

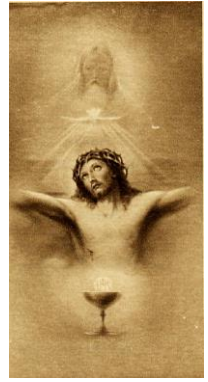
First Communion Review Questions

1. **When did the First Mass occur?** At the Last Supper.
2. **Who was there at that Mass?** Jesus and the twelve Apostles.
3. **The Last Supper was celebrated during which Jewish feast?** Passover.
4. **Jesus changed ordinary bread into what?** His Body.
5. **Jesus changed ordinary wine into what?** His Blood.
6. **Another big name for this “changing of bread and wine into Christ’s Body and Blood is?** Transubstantiation (change of substance).
7. **Do we fully understand this change?** No, like many mysteries in our faith, we can always grow in knowledge and appreciation for Jesus’ gift of Himself in the Eucharist to nourish us with His own divine life. He will increase our faith if we ask Him to. “Ask and you shall receive...” (Mt 7:7)
8. **Jesus commanded the Apostles: “Do this in memory of me.” What did he just give them the power to do?** To become priests who can change ordinary bread and wine into the Body, Blood, Soul, and Divinity of Jesus.
9. **Way back in the book of Genesis, how did God choose to create the world?** God spoke, and then it happened. For example, “Then God said, ‘let there be light,’ and there was light.” Creation obeys the Creator.
10. **Did Jesus turn water into wine at the wedding at Cana?** Yes.
11. **In the Old Testament, didn’t God turn the Nile River into blood when Moses put his staff in it?** Yes.
12. **Can God heal the sick? Give sight to the blind? Make the lame walk? And raise the dead?** YES!



13. **Which of God's creatures have an intellect and free will (the ability to think and then choose something)?** Man and the angels.
14. **Did Adam have free will?** Yes.
15. **Do animals have free will?** No, they respond to their instincts.
16. **Does bread have free will?** No.
17. **Does wine have free will?** No.
18. **Is God Almighty? Can he do anything He wants?** Yes.
19. **When Jesus, who is God Almighty says to the bread, "This is My Body," can the bread choose to remain bread and not become his Body?** No. The bread has no choice. It has to obey God's words. Creation obeys the Creator. It changes into the Body of Christ even if it still looks like bread.
20. **These words that the priest prays over the bread and the wine to change them into the Eucharist, at Mass are called what?** The Consecration.
21. **Does a priest have to use bread and wine during Mass? Can't he use a Triscuit and a Coke?** NO! It must be bread since He said "I am the living Bread which has come down from heaven, whoever eats this Bread will live forever and the bread that I will give is my flesh for the life of the world" (Jn. 6:51).
22. **What if a priest uses bread and wine but says the words: "Okay, now you're Jesus."—what happens to the bread and wine?** Nothing. The miracle did not occur because the correct words of Jesus "This is My Body given up for you...This is my Blood, the blood of the new and everlasting Covenant..." were not said. The matter (bread and wine) and the form (the correct words) have to be present for Transubstantiation to occur.
23. **Can a deacon consecrate the Eucharist?** No, he does not have the fullness of the sacrament of Holy Orders.
24. **Can a bishop consecrate the Eucharist?** Yes, all bishops are priests but not all priests are bishops.

25. **Can a holy man consecrate the Eucharist?** Only if that holy man is also an ordained priest.
26. **After the Last Supper where did Jesus go?** To the Garden of Gethsemane to pray.
27. **Why was Jesus sad in the garden?** Because He thought about our sins.
28. **Did Jesus “feel like” suffering and dying a painful death?** No, He even asked His Father that this cup pass him by. There is true value in being obedient and not just doing whatever we feel like or don't feel like doing.
29. **Why did Jesus suffer and die on the Cross?** He knew that that would be the greatest gift He could give us. He would take our sins on himself so that after dying with them and then rising from the dead, we could be freed from sin and have the gates of heaven opened to us.
30. **What is the Resurrection?** Jesus came back to life; he rose from the dead, on the third day.
31. **When we go to Mass, we participate in which sacrifice?** The same sacrifice of Jesus at the Last Supper and on the Cross.
32. **Which Commandment tells us to Keep Holy the Sabbath day?** The 3rd.
33. **Is it a sin to break the Commandments?** Yes!
34. **Even if we are distracted and don't understand everything about the Mass, why should we go and try to pay attention?** The Mass is the highest prayer on Earth. Even if we are bored or distracted we can make a small sacrifice to unite to Jesus' on the cross and try to love Him more despite “not feeling like it.”
35. Can you describe these Sacred Items:
a. **Altar:** table of sacrifice (think about Abraham and Isaac); you eat dinner around a table.



b. **Chalice:** Sacred Cup that holds the precious Blood of Christ after the words of the Consecration.

c. **Ciborium:** Sacred bowl that holds the Consecrated Hosts.

d. **Cruets:** little glass pitchers that hold wine and water.

e. **Missal:** contains the prayers and readings of the Mass helps us to follow along with the order of the Mass.



f. **Paten:** the plate of precious material that holds the bread which becomes the Body of Jesus at Mass.

g. **Tabernacle:** Sacred box, usually made of precious gold, which houses the Eucharist between Masses.

h. **Monstrance:** this is usually shaped like a cross with a place for the Eucharist to be placed in the middle. We can adore Jesus in the Blessed Sacrament when the monstrance is placed on the Altar.

36. **What are the two main parts of the Mass?** Liturgy of the Word (when we hear from the wisdom in the Bible from the Old and new Testaments and the Gospel) and the Liturgy of the Eucharist (after the offertory when ordinary bread and wine become the Body and Blood of Christ).

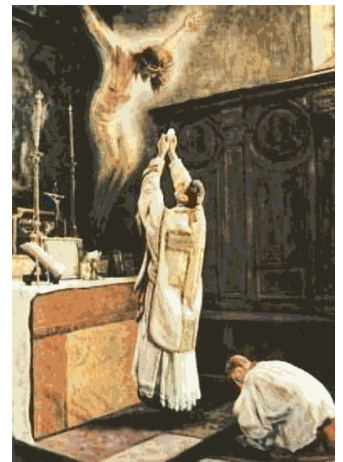
37. **What is the homily?** When the priest explains the readings or teaches about a doctrine, feast, or life of a saint. He helps us apply God's word to our own life.

38. **What does Communion mean?** In union with. By receiving Holy Communion, we are placed in union with Jesus. He comes to live in our souls and bodies. In a special way He fills us and nourishes us with His Divine Love. This union is so great and holy, we get to meet God within our hearts and be so close to Him. He gives us His Supernatural grace to do the things it's difficult for us to do.

39. **Why do we eat regular food?** To keep us alive, make us strong, give us energy, helps us grow, keeps us healthy.

40. **What good can Jesus then do by feeding our souls when we receive Him in Holy Communion?** He gives us God's life, makes us strong to resist sin, helps us to be saints, helps us do what is right and good.

41. **What does it mean to receive Communion reverently?** We should treat this sacred moment with great respect. We should never make fun of or joke around at the Consecration or Communion time. This is when Jesus wants to give you the greatest gifts. It hurts Him when we're disrespectful, not paying attention, or purposely making fun. It pleases Him when we make an effort to try to pay attention, or block out distractions, or make a true prayer from our hearts.



42. **Why is receiving the Eucharist directly on the tongue very special?** It reminds us that this is Jesus. We eat this meal differently than any other meal. Babies are fed by their parents and Jesus tells us to have humble, child like faith. Very sick people cannot feed themselves and Jesus heals our souls from sin by feeding us the "Medicine of Immortality". Jesus is the Divine Physician. Sometimes at a wedding the Bride and Groom feed each other. The Mass is like a wedding feast because Jesus is the Groom and the Church is His Bride.

43. **What should someone do if they go to Mass but have a mortal sin on their soul?** They should not receive the Eucharist at that Mass. They should care enough not to take Jesus into a dirty temple (the temple of the body) but should make an effort to go to Reconciliation to confess that sin so that they will be cleansed and in the state of grace-prepared to welcome a true king into

their hearts. They may go up for a blessing and cross their hands over their chests.

44. **Is the Eucharist just a symbol of Jesus?** No, Jesus is truly present in the Eucharist. Even if our eyes can't see him, He is there hidden under the form of bread.
45. **What is a Eucharistic Fast?** This is a sacrifice we make to show Jesus that we want to receive Him above all else. Just like you don't usually have a snack right before supper (you'd spoil your appetite) the Church tells us not to eat or drink anything an hour before Communion. Water and medicine may be taken if necessary.
46. **Is it okay to chew gum in Mass?** No, chewing gum is disrespectful, distracting, and does not help someone prepare for that Eucharistic fast.
47. **What can I do if someone I know forgot to spit out their gum before Mass?** You can gently remind them that they should spit it out and that that sacrifice pleases God because you are basically telling God I want to receive you, Lord, more than a piece of bubble gum.
48. **Is it okay to wear hats during Mass?** Boys should not wear hats on their heads during Mass. It's a sign of disrespect.
49. **What should I wear to Mass?** Clothes that are respectful and not distracting to others. What would you choose to wear if you were going to meet the president? Or a king? Well Jesus is a king and taking extra effort to look nice for our king is a sacrifice and pleases God.
50. **What's a wonderful way to prepare for and mediate upon the Eucharist?** Adoration of the Blessed Sacrament. There we see our Lord who comes to us at Mass. We can visit with Him and tell Him we love Him and Adore Him. We can tell Him we are sorry for our



sins, that we're thankful for the many gifts he gives. And we can place everything before Him that is on our minds and hearts.

51. **Review chapter 26.**

Wednesday Evening

Family Preparation for First Holy Communion

(Establish a prayerful atmosphere for the family—a quiet place with dimmed lighting or light a candle, or soft music—whatever works for your family.)

Opening Prayer: Lord, as we prepare for First Holy Communion this week, help us to keep our focus on You and the great gift we are to receive of Your Body and Blood in the Eucharist.

Bible Reading: The gospel of John 6:48–51

(Allow a few moments of silence to think about the reading.)

Reflection (child, parent, or older sibling reads):

Throughout the Bible there are many times in which “bread” plays an important part. But this Bible reading is the first time we hear Jesus call himself “living bread”, which is different than bread that we eat when we are hungry. Just as we eat bread or other food to nourish our bodies to live, Holy Communion does the same thing for our spiritual lives. In order to really grow in our Christian life, we need the nourishment of Holy Communion. Every time we receive Holy Communion, the special life of grace that we received when we were baptized is renewed and increased, “our batteries are recharged”. Jesus is alive in Holy Communion. That is why he calls himself the “living bread”. He wants to nourish us not only with his words, which we hear on the outside, but with his whole self, which we receive in Holy Communion on the inside. Many saints would not go a day without receiving Holy Communion—they depended so much on the strength they received from Jesus in the Eucharist. A few saints were even given a special grace and lived on no other

food other than Holy Communion each day! These saints serve as signs for us of the miraculous power and presence of Jesus in the Eucharist. Through Holy Communion, Jesus nourishes our soul, protects us against sin and strengthens us to live holy lives. This is why First Holy Communion and every other Holy Communion we receive are such great gifts from God and reasons for celebration!

Discussion: Have siblings and parents talk about how the “living bread” of Jesus in Holy Communion helps nourish their spiritual life and “recharge their batteries”. Have child and family discuss ways we can better prepare ourselves to receive this great “living bread” every Sunday.

Focus: Take a picture of the Jesus (a crucifix, an icon, or painting) and place it somewhere the family can see it all week long (centerpiece of your table, countertop, mantel, etc...). Let it be a reminder to everyone that Jesus is alive in Holy Communion nourishing us with his love and grace!

Final Prayer: (Child offers a final prayer on behalf of the family. Other family members then offer a prayer for God's blessing on the child for his/her First Communion.) You can then end with a Hail Mary or Our Father. Amen.

Thursday Evening

Family Preparation for First Holy Communion

(Establish a prayerful atmosphere for the family—a quiet place with dimmed lighting or light a candle, or soft music—whatever works for your family.)

Opening Prayer: Holy Spirit, please help us to remember to be respectful and reverent every time we receive Jesus in Holy Communion. Amen.

Bible Reading: The gospel of John 6:52–59

(Allow a few moments of silence to think about the reading.)

Reflection (child, parent, or older sibling reads):

The resurrected Jesus continues to remind us of the “living bread” of Jesus in Holy Communion. In our bible reading today, Jesus makes some wonderfully clear and strong statements in answering the questions of those around him. “Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.” “Whoever eats my flesh and drinks my blood remains in me and I in him.” It is easy to see why Holy Communion is the center of the Catholic faith. The most important grace of receiving Holy Communion is the very personal, close union it gives us with Jesus. He remains in us and we remain in him. Jesus is just as excited to have us in him as we are to have Jesus in us! We use this special time of closeness with Jesus to talk to him about the things that are most important to us: things we may be afraid about, things we are happy about, things we may be upset about, things we hope will happen, things we are thankful for that did happen—Jesus wants to hear it all. That is why we have quiet prayer time after receiving Holy

Communion. We want to make the most of this special time of union with Jesus.

Discussion: Discuss with your child any questions or fears he/she may have about receiving Holy Communion. Have each family member discuss things they do or can do to help increase the 'specialness' of their personal time with Jesus after receiving Holy Communion.

Focus: Candles are often used as symbols of unity. Put a candle (perhaps your child's baptismal candle or the votive candle) next to your picture of the Jesus. Have your child light the candle during prayer time each night as a reminder of the special union he/she will begin to share with Christ on Saturday morning with First Holy Communion.

Final Prayer: (Child offers a final prayer on behalf of the family. Other family members then offer a prayer for God's blessing on the child for his/ her First Communion.) You can end with a Hail Mary or Our Father as a family. Amen.

Friday Evening

Family Preparation for First Holy Communion

(Establish a prayerful atmosphere for the family—a quiet place with dimmed lighting or light a candle, or soft music—whatever works for your family.)

Opening Prayer: Lord, help our family members always be open to the gifts of God's love and grace in the sacraments, especially the Eucharist. Amen.

Bible Readings: The gospel of Matthew 26: 26–28 and 1 Corinthians 11:23–26

(Allow a few moments of silence to think about the readings.)

Reflection (child, parent, or older sibling reads):

Tonight is the big night! The last night before First Holy Communion! At First Holy Communion Mass tomorrow, listen closely to the words that Fr. Scordo says when he puts his hands over the bread and wine. He will use almost the same words that we heard Jesus say in these two Bible readings. The readings tonight tell us about the last supper that Jesus shared with his apostles. It was that night that he gave them their First Holy Communion! Jesus told the apostles, his first priests, to “do this in remembrance of me”—to repeat his own words and actions and continue to receive his Body and Blood in Holy Communion as a reminder of him. It is these same words of Jesus that the priest says over the bread and wine after he asks the Holy Spirit to come and “make them holy”—to change them into the body and blood of Jesus. The apostles First Holy Communion helped to unite them with Jesus, but also with each other. Jesus made himself food, and shared his flesh at a dinner. Sharing a meal

with friends brings everyone closer... even after Jesus' crucifixion, the apostles stayed together. Holy Communion has the same effect on us today. We are united more closely to Jesus and, through the Eucharist, Jesus also unites us together in one body—the Church. As the words from a beautiful song tell us, “We are one body in Christ.” We are one big family with Jesus as the head of the family. Holy Communion strengthens us so that, like the apostles, we can serve our family well by helping all people.

Discussion: The apostles did great things for the Church and community by serving each other and others. Nourished by the Eucharist, have each family member discuss something they are doing or can do as service to others in the Church and/or community.

Focus: Talk about the Last Supper and recall it (use a picture if you have one and place it by the lighted candle). Have the child share his favorite experience of their First Communion retreat. Let this experience remind us how the Eucharist unites all together as one family, one body, in Christ.

Final Prayer: (Child offers a final prayer for the family in preparation for Saturday morning's First Holy Communion. Each family member offers a prayer for child receiving First Holy Communion.) You can end with a Hail Mary or Our Father as a family. Amen.