

ANSWERS

I am ready for First Communion.

If I can do these things and answer these questions, I am ready for First Communion!

- 1. I can do all the things on the Reconciliation worksheet. OR
- I am still working on learning some things on the Reconciliation worksheet:
(write them here)

- 2. What is the Eucharist? (The Eucharist is a sacrament where we receive the body and blood of Jesus.)
- 3. What does eating the body and blood of Christ do for us? (Eating the body and blood of Jesus gives us strength and spiritual food.)
- 4. Who gave us the Eucharist? When did he give us the Eucharist? (Jesus. At the Last Supper.)
- 5. How does the bread and wine become Jesus? What do we call the moment this change happens? (God changes the bread and wine into the body, blood, soul and divinity of Jesus during the Consecration.)
- 6. What do we call it when the bread and wine are changed to the body and blood of Jesus? (Transubstantiation) *Parent note: Catholics believe in Transubstantiation, which means the bread and wine are really and truly changed into Jesus, only leaving the appearance of bread and wine. We call this the Real Presence.*
- 7. How do I get ready to receive the Eucharist? (I don't eat or drink for 1 hour before, I don't have any mortal sins, I remember that Jesus is truly present in the Eucharist.)
- 8. How do I receive the Body of Christ (the bread)? (Bow before stepping close to the priest, cup my hands to make an altar, say Amen when the priest says "The Body of Christ," put the Eucharist in my mouth and eat it right away, make a sign of the cross.)
- 9. How do I receive the Blood of Christ (the wine)? (Bow before stepping close to the priest, wait for the priest to offer me the cup, say Amen when the priest says "The Blood of Christ," carefully take the cup, take a small sip of wine, hand the cup back to the priest, make a sign of the cross.)
- 10. What do I do after I receive the Eucharist? (Return to the pew, kneel and say a prayer of thanksgiving and ask for blessings for myself and others.)

Parents - help your children learn these things and answer these questions. Review with them frequently. Practice receiving the Eucharist at home with a cracker and some juice.