

# SACRAMENTAL PREPARATION

## FIRST COMMUNION YEAR 1

Jesus said: "I am the living bread that came down from heaven; if any one eats of this bread, he will live for ever; . . . he who eats my flesh and drinks my blood has eternal life and . . . abides in me, and I in him" (Jn 6:51, 54, 56).

The Eucharist is the heart and the summit of the Church's life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church (CCC 1407).

### Goals

#### Child

- Understand they are a child of God and that He desires us to be in union with him eternally
- Develop a daily prayer life: Diocesan prayer list standards to know from memory– Sign of the Cross, Angel of God, Glory be, Hail Mary, Our Father, Act of Contrition (traditional)
- Actively participates in Mass with regular weekly attendance
- Learns God created everything out of love and His own image
- Understand Christ's love and mercy in the sacraments

#### Parents

- To know that they are the primary educator of the faith
- Foster real opportunities to encounter Christ in everyday life (by living the Corporal and Spiritual Works of Mercy)
- Faithfully leads by example as a faithful and active church member
- Regularly participates in the Mass and sacraments– children need to witness their parents making the sacrament of Reconciliation and receiving the Eucharist to better understand their role in receiving the sacraments



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