

First Communion Study Guide

How will I know if my child is ready for First Communion?

The first question to ask yourself is, "Is my child at Mass regularly?" If your child is at Mass each Sunday and Holy Day of Obligation and is capable of paying attention to what is going on, that's the first step. The second question to ask is, "Does my child have a sincere desire to share in the Eucharist?" When children attend Mass regularly, eventually they want to participate more fully. This is a logical progression that leads the child to ask, "When can I go to Communion?" Finally, ask yourself, "Does my child understand who Jesus is and that this consecrated bread and wine is truly the Body and Blood of Jesus?"



What does my child need to know to receive First Communion?

- The Eucharist really is the Body, Blood, Soul, and Divinity of Christ, not just bread and wine.
- In order to receive the Eucharist, we must not eat or drink (except water and medicine) for 1 hour, be in a state of grace (have gone to Reconciliation with a priest for any mortal sins), and believe that it is Jesus.
- When the minister holds up the Eucharist and says, "The Body of Christ," or "The Blood of Christ," we affirm our belief that what he just said is true by responding "Amen."
- Receiving the Eucharist is more important than sleeping in, sports, parties, or a last minute breakfast before Mass.
- Receiving the Eucharist is so important that if parents don't offer to go to Mass each Sunday, the child should ask them to take him/her.
- Like our body needs food and drink to live, so our soul needs the Eucharist to live.
- It is a sin not to go to Mass every Sunday and Holy Day of Obligation and receive Communion at least once a year.
- Christ gave us the Eucharist to unite (join) us to Himself, to feed our soul, to get our bodies ready for the resurrection, to increase grace (God's gifts) and all virtues (good habits) in us, as a promise of everlasting life, and to continue the sacrifice of the Cross in the Church.