FIRST HOLY COMMUNION

Activity & Conversation Companion

For children preparing to receive Jesus in the Holy Eucharist

THIS IS NOT ANOTHER CATECHISM

Use My First Holy Communion Catechism for the Catholic teaching. Use this companion to make the teaching personal, active and memorable.

It is written for parents, parish mentors and priests working alongside children of roughly seven to nine years of age.

THE METHOD

Start with the child

Do something concrete

Open the catechism

Talk together

Check the central truth

Pray and act

St Mary's • St John Bosco • St Edward's Parish

The catechism gives the doctrinal spine. This companion helps the teaching become personal, active and memorable.

How to use this companion

A simple method for parents, mentors and priests

MENTOR, NOT LECTURER

The child should speak before you explain. Ask what they think, listen carefully, then use the catechism to clarify and deepen. You do not need to fill every silence.

A NORMAL MEETING

- **1. Begin naturally: “What did you notice at Mass?” “What do you already think this means?”**
- **2. Use the opening activity or object prompt from this companion.**
- **3. Open the matching lesson in My First Holy Communion Catechism and read only as much as is useful.**
- **4. Ask the child to explain the central truth back in their own words.**
- **5. Use one optional activity or practice step if it helps; skip it if the conversation is already good.**
- **6. Finish with the prayer and one simple action for the week.**

KEEP IT SIMPLE AND REVERENT

Do not insist on completing every activity.
Do not turn the catechism answers into a public test.
Do not use consecrated hosts or imitate the words of consecration in play.
If a genuine question opens up, follow it and return to the lesson afterwards.

Most activities need only the catechism, a Bible, a pen and paper, or ordinary objects already nearby. Nothing needs elaborate preparation.

Quick activity toolkit

Use these anywhere in the twelve lessons

OBJECT PROMPT

Use one ordinary object - food, a candle, a Bible, a gift bag, a clock - to open a question before reading the catechism.

SORT IT

Write words or situations on scraps of paper and sort them into two or three groups. Ask the child to explain each choice.

MASS MAP

Use the actual church or a simple sketch to find the altar, ambo, tabernacle, sanctuary lamp and the main parts of the Mass.

SCRIPTURE SPOTLIGHT

Read only the verses needed. Ask: What happened? What did Jesus say? What does this show us about the Eucharist?

PRACTISE IT

Rehearse a real Catholic action: genuflecting, answering “Amen”, following the Communion procession or praying thanksgiving.

ONE REAL NEXT STEP

End by choosing one small action for Sunday Mass or family prayer that the child can actually do this week.

God Feeds His Children

Page 1 • Opening & activity

AIM

God gives natural food for the body and, in the Holy Eucharist, Jesus himself nourishes the supernatural life of grace.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: “What did you eat today? What would happen if your body never received food?” Then ask: “Can ordinary food make us holy or give the soul God’s life?” Let the child answer before explaining.

DO SOMETHING

Body and soul. Draw two columns: BODY and SOUL. Under BODY write food, water, sleep and exercise. Under SOUL write grace, prayer, Scripture and sacraments. Circle EUCHARIST and ask why this gift is greater than ordinary food.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 1. Pause wherever the child has a real question. Do not rush to the formal answers yet.

God Feeds His Children

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **What does ordinary food do for the body?**
- **What does grace do in us?**
- **Why do we prepare carefully if Holy Communion is Jesus himself?**

CHECK THE CENTRAL TRUTH

Ask the child to say, in one sentence, why Catholics call the Eucharist food for the soul without pretending that the soul eats in the same way as the body.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Father in heaven, thank you for giving me life and calling me to your table. Prepare my heart to receive your Son with faith and love. Amen.

THIS WEEK

At Sunday Mass, notice the altar, ambo and tabernacle. Ask what each one is for.

FOR THE ADULT ALONGSIDE

Keep the body/soul comparison simple. The point is not that the body is unimportant, but that a human person needs both natural life and the supernatural life of grace.

The Passover, the Manna and the Bread of Life

AIM

God prepared his people for the Eucharist through the Passover, the manna and Jesus' promise of the Bread of Life.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Imagine your family had to make a long journey with no shops on the way. What food would you need? Then ask: "What did God do when Israel was travelling through the desert?"

DO SOMETHING

Three signposts. Make three cards: PASSOVER LAMB, MANNA, JESUS - BREAD OF LIFE. Put them in order. Read one short verse for each and draw an arrow towards Jesus. Ask: "How did the earlier gifts prepare people for something greater?"

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 2. Pause wherever the child has a real question. Do not rush to the formal answers yet.

The Passover, the Manna and the Bread of Life

TALK TOGETHER

- **What did the Passover mean for Israel?**
- **Why was manna a gift for a journey?**
- **Why is Jesus more than another kind of manna?**

CHECK THE CENTRAL TRUTH

Ask the child to explain how the Passover lamb and manna point forward to Jesus without saying that the Eucharist is only a symbol.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Lord Jesus, Bread of Life and Lamb of God, lead me out of sin and nourish me on the journey to heaven. Amen.

THIS WEEK

Read or listen to Exodus 12:1-14, Exodus 16:4-15 or John 6:32-40.

FOR THE ADULT ALONGSIDE

Keep the movement towards fulfilment clear: the Old Testament signs really mattered, but Jesus is the greater reality to which they point.

Jesus Institutes the Holy Eucharist

Page 1 • Opening & activity

AIM

At the Last Supper Jesus gave his Body and Blood and commanded the Apostles to continue celebrating the Eucharist.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: “If someone says, ‘Remember me,’ does that always mean only thinking about them?” Then open a Bible at one account of the Last Supper.

DO SOMETHING

Words that matter. On three cards write: THIS IS MY BODY / THIS IS MY BLOOD / DO THIS IN MEMORY OF ME. Read the Gospel account and place the cards down as the words appear. Ask why each sentence matters.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 3. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Jesus Institutes the Holy Eucharist

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **What did Jesus actually say about the bread and the chalice?**
- **Who was told to "do this"?**
- **How are the Last Supper, the Cross and the Mass connected?**

CHECK THE CENTRAL TRUTH

Ask the child to say what Jesus instituted at the Last Supper and why the Church still celebrates it.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Lord Jesus, thank you for loving us to the end and giving the Church the Holy Eucharist. Help me to treasure your gift. Amen.

THIS WEEK

Find the Last Supper in Matthew 26:26-29, Mark 14:22-25, Luke 22:14-20 or 1 Corinthians 11:23-26.

FOR THE ADULT ALONGSIDE

Do not role-play the consecration or have a child pretend to be the priest. Let Scripture carry the scene. The activity is about listening to Christ's words, not imitating the sacred rite.

Jesus Is Truly Present

AIM

In the Blessed Sacrament Jesus Christ is truly, really and substantially present: Body, Blood, Soul and Divinity.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Place an ordinary object inside a closed bag or box. Ask: “Can your eyes tell you everything that is true?” Reveal the object, then explain that the Eucharist is not a guessing trick: we believe because Jesus, who cannot deceive us, has spoken.

DO SOMETHING

Senses and faith. Draw two columns: WHAT MY SENSES NOTICE / WHAT JESUS TEACHES. Under the first write the appearances of bread and wine. Under the second write JESUS CHRIST - BODY, BLOOD, SOUL AND DIVINITY. Read the catechism before discussing.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 4. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Jesus Is Truly Present

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **Why can't our eyes alone discover the Real Presence?**
- **Is the Eucharist merely a reminder or symbol of Jesus?**
- **Whose word gives us certainty?**

CHECK THE CENTRAL TRUTH

Ask: "After the consecration, who is present?" The answer should be Jesus Christ himself, whole and entire - not bread with Jesus somehow added inside it.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Lord Jesus, I believe that you are truly present in the Blessed Sacrament. Strengthen my faith and teach me to adore you. Amen.

THIS WEEK

When you pass before the tabernacle, make a careful genuflection if you are able and say quietly, "My Lord and my God."

FOR THE ADULT ALONGSIDE

Avoid saying "Jesus is inside the bread". The catechism is stronger and clearer: after the consecration Jesus himself is truly present under the appearances of bread and wine.

Transubstantiation

Page 1 • Opening & activity

AIM

At the consecration the whole substance of bread and wine becomes the Body and Blood of Christ while the appearances remain.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: “Can something look different while still being the same thing?” Cut or peel an apple if convenient: its appearance changes but it is still an apple. Then say: “The Eucharist is a unique mystery in which the outward appearances remain while what it is changes.”

DO SOMETHING

What changes? What remains? Draw two boxes. In one write SUBSTANCE - WHAT IT IS. In the other write APPEARANCES - WHAT OUR SENSES NOTICE. Before consecration write “bread/wine”. After consecration write “Body/Blood of Christ” under substance, while the appearances remain.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 5. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Transubstantiation

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **What changes at the consecration?**
- **What stays the same to our senses?**
- **Why is changing a label not the same as transubstantiation?**

CHECK THE CENTRAL TRUTH

Ask the child to explain transubstantiation in their own words using both ideas: the whole substance changes; the appearances remain.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Jesus, eternal Truth, I believe what you have revealed. Help me to trust your word when my senses cannot see the mystery. Amen.

THIS WEEK

Learn the word transubstantiation slowly and explain it to someone at home in your own words.

FOR THE ADULT ALONGSIDE

No ordinary example is an exact analogy for transubstantiation. Use examples only to distinguish “what something is” from “what the senses notice”, then return to the Church’s precise words.

Adoring Jesus in the Blessed Sacrament

AIM

Because Jesus is truly present, Catholics adore him in the Blessed Sacrament during Mass and outside Mass.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

If you are in church, ask the child to look around silently and answer: “What tells us that Catholics believe someone holy is really present here?” If elsewhere, picture the church together.

DO SOMETHING

Church detective. Find the tabernacle and sanctuary lamp. Practise a calm genuflection if the child is able. Then spend sixty quiet seconds facing the tabernacle. Afterwards ask what each sign or gesture means.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 6. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Adoring Jesus in the Blessed Sacrament

TALK TOGETHER

- **Why do we genuflect towards the tabernacle?**
- **What does the sanctuary lamp tell us?**
- **Why can Catholics adore the Blessed Sacrament outside Mass?**

CHECK THE CENTRAL TRUTH

Ask the child to finish: “We adore the Blessed Sacrament because...” Listen for: Jesus Christ is truly present.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment thine. Amen.

THIS WEEK

Make a short visit to the Blessed Sacrament with your family and spend one quiet minute with Jesus.

FOR THE ADULT ALONGSIDE

Teach reverence as the outward expression of faith, not as a performance. Adapt posture naturally for disability or mobility needs.

The Holy Sacrifice of the Mass

AIM

The Mass does not repeat Calvary; Christ's one Sacrifice of the Cross is made sacramentally present.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: "How many times did Jesus die on the Cross?" When the child answers "once", add: "So why can Catholics call every Mass a sacrifice?"

DO SOMETHING

One sacrifice, made present. Put three cards in a line: LAST SUPPER / CALVARY / MASS. Circle CALVARY and write ONCE FOR ALL. Draw a line connecting the Mass to Christ's one sacrifice. Say clearly: Jesus does not die again; the one sacrifice is made sacramentally present.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 7. Pause wherever the child has a real question. Do not rush to the formal answers yet.

The Holy Sacrifice of the Mass

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **Does Jesus suffer and die again at Mass?**
- **Who is the priest and victim of the Mass?**
- **Why is the Mass more than simply remembering Calvary?**

CHECK THE CENTRAL TRUTH

Ask the child to correct this sentence: “At every Mass Jesus is crucified again.” They should be able to say that his one sacrifice is made present in an unbloody manner.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Eternal Father, I offer myself with Jesus in the Holy Sacrifice of the Mass. Receive my prayer, work, joys and sufferings through him. Amen.

THIS WEEK

At the elevation, look towards the Sacred Host and the chalice and adore Jesus in silence.

FOR THE ADULT ALONGSIDE

Avoid both errors: the Mass is not a new sacrifice added to Calvary, and it is not merely a mental memory. Use the catechism’s language: one sacrifice, sacramentally made present.

The Parts of the Mass

Page 1 • Opening & activity

AIM

The Liturgy of the Word and Liturgy of the Eucharist form one act of worship, opened and concluded by the Church's rites.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: "If you had to draw a map of Sunday Mass for someone who had never been, what would happen first, middle and last?"

DO SOMETHING

Mass map. Make six cards: GATHER / LISTEN TO GOD / OFFER GIFTS / EUCHARISTIC PRAYER / RECEIVE / SENT OUT. Put them in order. Then place the catechism's names beside them: Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Communion Rite, Concluding Rites.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 8. Pause wherever the child has a real question. Do not rush to the formal answers yet.

The Parts of the Mass

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **What are the two principal parts of Mass?**
- **When is God speaking to us?**
- **What does the dismissal send us to do?**

CHECK THE CENTRAL TRUTH

Ask the child to walk through the Mass in order without needing every small detail. The aim is to know where they are and what the Church is doing.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Holy Spirit, help me to listen to God's word, unite myself to Christ's offering and take part in Mass with faith. Amen.

THIS WEEK

Use Appendix A at Sunday Mass and follow each main part as it happens.

FOR THE ADULT ALONGSIDE

Do not turn this into liturgical trivia. Keep asking what each part is for: gathering, hearing God, offering, receiving and being sent.

Offering Ourselves with Jesus

AIM

At Mass the baptised unite their prayers, work, joys and sufferings with the perfect offering of Christ.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: “When the bread and wine are carried to the altar, what could you give God that cannot be carried in your hands?”

DO SOMETHING

My hidden offering. On a small piece of paper the child writes or draws one person, joy, worry, duty or sacrifice to offer at the next Mass. Keep it in a pocket or prayer book; do not place it physically on the altar. At the preparation of the gifts, remember it silently.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 9. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Offering Ourselves with Jesus

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **What can you offer God from your ordinary week?**
- **How can silence and attention be real participation?**
- **Why do we join our offering to Jesus rather than offering alone?**

CHECK THE CENTRAL TRUTH

Ask the child to name one inward and one outward way of taking part in Mass.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Father, through Jesus your Son, receive all that I am and all that I do. May my life become an offering of love. Amen.

THIS WEEK

Before Mass, choose one joy, difficulty or person to place spiritually on the altar with the gifts.

FOR THE ADULT ALONGSIDE

Active participation is not constant activity. Help the child discover attention, prayer, silence and self-offering as real participation alongside the spoken responses and gestures.

Preparing to Receive Worthily

AIM

We prepare for Holy Communion with Catholic faith, the state of grace, the Eucharistic fast and reverent attention.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: “How would you prepare if someone very important was coming to your home?” List a few sensible preparations, then ask what preparation shows that Holy Communion really is Jesus.

DO SOMETHING

Ready / not the point. Sort these cards: state of grace; Confession if needed; one-hour fast; prayer; forgiving others; arriving in good time; expensive clothes; copying everyone else; having a perfect mood. Discuss why each belongs where it does.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 10. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Preparing to Receive Worthily

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **Why is the state of grace important?**
- **What does the one-hour fast help us remember?**
- **What should a child do if unsure about receiving?**

CHECK THE CENTRAL TRUTH

Ask the child to give four ways Catholics prepare worthily: faith, state of grace, fast and reverent prayer/attention.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Come, Holy Spirit. Give me faith, a clean heart, loving desire and reverence as I prepare to receive Jesus. Amen.

THIS WEEK

With an adult, work out when the one-hour fast begins for the usual time of Communion in your parish.

FOR THE ADULT ALONGSIDE

Teach these practices positively as signs of faith in the holiness of the Eucharist. Questions about sin or readiness should lead to calm help from a parent, mentor or priest, not anxious self-testing.

Receiving Holy Communion Reverently

AIM

The child approaches in faith, answers “Amen”, receives according to the Church’s approved practice and consumes the Sacred Host immediately.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: “When the minister says ‘The Body of Christ’ and you answer ‘Amen’, what are you saying yes to?” Let the child answer before rehearsing anything.

DO SOMETHING

Walk it through. Practise the Communion procession, the approved sign of reverence, the words “The Body of Christ” / “Amen”, receiving on the tongue or in the hand according to parish practice, returning and praying. Use only an unconsecrated practice host supplied for rehearsal if the parish normally uses one; otherwise practise without an object.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 11. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Receiving Holy Communion Reverently

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **What does “Amen” mean here?**
- **Why do we receive and consume the Sacred Host immediately?**
- **What should you do if you become unsure or need help?**

CHECK THE CENTRAL TRUTH

Ask the child to demonstrate the parish’s approved manner calmly and explain that “Amen” is a profession of faith in the Real Presence.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

THIS WEEK

Practise the Communion procession and the approved manner of reception once more with a parent or mentor.

FOR THE ADULT ALONGSIDE

Never rehearse with a consecrated Host. Adapt calmly for coeliac disease, swallowing difficulty, disability or another medical need in consultation with the priest; do not improvise Eucharistic matter or reception.

Thanksgiving and a Eucharistic Life

Page 1 • Opening & activity

AIM

Holy Communion unites us more closely to Christ and should bear fruit in thanksgiving, charity and a lifelong Eucharistic life.

QUICK PREP

Have My First Holy Communion Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE CHILD

Ask: “If Jesus has just given himself to you in Holy Communion, what are four things you might want to say to him before thinking about anything else?”

DO SOMETHING

Four-part thanksgiving. Use four fingers or four cards: ADORE / THANK / OFFER / ASK. The child says one simple sentence for each. Then choose one act of love or service that can show after Mass that Communion is shaping ordinary life.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 12. Pause wherever the child has a real question. Do not rush to the formal answers yet.

Thanksgiving and a Eucharistic Life

Page 2 • Conversation, prayer & action

TALK TOGETHER

- **Why is the time after Communion precious?**
- **What is the chief fruit of Holy Communion?**
- **How should receiving Jesus change the way we treat people afterwards?**

CHECK THE CENTRAL TRUTH

Ask the child to name the four thanksgiving actions and one habit that helps them live a Eucharistic life after First Communion.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the child answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Lord Jesus, remain with me by your grace. Make my heart like yours and teach me to become a gift of love for others. Amen.

THIS WEEK

Choose one regular practice: thanksgiving after Communion, a weekly visit to the tabernacle or regular Confession with family guidance.

FOR THE ADULT ALONGSIDE

First Holy Communion is the beginning, not the finish. Keep drawing the child back to Sunday Mass, thanksgiving, Confession, adoration and practical charity.

Connecting the activities to readiness

Use this quietly; it is not a score sheet for the child

JESUS CHRIST
Does the child know that Jesus is the eternal Son of God made man, who died and rose for us?

REAL PRESENCE
Does the child believe that the consecrated Eucharist is truly Jesus Christ, not ordinary bread or merely a symbol?

MASS AS SACRIFICE
Can the child explain simply that Mass makes present Christ's one Sacrifice of the Cross and does not crucify him again?

SACRAMENTAL DISPOSITION
Has First Confession taken place, and does the child understand simply the state of grace and when to ask for help?

EUCHARISTIC FAST
Can the child observe the one-hour fast with appropriate adult support and explain why it matters?

PRACTICAL RECEPTION
Can the child join the procession, make the approved sign of reverence, answer "Amen", receive and consume reverently?

PRAYER & THANKSGIVING
Can the child take part in Mass and pray simply before and after Holy Communion?

Final readiness remains a pastoral judgement, not a points total.

A final word to parents, mentors and priests

Keep the child in front of you more important than the programme

THE CATECHISM TEACHES. YOU ACCOMPANY.

The activity is successful when it helps the child see, ask, understand, pray or act. It is not successful merely because every box was completed.

- **Start with what the child actually notices, asks or understands.**
- **Use the catechism for exact Catholic teaching and the activity only to make that teaching graspable.**
- **Keep the tone reverent but warm; First Holy Communion is about receiving Jesus, not passing a test.**
- **Practise real actions calmly: Mass responses, genuflection, the procession, "Amen" and thanksgiving.**
- **If the child already understands a point, move on. If something is unclear, stay with it.**
- **Bring medical, access, sacramental or pastoral questions to the priest early.**
- **End each meeting with prayer and one small action connected to Sunday Mass.**

THE GOAL

A child who knows whom they are receiving, believes in the Real Presence according to capacity, is at home at Sunday Mass, and can receive Jesus with faith, reverence and thanksgiving.

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