

First Holy Communion Preparation - Lesson Plans:

March 9th Chapter 1

- Review of the Sacraments of Baptism and the Eucharist

March 23rd Chapter 2

- Prayer: Apostle's Creed
- Focus on Sanctuary overview and the Introductory Rites
- Read and reflect on scripture (visio divina) - Mark 11:1-9

March 30th Chapter 3

- Prayer: Our Father
- Focus on proclaiming and responding to the Word of the Lord
- Read and reflect on scripture (visio divina) - Matthew 13:4-8

April 6th Chapter 4

- Prayer: Act of Contrition
- Focus on The Liturgy of the Eucharist and the Eucharistic Prayer
- Read and reflect on scripture (visio divina) - Mark 14:12-17, 22-24

April 13th Chapter 5

- Prayer: Communion Prayer
- Focus on the preparation of receiving First Holy Communion
- Read and reflect on scripture (visio divina) - Luke 24:13-35

April 27th Chapter 6

- Prayer: Glory Be and Hail Mary
- Focus on the Concluding Rites and Living as the Body of Christ
- Create a puzzle piece loaf representing the Body of Christ
- Read and reflect on scripture (visio divina) - Matthew 28:16-20

Sunday, March 23 Class Agenda

- Opening prayer



- Prayer of the week: The Creed
- What do you remember from last week?
 - Baptism and Eucharist experience
 - Sacraments of initiation: Baptism, Eucharist, and Confirmation
 - Baptism: Original sin and any sins we have personally committed are taken away and we become children of God and members of the Church.
 - Eucharist: We receive Jesus Christ himself in Holy Communion and remember His death and resurrection.
- Discussion of the week: Elements Found in The Sanctuary and The introductory Rites
 - Head to Holy Rosary and use the description found in My Mass Book to explain what the elements are
 - The introductory rites: the prayers and action we do at the beginning of the mass to help us remember we are worshiping with the community and gets us ready to listen to the Word of God and celebrate the EucharistActing out words and actions of the priest and assembly:
 - ★ Stand and acknowledge your surroundings
 - ★ Priest, Deacon and other ministers process to the altar and bow or genuflect to the tabernacle
 - ★ Priest and Deacon kiss the altar as a sign of reverence for the Lord's table
 - ★ Priest greets us and we make sign of cross

- ★ Priest ask us to think about the times we have fallen short of God's love for us
- ★ We proclaim the Penitential Rite or Kyrie (Lord, Have Mercy)
- ★ We sing or say a prayer of praise to God called the Gloria
- ★ Priest reminds through prayer we are in the presence of God and we respond with Amen

- **Visio Divina:** Mark 11:1-9

- Hand out image of Jesus at Jerusalem
- What do you see? What does it mean to you? What do you imagine Jesus is inviting you to see? What do you think this means for you

- **Closing prayer**

- Song

Sunday, March 30th Class Agenda

- **Opening prayer** (ask a student to read)



Prayer Before Class

Dear Lord and Father of all,

Thank you for today.

Thank you for ways in which you provide for us all.

For Your protection and love we thank you.

Help us to focus our hearts and minds now on what we are about to learn.

Inspire us by Your Holy Spirit as we listen and write.

Guide us by your eternal light as we discover more about the world around us.

We ask all this in the name of Jesus.

Amen.

- **Prayer of the week: The Our Father**
 - We pray the Our Father before we receive communion and during the rosary.
 - Our Father is how Jesus taught his disciples to pray.
 - If you are feeling overwhelmed, this prayer can help you pause and remember that God is always with you.
- **What did we do last week?**
 - We did a walk through of the elements we see inside the Church and discussed when these elements are used.
- **Discussion of the week: The Introductory Rites and The Liturgy of the Word**
 - **The Introductory Rites:** the prayers and action we do at the beginning of the mass to help us remember we are worshiping with the community and gets us ready to listen to the Word of God and celebrate the Eucharist.

Acting out words and actions of the priest and assembly:

- ★ Stand and acknowledge your surroundings.
- ★ Priest, Deacon and other ministers process to the altar and bow or genuflect to the tabernacle.
- ★ Priest and Deacon kiss the altar as a sign of reverence for the Lord's table.
- ★ The priest greets us and we make sign of the cross.

- ★ The priest asks us to think about the times we have fallen short of God's love for us.
 - ★ We proclaim the Penitential Rite or Kyrie (Lord, Have Mercy).
 - ★ We sing or say a prayer of praise to God called the Gloria.
 - ★ Priest reminds through prayer we are in the presence of God and we respond with Amen.
- **The Liturgy of the Word:** the part of the Mass in which we listen to Scripture being proclaimed. To proclaim means "to announce".

What three special books are used at Mass?

- ★ **Roman Missal:** contains the prayers and instructions for Mass.
- ★ **Lectionary:** contains all of the readings from the Bible we hear at Mass.
- ★ **Book of the Gospels:** contains the Gospel readings for all Sundays of the year.

What are the two parts of the Bible?

- ★ **Old Testament:** we learn about God's people who lived before the time of Jesus.
- ★ **New Testament:** We learn about Jesus, His disciples, and the beginning of the Church.

What are the parts of The Liturgy of the Word?

- ★ First Reading (Old Testament)
 - ★ Responsorial Psalm: a song of praise from the Old Testament (response to the first reading). - the crowd welcomed Jesus with Psalm 118:26
 - ★ Second Reading (New Testament)
 - ★ Alleluia or Gospel Acclamation
 - ★ Gospel: Good News (Matthew, Mark, Luke, and John) - Only a Priest or Deacon proclaims.
 - ★ Homily
 - ★ Profession of Faith (Creed)
 - ★ Prayer of the Faithful: we pray for the needs of the Church, pope, other Church leaders, and all of God's people.
- Have students practice distinguishing between Old and New Testament readings by using the readings from Mass

- **Visio Divina:** Matthew 13:1-9
 - Hand out image of the Parable of the Sower

- What do you see? What does it mean to you? What do you imagine Jesus is inviting you to see? What do you think this means for you? What does your soil look like?



The Parable of the Sower:

On that day, Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore. And he spoke to them at length in parables,* saying: “A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear.

- **Closing prayer**
 - Decade of the Rosary

Sunday, April 6 - Class Agenda

- Opening prayer



- **Prayer of the week: Act of Contrition and Communion Prayer**

- We pray the Act of Contrition at the end of the Sacrament of Reconciliation.
- We pray the Act of Contrition to express our desire to turn away from sin and reconcile with God.
- We pray the Communion Prayer before we receive Jesus in the Eucharist.

Act of Contrition:

- Expressing sorrow or sadness for sins you have committed
- Shows that you have the intention of not wanting to sin again
- This is prayed during the Sacrament of Reconciliation (Confession)

Communion Prayer:

- Repeating what Jesus said to his disciples
- Acknowledging that this is the body and blood of God being given to us

- **What do you remember from last week?**

- **The Introductory Rites:** the prayers and action we do at the beginning of the mass to help us remember we are worshiping with the community and gets us ready to listen to the Word of God and celebrate the Eucharist.
- **The Liturgy of the Word:** the part of the Mass in which we listen to Scripture being proclaimed. To proclaim means "to announce".

- **Discussion of the week:** The Liturgy of the Eucharist

What does the Eucharist mean?

- "Thanksgiving"

Why does the Liturgy of the Eucharist matter?

- We gather around the table (altar) just like the disciples did at the Last Supper to give praise and thanks to God.
- Jesus told his disciples to remember what he had done at the Last Supper and to celebrate this special meal again and again.
- During this part of the mass, the bread and wine become the Body and Blood of Jesus Christ.

What vessels are used at mass by the priest?

- The paten, chalice, and cruets.

The Liturgy of the Eucharist parts:

- ★ Preparation of the Gifts: The bread and wine are brought up to the altar, the priest takes the gifts of bread and wine, and prepares the table.
- ★ Prayer over the Offerings: The priest prays special prayers to which we respond "Blessed be God forever". Then the priest prays that our gifts will be acceptable to God the Father to which we respond "May the Lord accept the sacrifice at your hands for the praise and glory of His name, for our good and the good of all his holy Church".
- ★ Eucharistic Prayer: The "center and high point" of the Mass. We actively listen as the priest prays this prayer of praise and thanksgiving in the name of the whole Church. Through the power of the Holy Spirit, the priest prays that our gifts of bread and wine will become the Body and Blood of Christ. As the priest continues the Eucharistic Prayer, he takes the bread and says "Take this, all of you, and eat of it, for this is my body, which will be given up for you". The priest also takes the cup of wine and says "Take this, all of you, and drink from it, for this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me". - This part of the Eucharistic prayer is called the Consecration.

- **Visio Divina:** Mark 14:12-17, 22-24

- Hand out image of The Last Supper
- What do you see? What does it mean to you? What do you imagine Jesus is inviting you to see? What do you think this means for you?

Reading:

On the first day of the Festival of Unleavened Bread, when it was customary to sacrifice the Passover lamb, Jesus' disciples asked him, "Where do you want us to go and make preparations for you to eat the Passover?"

13 So he sent two of his disciples, telling them, "Go into the city, and a man carrying a jar of water will meet you. Follow him. **14** Say to the owner of the house he enters, 'The Teacher asks: Where is my guest room, where I may eat the Passover with my disciples?' **15** He will show you a large room upstairs, furnished and ready. Make preparations for us there."

16 The disciples left, went into the city and found things just as Jesus had told them. So they prepared the Passover.

17 When evening came, Jesus arrived with the Twelve.



- **Closing prayer**
 - Prayer Chain (intentions)

Sunday, April 14 Class Agenda

- Opening prayer



- **Prayer of the week: Communion Prayer**
 - “Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed”.
 - We pray the Communion Prayer before we receive the Eucharist.
 - We acknowledge the Body and Blood of Jesus Christ is before us.
- **What do you remember from last week?**
 - **The Liturgy of the Eucharist:** We gather around the altar to celebrate the special gift and sacrifice in which the bread and wine become the Body and Blood of Jesus Christ.
- **Discussion of the week: Preparing to receive Jesus in Holy Communion**
 - After the Eucharistic Prayer, we proclaim the Mystery of Faith: “When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again”.
 - By now, the Bread and Wine through the power of the Holy Spirit is the Body and Blood of Jesus Christ.
 - **Before we receive Jesus:**
 - We pray the Lord’s Prayer.
 - We share the sign of peace (“Peace I leave with you; my peace I give to you” - (John 14:27).
 - We pray the Lamb of God - “Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, grant us peace”.

- As we pray the Lamb of God, the Priest puts a small piece of the host in the chalice as a sign of the unity of the Body and Blood of Jesus Christ.
- The priest then invites us to receive Jesus Christ in Holy Communion. He says: "Behold the Lamb of God, behold Him who takes away the sins of the world. Blessed are those called to the supper of the Lamb".
- We then pray: "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed".
- Finally, we go forward and receive Jesus in Holy Communion with reverence and love.
- The priest, deacons, and extraordinary ministers of Holy Communion distribute Holy Communion held in the ciborium and the Blood of Christ held in a chalice.
- Ministers say "The Body of Christ" and "The Blood of Christ" before each laity receives.
- We respond with "Amen" and receive Holy Communion in the hand or tongue and take a sip from the chalice.
 - ★ We will practice how to receive Holy Communion and drink from the cup.
- **Visio Divina:** Luke 24:13-35
 - Hand out image of the Emmaus Walk
 - What do you see? What does it mean to you? What do you imagine Jesus is inviting you to see? What do you think this means for you



Scripture Reading:

13 Now that same day two of them were going to a village called Emmaus, about seven miles[a] from Jerusalem. **14** They were talking with each other about everything that had happened. **15** As they talked and discussed these things with each other, Jesus himself came up and walked along with them; **16** but they were kept from recognizing him.

17 He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. **18** One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

19 "What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. **20** The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; **21** but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. **22** In addition, some of our women amazed us. They went to the tomb early this morning **23** but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. **24** Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

25 He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! **26** Did not the Messiah have to suffer these things and then enter his glory?" **27** And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

28 As they approached the village to which they were going, Jesus continued on as if he were going farther. **29** But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. **31** Then their eyes were opened and they recognized him, and he disappeared from their sight. **32** They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

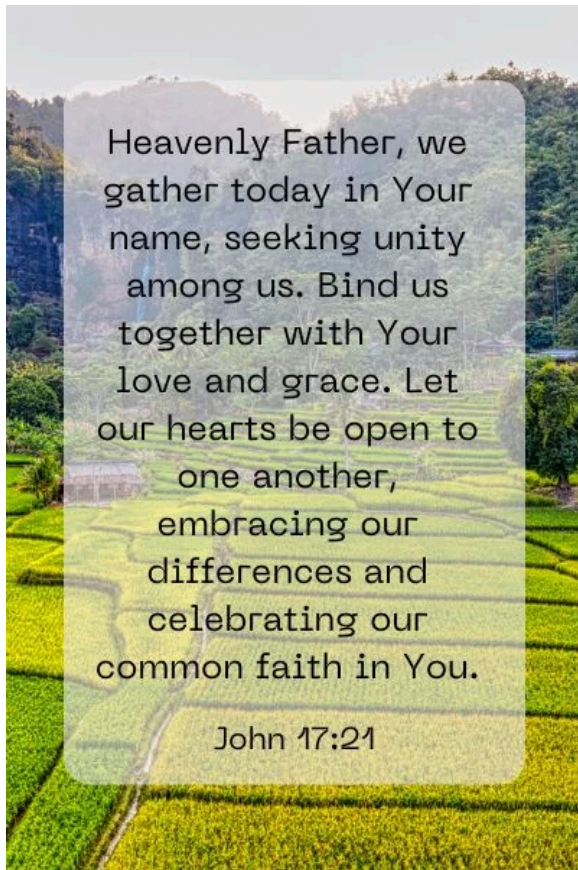
33 They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together **34** and saying, "It is true! The Lord has risen and has appeared to Simon." **35** Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

- **Closing prayer**

- Prayer Chain (one thing for yourself and one for something else).

Sunday, March 27 Class Agenda

- **Opening prayer**



- **Prayer of the week: Glory Be and Hail Mary**

Glory Be:

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, a world without end Amen

Gloria:

Gloria al Padre, al Hijo y al Espíritu Santo. Como era en el principio, ahora y siempre, por los siglos de los siglos. Amén.

Hail Mary:

Hail Mary full of grace the Lord is with thee.

Blessed are 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

Ave Maria:

Dios te salve, María, llena eres de gracia, el Señor está contigo.

Bendita eres entre todas las mujeres, y bendito es el fruto de tu vientre, Jesús. Santa María, Madre de Dios, ruega por nosotros, pecadores, ahora y en la hora de nuestra muerte. Amén.

- **What do you remember from last week?**
 - Preparation for Holy Communion
- **Discussion of the week: The Concluding Rites and Game Review**
- **Visio Divina:** Matthew 28:16 and Matthew 5:3-12
 - Hand out image
 - What do you see? What does it mean to you? What do you imagine Jesus is inviting you to see? What do you think this means for you

Matthew 28:16

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. 17 When they saw him, they worshiped him; but some doubted. 18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."



- **Closing prayer**
 - Practice prayers with them: we pray the beginning of a prayer and they follow with the rest
 - Prayer chain