



ROMAN CATHOLIC  
**Diocese of Calgary**

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

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SESSION 3  
*“The Fulfillment of Revelation,  
The Holy Mass”*

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**Hand - Outs**



OPENING PRAYER

*Gracious God,  
As we gather here today,  
We thank you for fellowship and family.  
We ask that you strengthen us, restore us and  
inspire us with your love.  
We ask this in the name of Christ our Lord,  
Amen*



## FOUR KEY POINTS



1) Understand how God speaks to us through the Sacred Scriptures, learn about the two parts of the Bible and explore the Liturgy of the Word.



2) Realize how the Trinity is the central truth of our faith.



3) Realize how Mass supports and encourages strengthening the gift of faith received at Baptism.



4) Understand the Cred we pray at Mass is a statement of our beliefs and that each time we pray it, we continue to accept the faith we received at Baptism.



## DISCUSSION QUESTIONS

- 1) How have you helped your child understand the gift of faith that was received at their Baptism?


- 2) How do you see participation at Mass and receiving Holy Communion as central to open the family fully to God's graces?




- 3) Jesus is present in the Eucharist, in we who gather, in the priest, in the Word and especially in the Eucharist. What strategies have helped your family (and now your child) be open to receiving Jesus in the Word and Holy Communion?


- 4) Once your child's First Eucharist has been celebrated, how can you continue to foster their relationship with Christ and his Church?




## IN THIS SESSION YOUR CHILD WILL:

- Pray a prayer about listening to the Word of God and learn to honor God's word by bowing before the Book of Gospels or Bible
- Learn the Scripture story about Jesus reading from the Old Testament in the synagogue at Nazareth
- Understand how God speaks to us through the Sacred Scriptures
- Learn the two parts of the Bible (Old and New Testaments)
- Learn about the four parts of the Liturgy of the Word
- Learn that the Holy spirit can help us listen to the Word of God
- Realize that we can ask other people to help us understand the Scripture readings
- Pray to ask for God's help in answering the call to be faithful disciples of Jesus
- Pray a "Profession of Faith" by renewing the promises made at our baptism
- Learn the Scripture story about Jesus healing a blind man named Bartimaeus
- Understand that the Creed we pray at Mass is a statement of our beliefs
- Learn that the Trinity is the central truth of our faith
- Learn that we have two creeds, the Apostle's Creed and the Nicene Creed
- Realize that each time we pray the Creed, we continue to accept the faith we received at Baptism.
- Appreciate the gift of faith we received at Baptism
- Pray a prayer of faith asking Jesus to help us believe in his teachings and share them with others



## 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 5 and 6 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:
  - ✓ The Bible contains the Word of God and teaches us how to live according to God’s laws.
  - ✓ Hearing God’s Word in the Liturgy of the Word helps prepare us to receive the Body and Blood of Christ.
  - ✓ The gospels have a special place in the Liturgy of the Word because they tell us about Jesus and because Christ is their center.
  - ✓ We express our faith publicly by praying the Creed – either the Apostle’s Creed or the Nicene Creed.
  - ✓ In this prayer, we state that we believe in the Blessed Trinity.
  - ✓ The Blessed Trinity is one God in three Divine Persons: God the Father, God the Son and God the Holy Spirit.



## 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

*Heavenly Father,  
fill us with your peace  
So that as we journey onwards  
We pour out your love and grace to others.  
We ask this through your Son, Jesus Christ  
Amen*

