 – Who were Adam and Eve?

Question 10 – How long did God take to create the world?

Question 11 – On the seventh day, what did God do?

Mass

In this level, we are preparing for our First Holy Communion. We are going to study the various sacred vessels and cloths which are used at Holy Mass and Benediction. It is important to know what these sacred things are so that we may grow to love the Mass and all that surrounds the liturgy.

We must remember that the Mass is the renewal of the Sacrifice of Jesus on the Cross. Every time we go to Mass, it is as if we are standing at the foot of the Cross.



Question 12 – When we go to Mass it is like we are standing where?