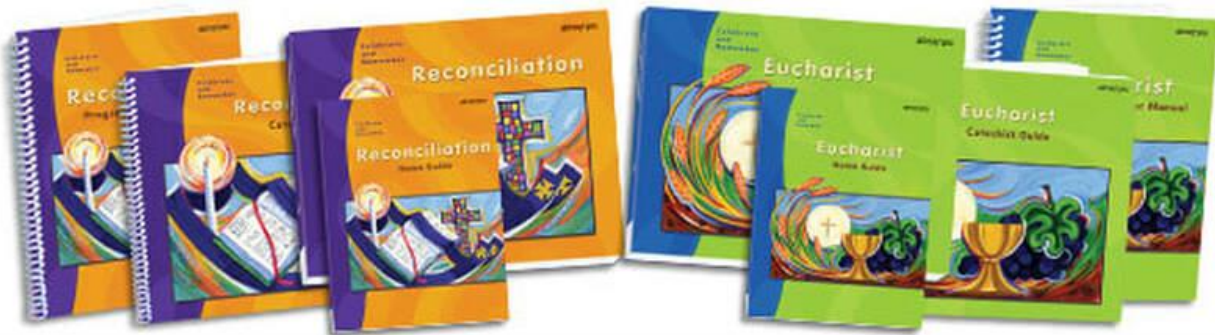


# First Eucharist Sacrament Preparation

---

Quick Reference Guide for Parents  
Chapters 3 & 4



ROMAN CATHOLIC  
**DIOCESE**  
*of Calgary*

## CHAPTER 3

### Lord, Have Mercy



#### **We Listen** Pages 22-23

How did Jesus treat the tax collector and sinners?  
He entered into their lives and forgave them.

What did Jesus tell those who were upset that he ate with the tax collector?

He came for sinners, not for those who did everything right.

We are all sinners, but are we all repentant?

Jesus came so that we may *all* be saved from sin.

We are not called to do everything perfectly; we are called to have perfect love like our Heavenly Father.

We are called to be grateful for God's steadfast, loving mercy  
And show that mercy to others.



#### **We Learn** Pages 24-27

Sin hurts our relationship our with God and others.

A sacrifice is doing something that is very hard because it will lead to something good.

Because of Jesus' sacrifice on the Cross we can be saved from sin and can live with him forever in heaven.

During the celebration of the Eucharist, Jesus' sacrifice is made present again.

If we have committed any mortal sins (serious sins), we need to go to Confession before we receive the Eucharist (*see "Rules for receiving Holy Communion" pg. 110 in appendix*)

The Eucharist is offered as a perfect sacrifice for our sins and in the sins of all people.



#### **We Live** Pages 28-29

Praying the Penitential Act at the beginning of Mass helps us prepare for Holy Communion because we ask for God's forgiveness of our sins (see Penitential Act in the "Order of the Mass" pg. 102 in appendix)

We pray to God to forgive us for our short-comings and to help us have a forgiving heart for anyone who has hurt us. With God in our hearts we are graced with the opportunity to try again, and by His grace to maybe do a little bit better next time.

## CHAPTER 4

### Glory to God



#### **We Listen** Pages 32-33

God is the origin of all the good gifts that we have received in creation.

When God created the world out of nothing, it reveals that God created the world out of love.

What is so special about the way God formed human beings? God created us in his own image and likeness.

This means that we are able to know God and share in His goodness and love. Human beings are a very special part of God's creation.



#### **We Learn** Pages 34-37

All the good things we have in our lives are gifts of God's love.

Jesus is God's greatest gift to us because he helps us know the Father and his love for us.

Every Sunday is a "little Easter", in which we rejoice that Jesus died and rose for us, and that we can participate in his risen life, especially by our reception of his Body and Blood.

Sunday is the Lord's Day. It is a day to honor and worship God.

We show respect and honor to God by genuflecting (*bending one knee*) before the presence of Jesus in the tabernacle or altar.

This is good to do when you enter and leave the Church.



#### **We Live** Pages 38-39

In the Mass, we praise and thank God through our words and actions for all the blessings he has given us and that is why we go to mass each Sunday.

When we think of all the amazing things God has done for us we say, "Glory to God!"