

## BLESSED - FIRST COMMUNION - Parent Guide

### Session 1: Sunday is Special

Start with Prayer “Sunday is Special” on page 1

Watch [Episode 1](#)

- Read pages 2-3

Watch [Episode 2](#)

- Read pages 4-5
  - Ask your child “What did Sarah discover, why does God give us great Catholic Moments like First Communion?”
    - Because He wants us to live a rich, full happy life in this world and live with Him in heaven in eternal bliss forever.
- Read pages 6-7
  - Ask your child “What do you think John the Baptist felt when he baptized Jesus?” (John knew that Jesus was the savior!)
    - Amazed
    - Grateful
    - Unworthy
    - Happy
- Read pages 8-9
- Read pages 10-11
  - Share with your child a time when you forgave someone who didn’t deserve forgiveness or when someone forgave you and you didn’t deserve it.
- Read pages 12-13
  - Tell your child your favorite part about receiving Communion. This will be a big moment in his/her life!
- Read pages 14-15
- Read pages 16-17
  - Ask your child “What would the world be like if Mary had said no to the mission God had created her for?”
    - We wouldn’t have Jesus
    - No one would be saved
    - Mary would have been really unhappy
- Read pages 18-19
  - Explore the illustration of Noah’s Ark.
- Read pages 20-21
- Read pages 22-23
  - Ask your child “Why did Jesus choose to wash the feet of his disciples?”
    - He wanted to teach us that everyone is called to serve
- Read pages 24-25
- Read pages 26-27

- Ask your child “Which of these great Catholic Moments are you most looking forward to receiving?”
  - First Communion
  - Confirmation
  - Marriage
  - Holy Orders
  - Anointing of the Sick

Watch [Episode 3](#)

- Read pages 28-29
- Read pages 30-31
  - Ask your child to listen for what happens to Zacchaeus after the first time he meets Jesus.
- Read pages 32-33
  - Ask your child “Who is your favorite saint?” “Why does this saint inspire you?”
- Read pages 34-35

Watch [Episode 4](#)

- Read pages 36-37
- Read pages 38-39
  - Ask your child “What are you most grateful for today?”

Watch [Episode 5](#)

- Read pages 40-41
  - Ask your child “Have you ever wondered how God created the world?”
- Read pages 42-43
  - Ask your child “What is one reason we go to Church on Sunday?”
    - To say Thank You to God for all the ways He has blessed us this week!

Watch [Episode 6](#)

- Read pages 44-45
  - Ask your child “Have you ever wanted to hear the voice of God in your life?”
- Have your child complete “Show What You Know” and “Journal With Jesus”
  - Answer Key for “Show What You Know”
    - 1) True 2) True 3) False 4) True 5) True
    - 1) Journey 2) Eucharist 3) Inviting 4) blessings 5) Good 6) His 7) Rest / Worship 8) Thank / Praise 9) Speaks 10) Grateful

Watch [Episode 7](#) - Pray the Closing Prayer together

- Ask your child, “What are some of the most important things you learned in this session?”
  - The Eucharist is one of the greatest blessings in life
  - Sunday is God’s favorite day
  - God loves spending time with me and He loves seeing me at the Mass on Sunday
  - Going to Mass on Sunday is a great way to show God how grateful I am

## Session 2: The Greatest Event on Earth

Start with Prayer “The Greatest Event on Earth” on page 53

Watch [Episode 1](#)

- Read pages 54-55
  - Ask your child “How many types of prayer are there? What are they?”
    - Thanksgiving
    - Petition and Intercession
    - Praise
    - Adoration

Watch [Episode 2](#)

- Read pages 56-57
  - Ask your child “Where is God’s house?”
    - The Church

Watch [Episode 3](#)

- Read pages 58-59
  - Ask your child “What is one reason it is important to go to Mass on Sunday?”
    - To thank God for all the ways He blesses us!

Watch [Episode 4](#)

- Read pages 60-61
  - Ask your child “Last time you were at church, what did God say to you?”
- Read pages 62-63
- Read pages 64-65
  - Ask your child “What is one of the reasons we go to Mass on Sunday?”
    - To listen to God’s voice

Watch [Episode 5](#)

- Read pages 66-67
- Read pages 68-69

Watch [Episode 6](#)

- Read pages 70-71
  - Ask your child “What is the greatest event on earth?”
- Have your child complete “Show What You Know” and “Journal With Jesus”
  - Answer Key for “Show What You Know”
    - 1) True 2) False 3) True 4) False 5) True
    - 1) House 2) Mass 3) Celebration 4) Grace 5) Blessing 6) Impossible 7) Ultimate 8) Listen 9) Wonders 10) Amazing

Watch [Episode 7](#) - Pray the Closing Prayer together

- Ask your child “What are some of the most important things you learned in this session?”
  - The Mass is the most amazing event on earth
  - Every Sunday, God has a special message for me
  - Jesus is present in a special way at Mass on Sunday
  - When I spend time with God, He fills me with His grace so that I can live a Holy life
  - Learning to listen to God’s voice is one of the most important lessons we can learn in life

## Session 3: The Word of God

Start with Prayer “The Word of God” on page 79

Watch [Episode 1](#)

- Read pages 80-81
- Read pages 82-83
  - Ask your child “Do you recognize anything in the illustration?”
    - The cup the priest is holding: Chalice
    - The outer garment worn by the priest: Chasuble
    - The name of the brown box behind the priest: The Altar
    - The name of the cloth on top of the altar: The Altar Cloth

Watch [Episode 2](#)

- Read pages 84-85
  - Ask your child “What is the most amazing thing that Father Tom has ever seen?”
    - During the Mass, the bread and wine turn into the body and blood of Jesus!
- Read pages 86-87
- Read pages 88-89
  - Ask your child “Do you know where the first line of the Gloria comes from?”
    - Hint...”The answer can be found in the illustration”.
    - The angel who announced to the shepherds that Jesus was born greeted them by saying “Glory to God in the highest and on earth Peace to people of good will.” Luke 2:14

Watch [Episode 3](#)

- Read pages 90-93

Watch [Episode 4](#)

- Read pages 94-95
  - Ask your child to share something that stuck out to him/her during the episode. Share the one thing that stuck out to you, as well.
- Read pages 96-97

Watch [Episode 5](#)

- Read pages 98-99
  - Remind your child to watch closely what happens to the seeds!

Watch [Episode 6](#)

- Read pages 100-101
- Read pages 102-103
  - Ask your child “Do you want Jesus to be one of your best friends? How about the Saints?”
- Have your child complete “Show What You Know” and “Journal With Jesus”
  - Answer Key for “Show What You Know”
    - 1) True 2) False 3) False 4) True 5) True
    - 1) Plan 2) House 3) Readings 4) Blessings 5) Jesus 6) Praise / Thanksgiving 7) Healthy 8) Bible 9) Speaks 10) Map / Guide

Watch [Episode 7](#) - Pray the Closing Prayer together

- Ask your child “What are some of the most important things you learned in this session?”
  - God reveals His amazing plan for our lives through the Bible and Mass on Sunday
  - Jesus is the greatest teacher who ever lived
  - On Sunday we worship God as Jesus taught us
  - Mass is a great way to thank God for all the blessings He gives us
  - God loves healthy relationships

## Session 4: The Eucharist

Start with Prayer “The Eucharist” on page 111

Watch [Episode 1](#)

- Read pages 112-113
  - Ask your child “Sarah mentions six ways to feed your soul. What are they?”
    - Word of God
    - The Eucharist
    - Prayer
    - Service
    - Scripture
    - Our Faith Community

Watch [Episode 2](#)

- Read pages 114-115
- Read pages 116-117
  - Ask your child to write in his/her book one way he/she would like to ask God to help in his/her life this Sunday.
- Read pages 118-119
  - Ask your child “What is the most important part of the Mass?”
    - The Eucharistic Prayer
  - Ask your child “Why is the Eucharistic Prayer the most important part of the Mass?”
    - Because this is when Jesus comes to be with us
- Read pages 120-121
  - Ask your child “What scene in the Jesus story is this picture from?”
    - Jesus’ entrance into Jerusalem the week He was killed. We remember this moment every year on Palm Sunday.”
- Read pages 122-123

Watch [Episode 3](#)

- Read John 3:16 on page 124-125 with your child
  - Ask your child how it felt to say those words.
- Read pages 126-127
  - Ask your child if he/she has any questions about what it will be like to receive Jesus for the first time. Share a memory from your first Communion to get the conversation started.

Watch [Episode 4](#)

- Read pages 128-129

Watch [Episode 5](#)

- Read pages 130-131

Watch [Episode 6](#)

- Read pages 132-133
- Read pages 134-145
  - Ask your child “How can you share your blessings with others?”
    - Help a friend with homework
    - Clean my room
    - Make a thank you card for my parent or grandparent
    - Do chores without being asked
    - Donate clothes
- Have your child complete “Show What You Know” and “Journal With Jesus”
  - Answer Key for “Show What You Know”
    - 1) True 2) True 3) False 4) False 5) True
    - 1) Thousands 2) Eucharist 3) Catholic 4) Gift 5) Journey / Heaven 6) Body / Blood 7) Last Supper 8) Peace 9) Loves 10) Blessed / Blessings

Watch [Episode 7](#) - Pray the Closing Prayer together

- Ask your child “What are some of the most important things you learned in this session?”
  - Jesus is truly present in the Eucharist
  - The Eucharist is food for our souls
  - Holy Communion is a lifelong blessing that we should never take for granted
  - I am blessed to be Catholic
  - The Eucharistic prayer is the most important part of the Mass
  - God loves me so much that He sent His only Son to save me
  - First Communion is a very important moment in my life



## Session 5: Your First Communion

Start with Prayer “Your First Communion” on page 143

Watch [Episode 1](#)

- Read pages 144-145

Watch [Episode 2](#)

- Read pages 146-147

Watch [Episode 3](#)

- Read pages 148-149
- Read pages 150-151
  - When looking at the illustration, ask your child “Where is Jesus? Why is he in the desert alone?”
    - Jesus went into the desert to prepare for His mission by fasting and praying for forty days.

Watch [Episode 4](#)

- Read pages 152-153
  - Ask your child “What amazing thing will God do through you?”

Watch [Episode 5](#)

- Read pages 154-155
  - Ask your child “What do you think the disciples felt during the last supper?”
    - Nervous
    - Excited
    - Confused
    - Grateful
    - Humbled
    - Honored
    - Happy

Watch [Episode 6](#)

- Read pages 156-157
- Have your child complete “Show What You Know” and “Journal With Jesus”
  - Answer Key for “Show What You Know”
    - 1) True 2) False 3) False 4) False 5) True
    - 1) Excited 2) Eucharist 3) Prepare 4) Saints 5) Conversation 6) Closer 7) Wisdom / Courage 8) Great 9) Jesus 10) Mission

Watch [Episode 7](#) - Pray the Closing Prayer together

- Ask your child “What are some of the most important things you learned in this session?”
  - I am ready to say “yes” to God and receive my First Communion
  - The Eucharist will empower me to do great things for God
  - This is my first but not my last Communion
  - My First Communion is a really special day!
  - I can prepare for mass through prayer and fasting



## Session 6: God's Family

Start with Prayer "God's Family" on page 165

Watch [Episode 1](#)

- Read pages 166-167
  - Tell your child "You were made for mission and I can't wait to see what special plan God has in store for you!"

Watch [Episode 2](#)

- Read pages 168-171
  - Ask your child if he/she can name any reasons why it's great to be a Catholic.
    - Our Parish Family cares for us
    - There is a church in almost every place around the world
    - The Catholic Church is the greatest force for good in the world
    - The Church feeds the hungry, gives shelter to the homeless, clothing for the naked and cares for the sick

Watch [Episode 3](#)

- Read pages 172-173
- Read pages 174-175
  - Ask your child to share some ideas on how he/she can make a difference in the lives of those around him/her.
    - Listen to his/her parent
    - Do his/her homework
    - Be kind to his/her classmates

Watch [Episode 4](#)

- Read pages 176-177

Watch [Episode 5](#)

- Read pages 178-179
  - Ask your child to listen to these words of Jesus from the last verse of the book of Matthew: 'And remember, I am with you always, to the end of the age.' Ask you child "How does it feel to know Jesus is always with you?"
    - Thankful
    - Happy
    - Loved
- Read pages 180-181
  - Reread the following: "Jesus wants you to remember that He is always there for you".

Watch [Episode 6](#)

Read pages 182-183

Read pages 184-185

- Share a personal sentiment of gratitude to your child for the time you have spent together.
- Practice saying the prayer together: “Jesus I trust in you”.
- Have your child complete “Show What You Know” and “Journal With Jesus”
  - Answer Key for “Show What You Know”
    - 1) True 2) False 3) True 4) False 5) True
    - 1) Mission 2) Good 3) Love 4) Parish 5) Difference 6) Purpose 7) Prayer 8) Eucharist 9) Jesus 10) Blessed

Watch [Episode 7](#) - Pray the Closing Prayer together

- Ask your child “What are some of the most important things you learned in this session?”
  - I was made for mission
  - My Parish is my spiritual family
  - God created me for a purpose
  - I am Blessed
  - My greatest talent is to make a difference in others lives
  - Prayer is powerful and it make a difference in others lives
  - God will never leave me!