

Our Lady of Lourdes Catholic Church, Aylesbury
Growing Together in Faith



First Communion Preparation Guide

Guide to help children preparing for

First Holy Communion

Each Lesson begins with:	Each Lesson ends with:
Sign of the Cross	Give home/pre-lesson work
Opening Prayer - Catechist	Closing prayer – Child/Catechist
Lord's Prayer, Hail Mary	Glory Be
Summary – homework (if app)	Sign of the Cross

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My name is

I am blessed, and God made me wonderfully and marvelously in His own image. Jesus wants me to become the best version of myself, grow in virtue and live a holy life.

On this date

I am going to receive the incredible gift of Jesus during my First Holy Communion. I am truly blessed.



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Parents: How to Use this First Communion Preparation Guide

There are 13 lessons for you and your child to complete over the course of the program in preparation for the Sacrament of First Communion. Each lesson is meant to be explored together with your child beginning with some vocabulary that might be unfamiliar.

The lessons offer different types of activities:

- Read and respond to Bible stories.
- Fill in the blanks/Quiz to check for understanding.
- Watch what is happening during Mass.
- Watch videos.
- Pray daily.
- Discuss the themes of each lesson.
- Attend practice lessons and parent meetings.

Suggestions:

- **Intentionally** schedule and honour a time each week to focus on each lesson. Begin each lesson in prayer.
- Attending Mass **each week** is important. This helps your child become aware and familiar with the different parts of the Liturgy. Ask your child to watch for something different each week or something they learnt from the previous lesson and discuss after Mass on your way home.
- Cherish the time and share in the joy of the mystery of the Mass. Your **commitment** is key in supplementing lessons from school and the catechists and making the program a success.

NOTE - Your family **must** attend mass in person or virtually, if you are unable to go to a church, every week during the First Holy Communion program.

If you miss 3 or more lessons, you will not be able to successfully complete the FHC preparation.

2025-26 FHC Schedule

**** Additional Parent meetings will be scheduled in due course****

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Week	Topic	Learning Goals	Pre-lesson/Homework (YouCat)
20 Sep	1. God's Love & Creation	Children understand that God made them and loves them unconditionally.	Pre-lesson: pg 10-20 Homework: Read Creation Story- Gen 1
5 Oct	Sunday	Parent Meeting	After 10:30 mass (bring £25 reg fee)
11 Oct	2. God's Voice	Explain that God does speak to us – discuss different ways God Speaks – Intro Bible	Homework: pg 21-25
18 Oct	3. Who is Jesus?	Children know Jesus is God's Son and their friend. Body language of God. True man/God.	Pre-lesson: pg 41-46
8 Nov	4. Sin and Forgiveness	Understand sin, saying sorry, and God's forgiveness. 7 deadly sins/virtues. Jesus' salvation mission.	Pre-lesson: pg 131-139 Also read the story of the Prodigal Son - Luke 15:11 -32 Homework: Guide pg 8
15 Nov	5. The Sacraments	Understand the 7 Sacraments, outline Baptism & Eucharist.	Pre-lesson: pg 108-113; 118-121
6 Dec	6. Mass (Part 1)	Learn the structure of the Mass and the importance.	Pre-lesson: Look at parts of mass on the mass cards. Homework: pg 90-91; 120-125
13 Dec	7. Mass (Part 2) Practical	Learn how to participate with reverence. Learn about 2 Creeds.	Homework: from pg 28 Read 5 facts about God and learn to say the Creed.
10 Jan	8. The Commandments	Learn God's rules for living well. Discuss in children's terms. Difference between right/ wrong. Freewill. 5 Precepts of the Church.	Pre-lesson: pg164-165; 168-191. Homework: Read Matt 22:36-40 The Greatest Commandment
17 Jan	9. Reconciliation / Confession Practical	Learn how to confess and what happens. Penance.	Homework: pg134-139 and learn Confession steps.
7 Feb	10. The Eucharist	Understand that the Eucharist is Jesus truly present. Why we receive.	Pre-lesson: pg 119; 124-126
28 Feb	11. Receiving Holy Communion Practical	Learn how to receive with reverence.	Pre-lesson: pg 127-129
14 Mar	12. Prayer & Faith Life	Develop daily prayer habits and sense of faith community. Creed.	Homework: pg 196-223 and learn one new prayer of the Church.
21 Mar	13. Living Like Jesus	Learn to live with kindness, love, and prayer.	Homework: pg 224-226
18 Apr	Rehearsals	Practice for FHC masses	Parents and children to attend
9 May	Confession	For children & parents	Parents and children to attend
16 May	FHC Masses		
7 June	Corpus Christi	Participation in Procession	Bring petals & wear FHC attire

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1st Parent/Child meeting:

Before the meeting - parents/children must watch the video (Explaining Holy Communion) <https://youtu.be/8eG6rjNFoTw?feature=shared>

During the meeting - go through the expectations and program details.

To start the Program - parents/children to read out loud together:

Parent & Child: Read Out Loud Together

Before I learned how to read words,

I had to learn the alphabet.

Before I learned how to ride my bike,

I had to practice over and over.

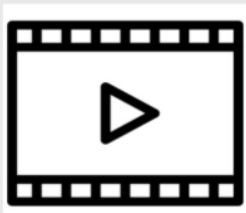
Before I became a member of the Church,

I had to be baptized.

Before I receive the Body and Blood of Christ,

I must confess my sins to Jesus and be forgiven in Reconciliation.

Now I am ready to learn why and how to receive the Body and Blood of Christ in the Sacrament of the Eucharist. This is also called my First Holy Communion!



WATCH *Kids Explain the Holy Eucharist*

<https://youtu.be/ShVkN4O-fZI?feature=shared>

A delightful video by kids, for kids.

Ponder & Discuss

What did you see and hear in the video? What emotions are you experiencing as you prepare to receive your First Holy Communion?

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The Lord's Prayer (pray this everyday)

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

This is the prayer that Jesus taught His followers to pray to honour God the Father and show that we trust in His care for us. When we pray the Lord's Prayer, we are united with God, the Father and His Son, Jesus Christ.



WATCH *The Lord's Prayer*

<https://youtu.be/6GrjzfbTd2A>

Kid-friendly video explains each line of the Lord's Prayer.

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Vocabulary Words

Christ – the title given to Jesus that means He was God's chosen one.

Mass – the most important time to listen to God's Word and witness the bread and wine turn into the Body and Blood of Jesus Christ.

Eucharist – the sacrament in which we receive the Body and Blood of Jesus Christ.

Sacraments – seven holy signs Jesus gave to the Church that give us a share in God's life.

The Passover – celebration, remembering the time the Israelites were saved by God from the angel of death that killed the first born of the Egyptians who had enslaved the Israelites.

The Last Supper – the final meal that Jesus shared with His apostles in Jerusalem before He was crucified on the cross.

First Holy Communion – this is the first time we receive the Eucharist during the Mass.

Communion – to come together.

Consecration – the moment when the host and wine truly become the Body and Blood of Jesus Christ. OR

Transubstantiation – transformation of the body and wine into the actual body and blood of Jesus Christ, while the outward appearances remain unchanged. The transformation occurs through the power of God.

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Session 1: God's Love and Creation

Aim:

- Understand that God created the world and everything in it out of love.
- Recognize that God created each of them uniquely and loves them personally.
- Begin to respond to God's love with gratitude and simple prayers.

Key phrase: **"And God saw that it was good."**

Pre-lesson: pages 10-20

Homework: Read Genesis 1:1-31; 2:1

- Day 1: Light and darkness
- Day 2: Sky and water
- Day 3: Land, plants, and trees
- Day 4: Sun, moon, and stars
- Day 5: Fish and birds
- Day 6: Animals and people
- Day 7: God rested

Session 2: God's Voice

Aim:

- Understand that God speaks to His people in many ways.
- Recognize examples of how God speaks in the Bible and in their lives today.
- Learn how to listen for God's voice through Scripture, Prayer, the Church and family, the Sacraments, other people and nature, music and events.

Key message - Samuel said, **"Speak, Lord, your servant is listening."**

Homework: pages 21-25

Session 3: Who is Jesus?

Aim:

- Know that Jesus is both true God and true man.
- Understand that Jesus is the body language of God and He came to save us and show us God's love. (Actions speak louder than words from OT).
- Begin to build a personal friendship with Jesus.

Key message – **"Jesus knows each of us by name and He loves us"**

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Pre-lesson: pages 41-46

Session 4: Sin and Forgiveness

Aim:

- Understand what sin is and why it hurts our friendship with God.
- Learn about God's forgiveness through Jesus.

Key message: **John 3:16** – “**For God so loved the world that He gave His only Son...**”

Pre-lesson: pages 131-139

Homework: give examples of the deadly sins and the virtues (use blank page at the back of this booklet and bring to the next lesson).

<u>SIN</u>	<u>VIRTUE</u>
Pride	Humility
Greed	Generosity
Lust	Love (purity of heart)
Envy	Kindness
Gluttony	Self-control
Anger	Patience
Sloth	Diligence

Greed – wanting more than one needs, particularly material possessions or wealth. Leads to hoarding or refusal to share.

Gluttony – over-indulgence in food/drink to the point of excess/waste. Taking more than is needed.

Lust – hunger/unhealthy/strong desire for something e.g. chocolate, power, sex.

Envy – jealous

Sloth – laziness

Pride – arrogance – feeling better/superior to others (there is a positive pride)

Anger -strong feeling of being upset/frustrated/annoyed

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Session 5: Sacraments

Sacrament	Type	Meaning for Children
Baptism	Initiation	We become children of God and members of the Church.
Eucharist	Initiation	We receive Jesus, who gives us strength.
Confirmation	Initiation	We receive the Holy Spirit in a special way.
Reconciliation	Healing	Jesus forgives our sins.
Anointing of the Sick	Healing	Jesus comforts and heals the sick.
Matrimony	Service	A man and woman promise to love each other.
Holy Orders	Service	A man becomes a priest to serve the Church.

Aim:

- Know the 7 sacraments.
- Understand Baptism as the beginning of our Christian life and Eucharist as Jesus truly present.
- Recognize how the Holy Spirit helps us live as good Christians and learn the 9 Fruits of the Holy Spirit.

Pre-lesson: pages 108-113; 118-121

Homework: learn to name the 7 sacraments and the 9 Fruits of the Spirit by heart. Fill in the blanks below.

The 9 fruits are: **Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-control.**

Fruit of the Spirit	Example
Love	Helping a friend
Joy	
Peace	Looking for ways to resolve conflict
Patience	Waiting your turn
Kindness	Sharing with siblings
Goodness	
Faithfulness	
Gentleness	
Self-control	

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Session 6: The Mass (Part 1)

Pre-lesson: Go over the mass prayer cards

Homework: pages 90-91; 120-125 and test your knowledge by answering the questions below. Each question is worth the points in ().

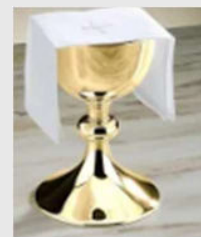
- (100) What is Mass?
Answer:
- (200): What happens during the Introductory rites? Give two answers.
Answer:
- (300): The part that includes reading God's Word from the lectionary is called...
Answer:
- (400): List the four parts of Mass
Answer:
- (500): This part is the heart of the Mass.
Answer: Liturgy of the

Session 7: The Mass (Part 2) Practical Lesson

Homework: Read the at least 5 facts about God from page 28 onwards and learn to say the Creed. **Test your knowledge** and label the mass items below.



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Session 8: Ten Commandments

Aim:

- Know the 10 Commandments.
- Understand what free will is and how it helps them choose between right and wrong.
- Learn the Greatest Commandment that Jesus taught.

Pre-lesson: pages 164-165; 168-191

Homework: Match the Commandment to the action

The 10 Commandments	The Actions
I am the LORD your God; you shall not have strange gods before me.	Not being jealous of other people's things.
You shall not take the name of the LORD your God in vain.	Being kind and not hurting others.
Remember to keep holy the LORD's Day.	Telling the truth.
Honor your father and mother.	Returning a lost toy.
You shall not kill.	Not swearing by God's name.
You shall not commit adultery.	Respecting your parents.
You shall not steal.	Not being jealous of other families.
You shall not bear false witness against your neighbor.	Being faithful to God.
You shall not covet your neighbor's wife.	Going to church every Sunday.
You shall not covet your neighbor's goods.	Being faithful to your family & friends.

Free Will Choice Worksheet

1. What is Free Will?

Circle the right answer:

- a) A gift from God to choose right or wrong
- b) A magic power
- c) A toy

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2. Look at the picture descriptions below. Tick the good choices and put an X on the bad choices.

Picture Description	Good Choice / Bad Choice?
Sharing your snack with a friend	<input type="checkbox"/> Good <input type="checkbox"/> Bad
Taking a toy without asking	<input type="checkbox"/> Good <input type="checkbox"/> Bad
Telling the truth when asked	<input type="checkbox"/> Good <input type="checkbox"/> Bad
Saying a bad word/swearing	<input type="checkbox"/> Good <input type="checkbox"/> Bad
Helping mom clean the room	<input type="checkbox"/> Good <input type="checkbox"/> Bad

3. What good choice did you make this week?

4. Circle the commandment that helps you make good choices:

- I am the LORD your God; you shall not have strange gods before me.
 - You shall not steal.
 - You shall not take the name of the LORD your God in vain.
-

5. True or False?

- I can always choose to love God and others. ☐ True ☐ False
 - Free will means I must always do whatever I want. ☐ True ☐ False
-

6. Bonus: Write your own sentence about how you can use your free will to be kind:

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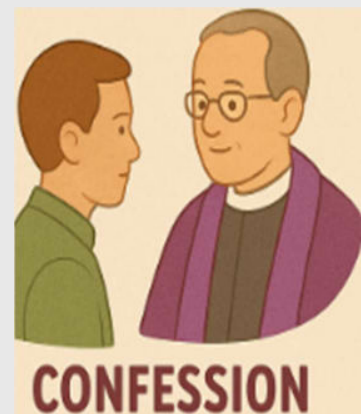
Session 9: Reconciliation/Confession Practical Lesson

Homework: pages 134-139 and learn the Confession steps and Act of Contrition prayer below.

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.



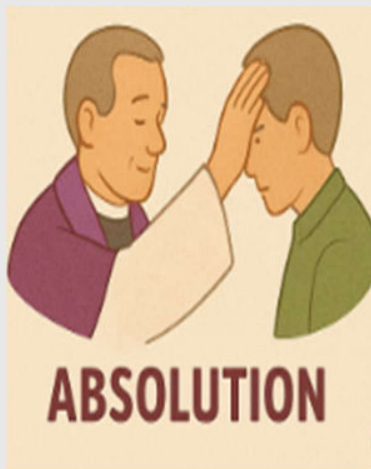
Step 1: Think about the bad you have Done and good you have not done. Feel sorry, this feeling is called repentance.



Step 2: Go to the Priest, with the Sign of the Cross, greet God. Say Your sins and when you finish tell him you are sorry for the sins.

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Step 3: The priest will talk to you and give you Penance to do after confession and in the power Of Jesus says 'I absolve you of your sins in the Name of the Father, and of the Son and of the Holy Spirit.



Step 4: Sometimes penance is a prayer. Other times it can also be an instruction to make good the damage or to do something else. Go home with the decision to be better.

Session 10: The Eucharist

Aim:

- Understand that the Eucharist is Jesus truly present: Body, Blood, Soul, and Divinity.
- Learn why we receive the Eucharist.
- See the connection between the Eucharist, Passover, and the Last Supper.

Pre-lesson: pages 119; 124 -126

Session 11: Receiving Holy Communion Practical

Lesson

Pre-lesson: pages 127-129

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Session 12: Prayer & Faith life

Aim:

- Understand what prayer is and why it is important.
- Learn different types of prayer and discover how prayer strengthens our faith life.
- Practice ways to pray daily and live our faith.
- Introduce the 4 main forms of prayer:
 - Adoration – praising God
 - Contrition – saying sorry
 - Thanksgiving – thanking God
 - Supplication – asking for help from God

Homework: pages 196 – 223

Session 13: Living like Jesus

Aim:

- Understand what it means to follow Jesus' example so that you may grow in stature and in wisdom.
- Learn some key teachings of Jesus.
- Practice making loving choices in everyday situations.

Homework: pages 224-226

FINAL - Test your knowledge:

Category: Parts of the Mass

- What do we say when the priest says 'The Lord be with you' at the beginning of Mass?
Answer:
- What part of the Mass do we hear Bible readings?
Answer:
- What do we say before receiving Communion?
Answer:
- What do we call the prayer when bread and wine become Jesus' Body and Blood?

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Answer:

- What are the two main parts of the Mass?

Answer:

Category: Jesus' Life

- Where was Jesus born?

Answer:

- Who was Jesus' mother?

Answer:

- What did Jesus do at the Last Supper?

Answer:

- What happened on Good Friday?

Answer:

- What happened on Easter Sunday?

Answer:

Category: Holy Communion Basics

- What do we receive at Holy Communion?

Answer:

- What should we do before receiving Communion?

Answer:

- Who can receive Holy Communion?

Answer:

- Why is Communion special?

Answer:

- What does the word "Eucharist" mean?

Answer:

Category: General Knowledge

- What is the name of the prayer Jesus taught the disciples?

Answer:

- Who is the Pope today?

Answer:

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- What is the name of your parish or church?
Answer:
- What did Jesus do before he was tempted by the devil for 40 days?
Answer:
- What do we call the table used for the Eucharist?
Answer:

Category: The Sacraments

- How many Sacraments are there?
Answer:
- What is the first sacrament we receive?
Answer:
- Which sacrament are we preparing for now?
Answer:
- What sacrament helps us say sorry and be forgiven by God?
Answer:
- What strengthens us with the Holy Spirit after Baptism?
Answer:

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