

# ST. MARTIN DE PORRES CATHOLIC CHURCH

## FIRST HOLY COMMUNION

### Questions and answers



“For the administration of the Most Holy Eucharist to children, it is required that they have sufficient knowledge and careful preparation so as to understand the mystery of Christ according to their capacity, and can receive the Body of the Lord with faith and devotion.” (Canon 913.1)

## Lesson 1: God made us

1. Who is God? **God is the Creator of Heaven and earth, and of all things.**
2. Did God make all things? **Yes, God made me and all things.**
3. Why did God make you? **God made me because he loves me. He gave me to my mother and father. They take care of me. Therefore, I must know Him, love Him, and serve Him in this world, to be happy with Him forever in Heaven.**
4. What must you do to be happy with God in heaven ? **To be happy with God in heaven I must know Him, love Him, and serve Him in this world.**
  - First I must **KNOW** God. I cannot love God unless I know Him well. To know God I must study my catechism. I must think about God everyday. I must pray to God.
  - Most of all I must **LOVE** God. We give gifts to those we love. I must make my life a gift to God. I must love God more than I love myself. I must love God more than I love anybody else.
  - To show God I love Him I must **SERVE** Him. I serve God when I listen to Him and obey His Commandments. I serve God when I **PRAY** well. I try to think of God.
  - I serve God when I **WORK** well. I study hard at school and home.
  - I serve God when I **PLAY** well. I try to be fair and not selfish.
  - I must not offend God by sin. I must want to please Him. It is not always easy to please God. What pleases Him sometimes does not please us. I must please God rather than myself. This shows God I love Him more than myself.
  - When I am selfish I do not please God. When I am kind to others and share I please God. **To be happy I must PLEASE God in everything.**

## Lesson 2: God is great

1. Where is God ? **God is everywhere.**

God is with us. God is on earth. God is in the sky. God is in all places. But heaven is God's home. God also lives in souls that are pleasing to Him.

2. Does God know all things ? **Yes, God knows all things.**

God knows all things on earth. God knows all things in heaven. God knows what happened long ago. God knows what we are doing now. God knows what is going to happen. God knows when we are good. God knows when we are bad. God sees all the things we do. God knows even what we are thinking. God watches us because He loves us.

3. Can God do all things ? **Yes, God can do all things.**

God can make anything. God can change anything. God can change us and make us better, if we let Him. God gives us all the help we need. God always helps us when we ask Him. Asking Him to help us is called prayer.

4. Did God have a beginning? **No, God had no beginning. He always was.**

The earth had a beginning. The sun, moon and stars had a beginning. The angels had a beginning. We had a beginning. God gave everything a beginning. Only God had no beginning. God always was!

5. Will God always be? **Yes, God will always be.**

God can never die. He will live forever.

### **Lesson 3: The Blessed Trinity**

6. Is there only one God? **Yes, there is only one God.**

There cannot be more than one God. There will never be more than one God.

7. How many persons are there in God? **In God, there are three Persons, the Father, the Son, and the Holy Ghost.**

The Father is **God**. The Son is **God**. The Holy Ghost is **God**. But they are all ONE **God**. The Father is the First **Person**. The Son is the Second **Person**. The Holy Ghost is the Third **Person**. There are THREE **Persons** in ONE God.

8. What do we call the three Persons in one God? **We call the three Persons in one God the Blessed Trinity.**

The Father is God. The Son is God. The Holy Ghost is God. All three Persons are ONE God. We call them the Blessed Trinity. We picture God the Father as a kind father. But He is really a Spirit. We cannot see a spirit. It is easy to picture God the Son because He really became man. We picture God the Holy Spirit as a dove.

But He too is really a Spirit. We also call Him the Holy Spirit. All three Persons are equal.

9. How do we know that there are three Persons in one God? **We know that there are three Persons in one God because we have God's word for it.**

The Father sent His Son to us on earth. The Son told us what the Blessed Trinity is like. The Blessed Trinity is God's family. But it is a family which is all one God.

In this family all is love. They never fight. They always agree. They are always happy.

### **Lesson 4: The First sins**

10. What is sin? **Sin is disobedience to God's laws.**

God's laws show me the way to heaven. They are signs that show me the right road. **Sin is saying "NO" to God.** It offends God. Sin shows God I do not love Him very much.

11. Who committed the first sin? **The bad angels committed the first sin.**

All the angels were made to serve God. But some loved themselves more than God. **They said, "We will not serve."** They were thrown into hell. We call them devils.

12. Who committed the first sin on earth? **Our first parents, Adam and Eve, committed the first sin on earth.**

God put Adam and Eve in the Garden of Eden. They were the first people to live on earth. God wanted them to be happy. **God told them not to eat the fruit of one tree.** Its fruit would make them die. The devil spoke to Eve. He told her the fruit was good. He told her she would be like God. The devil lied to Eve. Eve did not listen to God. She ate some of the fruit and gave some

to Adam. **They loved themselves more than God.** This was the first sin on earth. They did not believe God.

**13. Was anyone ever free from original sin? The Blessed Virgin Mary was free from original sin.**

God wanted to free everybody from sin. To do this, He planned to send His Son to earth. He wanted His Son to have a good mother. So he made the best mother He could. God made Mary. He kept her free from original sin. She came into the world without it. She never had sin on her soul. Mary's soul was always turned to God. Her heart was always full of love for God. She was full of grace. We call this Mary's **IMMACULATE CONCEPTION.**

Even as a baby, Mary's heart loved God. She grew up loving God. She did not love herself more than God. She wanted only to please God. She always did what God wanted. God sent an Angel to see Mary. He asked her to be the Mother of Jesus. **Mary said "YES" to the angel.** God sent His Son to her. God made her Mother of Jesus. He did this by the power of the Holy Ghost. Mary prepared Jesus to die on the Cross for us.

## **Lesson 5: our own sins**

**14. Is original sin the only kind of sin? No, there is another kind of sin, called actual sin or personal sin.**

Adam and Eve committed **ORIGINAL** sin. We did not commit it, but are born with it. The sin we commit is **ACTUAL** sin.

**15. What is actual sin ? Actual sin is any sin which we ourselves commit.**

We are not born with actual sin. We commit it ourselves.

**16. How many kinds of actual sin are there ? There are two kinds of actual sin, mortal and venial.**

**17. What is mortal sin ? Mortal sin is a deadly sin.**

It is a big sin committed on purpose. The deadly means that it kills our soul.

Children do not often commit mortal sin. But big people sometimes commit mortal sin. Even big boys and girls do sometimes. We must hate mortal sin.

**18. What does mortal sin do to us ? Mortal sin makes us enemies of God and robs our souls of His grace.**

Anyone who commits mortal sin loves himself more than God. He offends God very much. One whose soul is dead in sin has no power to love God. He cannot please God. **GRACE** is the life of Christ in us. Mortal sin kills this life. It **CRUCIFIES CHRIST** in us.

**19. What happens to those who die in mortal sin ? Those who die in mortal sin are punished forever in the fire of hell.**

Hell is a terrible place. Those who are there suffer great pain. They are slaves of the devil. They hate God and everyone else. They love only themselves. They can never be happy.

**20. What is venial sin ? Venial sin is a lesser sin.**

Mortal sin is doing something big that God does not like. Venial sin is doing something not so bad that God does not like. Sometimes we commit venial sin on purpose. Sometimes we commit it without thinking. If we do it on purpose, it offends God. If we do it without thinking, it does not offend God. But we must be sorry afterwards and try to find out why we committed the sin.

21. Does venial sin make us enemies of God or rob our souls of His grace ?

**No, venial sin does not make us enemies of God or rob our souls of His grace.**

Venial sin does not kill God's life in our souls. But it makes our souls sick. Our soul is more important than our body. Our Blessed Lord loves us. Venial sin makes Him SAD if we do it on purpose, or do not try to do better.

22. Does venial sin displease God ? **Yes, venial sin does displease God.**

God loves you. Venial sin hurts your own soul. It displeases God to see you hurt yourself. Does your mother like to see you hurt yourself?

## **Lesson 6: The Incarnation: the Son of God becomes man**

23. Did one of the Persons of the Blessed Trinity become man ?

**Yes, the Second Person, the Son of God became man.**

24. What is the Name of the Son of God made man ? **The Name of the Son of God made man is Jesus Christ.**

His Name is holy. We bow our heads when we say or hear His Name. "My Jesus I love Thee!"

25. When was Jesus born ? **Jesus was born on the first Christmas Day, more than Two thousand years ago.**

Christmas is the birthday of Jesus Christ. He was born in a stable in Bethlehem. On Christmas we are happy, because it is the birthday of Jesus. He became a baby for us. He likes to be with us.

26. Who is the Mother of Jesus ? **The Mother of Jesus is the Blessed Virgin Mary.**

Mary was His Mother on earth. Jesus had no father on earth. He has a Father in Heaven, God the Father. Saint Joseph took the place of God the Father here on earth. We call Saint Joseph the foster-father of Jesus.

27. Is Jesus Christ both God and man ? **Yes, Jesus Christ is both God and man.**

Jesus Christ is God. Jesus Christ is man. Jesus Christ is God and man.

Jesus Christ is the Son of God. Jesus Christ is the Son of Mary. Jesus Christ is God like His heavenly Father. Jesus Christ is man like us.

## **Lesson 7: Jesus opens heaven for us**

28. Why did God the Son become man ? **God the Son became man to satisfy for the sins of all men and to teach everyone how to gain heaven.**

God loves all men. God wants all men to go to heaven. God sent His Son to show men the way. God sent His Son to open the gates of heaven.

29. How did Jesus satisfy for the sins of all men ? **Jesus satisfied for the sins of all men by His sufferings and death on the Cross.**

The Gate of Heaven Was Closed by Original Sin. The sin of Adam and Eve had closed the gate of Heaven. God sent His Son Jesus to make up for sin and open the gate of Heaven. God sent His Son because He loves us. Jesus died on the Cross for us. He died because He loves His Father. He died because He loves us.

Love **pleases** God. Sin **displeases** God.

The LOVE of Jesus was like a fire in His Heart. Jesus lit this fire in Mary's heart too. This love made Jesus die on the Cross for our sins. This love pleased the Father more than sin displeased Him. Sin lost its power to keep us out of Heaven.

The Father in heaven was PLEASED with this love. Jesus raised Himself from the dead. By doing this He opened the gates of Heaven for us. Mary gave Jesus to the Father for us. Jesus went home to Heaven to prepare a place for us.

30. How does Jesus help all men to gain Heaven ? **Jesus helps all men to gain Heaven through the Catholic Church.**

The Church is like a ladder to Heaven. Jesus gave us only ONE ladder. The Catholic Church is our only way to Heaven.

## Lesson 8: Baptism

31. How does the Catholic Church help us to gain heaven ? **The Catholic Church helps us to gain heaven especially through the Sacraments.**

The Sacraments are Steps to Heaven. The Church is our ladder to heaven. The Sacraments are the seven steps of the ladder. God lets the ladder down. Our Lady helps us up the ladder.

32. What is a sacrament ?

**A sacrament is an outward sign created by Christ to give us grace.**

A Sacrament is a sign of Christ. It is Christ working in our soul. It is Christ helping our soul.

33. What does grace do to the soul ? **Grace makes the soul holy and pleasing to God.**

Grace is life. It is God's life. It is Christ in us. It makes our souls look like Christ. It helps us to please God.

34. What does Baptism do for us ? **Baptism washes original sin off our soul and makes us a child of God.**

Baptism is a Second Birth. By it we are born of God. He sends His Son into our soul. God becomes our Father too. Mary becomes our Mother. The Holy Spirit pours grace into our soul. Baptism washes original sin from our souls. It drives the devil away. He can no longer hurt us unless we let him.

## Lesson 9: Sacrament of Penance

**35. What is the sacrament of Penance (or reconciliation, or confession) ? Penance is the sacrament by which the sins committed after Baptism are forgiven.**

Mortal sin kills the life of Christ in our soul. Venial sin makes our souls sick. The sacrament of Penance is like medicine. It is the medicine of Christ's Precious Blood. It cures sick souls. It is much stronger than medicine for the body. It even raises dead souls to life.

The Sacrament of Penance heals the wounds of all our sins. It helps us to be good afterwards. It helps us to keep out of sin. Our sins may be big. Our sins may be many. But Our Lord always forgives us if we are truly sorry. He is never angry with us. He loves to have us come to Confession.

**36. What must you do to receive the sacrament of Penance worthily ?**

**To receive the sacrament of Penance worthily I must:**

- a. Find out my sins;**
- b. Be sorry for them;**
- c. Make up my mind not to sin again;**
- d. Tell my sins to the priest;**
- e. Do the Penance the priest gives me.**

The best way to do is: Pray to the Holy Spirit, Then think about Our Lord's sufferings. We call these sufferings His Passion. Our sins made Jesus suffer. He suffered in our place. We should have been on the Cross. He did not commit the sins; we did. But He loves us. He wanted to suffer for our sins.

When we see His Hands and Feet nailed, we will be sorry we did that to Him.

When we see His bleeding Body, we will make up our mind not to sin again.

When we see His Face, we will want to tell the our sins to the priest.

When we see His eyes, we will want to do our penance.

**37. How do I make my confession ? (**

**I make my confession in this way:**

- 1. I go into the confessional and kneel;**
- 2. I make the Sign of the Cross and say: "Bless me Father, for I have sinned;"**
- 3. I say: "This is my first confession" or "It has been one week, or one month, since my last confession."**
- 4. I confess my sins;**
- 5. I listen to what the priest tells me;**
- 6. I say the Act of Contrition loud enough for the priest to hear me.**

Remember you are talking to Our Lord. Do not be afraid. Tell the truth. Tell all the sins you can remember. Do not leave out any sin on purpose. If you forget to tell a sin, God forgives you. Listen carefully to the priest. Say your Act of Contrition.

**38. What do you do after leaving the confessional ?**

**After leaving the confessional, I say the penance the priest has given me and thank God for**

forgiving my sins, and promise with His help to try not to sin again.

## Lesson 11: the Holy Eucharist

39. What is the sacrament of the Holy Eucharist ? **The Holy Eucharist is the Sacrament of the Body and Blood of Our Lord Jesus Christ.**

The Holy Eucharist is Our Lord Himself. He comes to us in Person. He comes to be Food for our soul. He comes to live in us. He comes to stay with us. He comes to help us always.

40. When does Jesus Christ become present in the Holy Eucharist ? **Jesus Christ becomes present in the Holy Eucharist during the Holy Sacrifice of the Mass.**

The Holy Eucharist is a sign of the presence of Christ among us. He is really present in the tabernacle. We cannot see Him there but He is really there. He wants to be with us always so that we can come to Him at any time. He loves to listen to us and to have us speak to Him. We are His sheep and He loves us.

41. Do you receive Jesus Christ in the sacrament of the Holy Eucharist ? **I do receive Jesus Christ in the sacrament of the Holy Eucharist when I receive Holy Communion.**

Jesus Christ is the **FOOD** and **DRINK** of our soul It makes our souls strong.

It is Christ really present with us. The Mass is the Holy Eucharist in action.

Christ is the hidden priest and the priest we see takes His place. It reminds us of the Sacrifice of Christ on the Cross. There the Good Shepherd gave His life for His sheep. He did this to show His great love for us. The Mass is a living reminder since it actually **IS** the same act of love.

42. What must I do to receive Holy Communion ?

**To receive Holy Communion I must: 1. To be in the state of grace, free from sins. Be fasting from one hour before I receive it.**

People in mortal sin may not go to Holy Communion. It is a big sin if they go. It is called a sacrilege. The life of Christ in their souls is dead. Dead people cannot eat.

But sick people need to eat. Venial sin makes the soul sick. We can receive Holy Communion with venial sins. But first we should be sorry for them. **All of this is to show respect for Our Lord.**

43. What should I do to prepare for Holy Communion ? **1. Think of the good Jesus;2. Say the prayers I have learned; 3. Ask Jesus to come to me.**

44. What should we do after Holy Communion ? **After Holy Communion I should: 1. Thank Jesus for coming to me; 2. Tell Him how much I love Him; 3. Ask Him to help me be good; 4. Pray for others.**

45. When did Jesus give us the Holy Eucharist? **Jesus gave us the Holy Eucharist at the Last Supper, the night before He died.**

46. When did Christ give His priests the power to change bread and wine into His Body and Blood? **Christ gave His priests the power to change bread and wine into His Body and Blood when He said to the Apostles, "Do this in memory of Me."**

47. How often must we go to Mass?

**We must go to Mass every Sunday and on Holy Days of Obligation**

48. What are the benefits of going to Mass?

a) **We become closer friends of Jesus**

b) **We have the opportunity to receive His Body and Blood**

c) **We hear God's word taught**

d) **We become closer to one another because we are members of Jesus' Mystical Body, His Church.**

49. When the Priest gives the host, he says: "The Body of Christ," what so you say? The communicant responds with the word "AMEN"

50. What does this all mean?

**When the priest holds up the host and says, "The Body of Christ", he is saying that it looks like bread (or wine), tastes like it, smells like it, but it is NOT bread or wine. It REALLY IS THE BODY AND BLOOD OF JESUS. The communicant responds with an ACT OF FAITH- "Amen"- which means yes, I BELIEVE what you just said.**

**THESE PRAYERS ARE REQUIRED TO MEMORIZE:**

1. 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.
2. 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.
3. Glory Be: 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.
4. Know how to go to confession:
  1. I go into the confessional and kneel;
  2. I make the Sign of the Cross and say: "Bless me Father, for I have sinned;"
  3. I say: "This is my first confession" or "It has been one week, or one month, since my last confession."
  4. I confess my sins;
  5. I listen to what the priest tells me;
  6. I say the Act of Contrition loud enough for the priest to hear me.
5. Act of Contrition.

**Option 1:** O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

**Option 2:** My God, I am sorry for my sins with all my heart. In choosing to do wrong and

failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.