

THE SACRAMENT OF

# *First Holy Communion*

A COMPLETE PREPARATION COURSE  
and Activities with Parents



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# THE SACRAMENT OF FIRST HOLY COMMUNION

## Chapter 1 Who Made You?



### INTRODUCTION

**W**e all want to know where we come from. Where was I born? Where did my parents grow up? What country was my family originally from? It's natural to want to know the story of how you came to be.

But no matter what country you are from, or when you were born, you come from God. God made you. But why did he make you?

After reading this chapter, you will be able to answer these questions:

- ✦ Why did God make you?
- ✦ What do we mean when we say that you are an “image of God”?
- ✦ What is the best gift that God gives you on this earth?





## WHO MADE YOU?

**Before I formed you in the womb I knew you. (Jer 1:5)**

**W**ho made you? God made you! God didn't have to make you, but he did. Before anything ever existed in the world, God knew that he would make you. God knew you before your mother and father first saw your face. He knew you before you were born. He knew your name and wanted you to be born. He wanted you because he loves you.

**Why did God make you?** God didn't have to make you, so why did he? Because in his goodness he wanted another person to love. He wanted you to be with him forever in heaven. God loves you more than anyone else loves you.

## THE IMAGE OF GOD

**A**ccording to the Bible, you are made in the image of God. Do you know what an **image** is? An image is like a picture or what you see in a mirror.

- ✦ It looks like you but it is not you.
- ✦ People might say you are the image of your parents. That means you look like your parents.
- ✦ God made every person in his image.
- ✦ That means we look like God.

How can we look like God when God is **invisible**? We look like God because we can do some of the things that God does. God knows and God loves. This is how we are in God's image: We can know, and we can love!







## HAPPINESS WITH GOD

**G**od wants to give you every good thing. When you love someone, what do you want to give that person? You want to give that person every good thing! And that's what God wants to give you: every good thing. Every good thing in your life came from God. What are some of the good things God has given you? Your parents, your friends, a place to live, even your clothes. All these things are possible because God gives them to you.

**God wants something from you.** God wants to give you much greater things than just clothes and a house. He wants you to be part of his family. He wants you to be his child. He wants to love you and share his life with you. What God wants most is, one day, for you to live with him forever in heaven.

**How can you be happy with God forever in heaven?** To be happy with God in heaven, we must know, love, and serve him in this life. If you get to know and love God here on earth, your happiness will start now. As you get to know God more, you will love him more. You will want to be more like him. And it will make you want to serve him. What does it mean to serve God? It means to help in God's plan to bring everyone to share in his joy in heaven.

**The greatest gift anyone can receive on earth is Jesus in Holy Communion.** This year God will give you this greatest gift. God wants to give you himself in Holy Communion because he loves you. He doesn't just want you to be happy with him forever in heaven. He wants you to be happy right now. Receiving Jesus in Holy Communion is God's way of making you happy here on earth.



## THE SIGN OF THE CROSS



Before and after every prayer, we say these words, and make the Sign of the Cross by touching our forehead, our chest, our left shoulder, then our right shoulder with our right hand.

**In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.**



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## GETTING TO KNOW THE MASS: THE TABERNACLE



**T**his year we will be getting to know Jesus better. This helps us prepare for the great gift of receiving him in the Eucharist. God gives us the Eucharist at Mass. We need to understand the gifts that God gives us at Mass.

Even before Mass begins, Jesus is there in the Church, waiting for us. Where is Jesus present when no Mass is happening? In the **tabernacle**.

What is a tabernacle? A tabernacle is a decorated box where the Eucharist is kept. It is like a throne for Jesus, the King of the Universe. This is why the tabernacle is decorated and made of precious materials like gold.

The tabernacle is also like a castle. It keeps the Eucharist safe from harm. That is why it is locked with a key by the priest.

The tabernacle is also like a small church. A church is a house of God, and it is the place that we go to find Jesus. The tabernacle is the small house where Jesus resides within the church.

When you walk into a church or chapel, look for Jesus in the tabernacle. How can you tell if Jesus is there in the tabernacle? Look to see if the **sanctuary lamp** is lit. "Sanctuary" means "a place set apart as holy." The sanctuary lamp is a candle or oil lamp, usually red, that announces that Jesus is present in the tabernacle.

When you see the sanctuary lamp, look at the tabernacle and know that Jesus is present. We **genuflect** toward the tabernacle to show our love and respect for Jesus. To genuflect means to go down on your right knee. Then make the Sign of the Cross and greet Jesus. Here are some things you can say in your heart:

"Jesus, I love you!"

"My Lord and My God!"

"Jesus, Son of Mary, have mercy on me!"

When Jesus is present in a tabernacle, he is bringing his power and his holiness to the whole place.



A tabernacle.





## YOU AND YOUR PARENTS

**W**ith your parents, talk about where your family comes from. Where were your mom and dad born? Where did they grow up? Where were your grandparents from? Ask if they know when your family first came to this country. Were any of your relatives heroic in the way they cared for old or sick family members, lived the Catholic faith, or trusted God during hard personal times? What stories about your family do your parents want you to remember for the rest of your life?