



ROMAN CATHOLIC  
**Diocese of Calgary**

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**Parent Session**  
**First Eucharist**  
**Sacramental Preparation**

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SESSION 2  
*“Through Him, With Him,  
and in Him: Salvation!”*

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Hand - Outs



## OPENING PRAYER

*Dear God,  
you have gifted us with the bread of Eucharist  
to nourish us in our daily life.  
Help us to remember our call to be the Body of Christ,  
to bring the Good News to the world.  
Help us to remember that you are revealed  
when we love one another.  
We ask all in the name of our Lord, Jesus Christ  
Amen.*



## FOUR KEY POINTS



1) Understand how sin affects our relationship with God and others. The difference between mortal and venial sin.



2) Understand that the Eucharist is offered as a sacrifice for our sins and why we pray the Penitential Act asking for God's mercy and forgiveness before receiving the Eucharist.



3) Understand what all good things in life are gifts of God's love. Jesus being the greatest gift of love that God has given us.



4) Understand why Sunday is called the "Lord's Day" and how at Mass when we sing the Gloria, we are praying a prayer of praise.



## DISCUSSION QUESTIONS

- 1) How does praying the Penitential Act at the beginning of Mass help us to prepare to receive our Lord in the Eucharist?


- 2) What does it mean for you to be present at Mass and receive the real presence of Christ in Holy Communion and how will you share that experience with your child?




3) When something good comes your way in life and you state the common phrase “I am so thankful!”, are you always aware of who you are thankful to?


4) As God continually provides gifts of love to us, what can we offer him?




## IN THIS SESSION YOUR CHILD WILL:

- Pray a prayer of God's mercy from the Penitential Act at Mass
- Discover that bowing our heads during prayer can help us feel sorry
- Learn the Scripture story about Jesus eating with sinners
- Understand how sin affects our relationship with God and others
- Learn the difference between mortal and venial sin
- Learn that the Eucharist is offered as a sacrifice for our sins and the sins of all people
- Learn how the Penitential Act at the beginning of Mass helps us prepare for Holy Communion
- Pray a prayer asking God to forgive us and to help us have a forgiving heart to anyone who hurts us.
- Pray a psalm-based prayer in which the works of God's creation praise him
- Learn the Scripture story about how God created the World
- Understand that all the good things we have in our lives are gifts of God's love
- Learn that Jesus is the greatest gift
- Learn why Sunday is called the Lord's Day
- Learn that the Gloria we sing at Mass is a prayer of praise
- Understand why we go to Mass on Sunday
- Pray the first part of the Gloria with gestures



## FAMILY LEARNING TIME

*“The family is the First School, Parents are the First Teachers”.*

The Scripture passages and activities are all very important in helping your child understand the concepts in these chapters. Spend time reading God’s Word and sharing this love story with your family. As you support your child along this faith journey, we ask you to:

- Participate in Sunday Mass with your child
- Review Chapters 3 and 4 with your child
- Complete any “Activity” portion that has not been finished
- Work together on all “With My Family” activities
- Help them understand the following:
  - ✓ Jesus came so that we all may be saved from sin.
  - ✓ During the celebration of the Eucharist, Jesus’ sacrifice is made present again.
  - ✓ Serious sins, or mortal sins, must be confessed in the Sacrament of Reconciliation before we can receive the Eucharist.
  - ✓ God created us in his image.
  - ✓ Sunday is the Lord’s Day. It is a day to honor and worship God.
  - ✓ In the Mass, we praise and thank God through our words and actions for all the blessings he has given us.



**DISCUSSION QUESTIONS**

1) How do you plan to approach the home activities with your child?


2) Do you have any questions about the home activity assignments?






3) Which home activity topics do you anticipate will be easily understood by your child?


4) Which home activity topics do you think may pose a challenge for your child? How will you talk about these topics with your child?




CLOSING PRAYER

*Father in Heaven,  
As we leave this place today,  
renew in us the call to love one another.  
We ask this through Christ our Lord,  
Amen*

