

FIRST COMMUNION Questions

1. What is the Holy Eucharist? The Holy Eucharist is a SACRIFICE and a SACRAMENT in which Christ is present and received under the appearance of bread and wine. The word Eucharist is a Greek word meaning THANKSGIVING.
2. When did Jesus give us the Holy Eucharist? On Holy Thursday, the night before He died, Jesus took bread, blessed it and said: "This is My Body", and then later in the meal He took wine, blessed it and said: "This is my Blood."
3. Can we believe Jesus? Why? Yes, because Jesus is the Son of God and God can't tell a lie.
4. Is there a change that takes place at Mass? What is it? Yes. The change that takes place at Mass is the changing of the bread and wine into the body and blood of Christ. This change is called TRANSUBSTANTIATION.
5. What does that mean? It means that after the priest (Jesus) says this is my body or this is my blood, the bread is no longer bread, the wine is no longer wine, but it is the body and the blood of Jesus. It still looks and tastes and smells like bread and wine, but it REALLY IS NOW THE BODY AND BLOOD OF JESUS.
6. When does this change take place? At the CONSECRATION- when the priest says, "This is My Body", and "This is My Blood."
7. Who was present at the Last Supper? The Apostles
8. What did Jesus give the Apostles and How did He give it to them? Jesus gave the apostles the power to change bread and wine into His Body and Blood. How? He ordained them priests when He said "Do This in Memory of Me."
9. How IMPORTANT is it for us to receive the Eucharist? VERY IMPORTANT. Just as our body needs food and drink to live, so does our soul. Jesus said, "Unless you eat My Body and drink My blood, you will not have life."
10. Are both the body and blood of Jesus present under the form of bread? YES.
11. What are the other names for the Eucharist? Blessed Sacrament and Holy Communion.
12. What does Communion mean? Comm- With... union-- With Jesus.
13. The Holy Eucharist is a SACRIFICE. What is a Sacrifice? It means to give a holy gift. Jesus is the Holy gift that we are given.

14. How often should we receive Holy Communion? As often as possible. But the church says we MUST receive Holy Communion at least ONCE A YEAR during Easter time. There are **50 days** of Easter from the first Sunday to Pentecost.
15. What must we do to receive Holy Communion worthily? 1) Be in the State of Grace (no serious sins- mortal sins) 2) Be baptized 3) And observe the law of fasting
16. What is the Law of Fasting? a) No food, liquids or solids or alcoholic beverages may be taken for one hour before receiving Holy Communion. b) Water and medicine may be taken any time c) The sick need only fast for 15 minutes.
17. Who can say Mass? Only an ordained priest or bishop may say Mass.
18. What are the two parts of the Mass? a). Liturgy of the WORD (read from the Bible) b). The Liturgy of the EUCHARIST.
19. How often must we go to Mass? We must go to Mass every Sunday and on Holy Days of Obligation
20. Does Jesus die at Mass? NO. Jesus prolongs, re-presents His death at each Mass so that He can be with us, and we can be part of His sacrificial death.
21. 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.
22. How do you receive Holy Communion? You can receive Communion in two ways: a) On your tongue or b) In the palm of your hand
23. When the Priest gives the host, he says: "The Body of Christ," what so you say? The communicant responds with the word "AMEN"
24. 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.
25. Do you want to make Your First Communion? Why?

Children should be familiar with the Nicene Creed, we recite at Mass and it's meaning:

"Our profession of faith begins with *God*, for God is the First and the Last, the beginning and the end of everything. The Credo begins with God the *Father*, for the Father is the first divine person of the Most Holy Trinity; our Creed begins with the creation of heaven and earth, for creation is the beginning and the foundation of all God's works."

---the *Catechism of the Catholic Church*, no. 198

Catholic belief is succinctly expressed in the profession of faith or *credo* called the *Nicene Creed* (uscgb.org)

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 of 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 for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.