

Family Catechesis – First Communion Make-Up Work

- Watch the video “[Family Catechesis – First Parent Session](#)” (session you missed).
- Each time there is a video embedded in the presentation, pause to watch it fully.
- Pause the presentation as needed to complete the sets of questions.
- You will need a Bible to complete the Large Group Discussion Activity
- Once completed, please submit your work to lettygomez@st-bernards.org for credit.

Small Group #1 (First set of questions):

- a. Your name: _____
- b. How many children do you have? _____
- c. Ages of your children: _____
- d. Which Faith Formation program(s) are your children enrolled in?

e. On a scale of 1–5, how would you rate your involvement last year in helping your student, your family, and yourself grow closer to Christ? Please explain.

e. Who or what helps me the most in growing my family’s faith? Explain.

f. Who or what makes it harder for me and my family to grow in faith? Explain.

PAUSE THE PRESENTATION SO YOU CAN WATCH THE Ascension Press Video

Small Group #2:

- a. What distractions tend to pull your heart away during Mass?
- b. How do you understand the Eucharist as both a sacrament and a sacrifice?

Large Group Discussion Activity – Breaking down the Biblical background of the Liturgy of the Eucharist.

*Presentation of the Gifts: (use these verses to form your answers: **Leviticus 26:26; Psalm 105:16; Psalm 104:15; Sirach 31:27 and 39:26-27**)*

1. Several Old Testament verses speak of “the staff of bread”. What is a staff? In what way is bread like a staff?
2. Wine was viewed as a great gift of creation. How do these verses depict wine as a symbol of life and joy?

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3. In light of this biblical background. What would be the meaning of the people at Mass offering bread and wine back to God?

Washing of Hands: (use these verses to come up with your answers: Psalm 24:3-4 and 26:6-8; Exodus 30:17-20)

1. Read the readings from Psalms. Where do these psalms describe the ritual washing of hands taking place?
2. According to the verses on Exodus, who was supposed to wash their hand, and when?
3. Think About it: In light of this biblical background, what do you think the priest's washing of his hands at Mass signifies?

Eucharistic Prayers, Preface: (Colossians 3:1-4)

1. According to Colossians 3:1, who is it that is above - the One upon whom we are to set our minds?
2. Review the quote below from St. Cyprian. In light of the verses from Colossians 3:1-4 and the reflections of these two saints, what do you think it means to lift up your heart? And why is it important to do so at this point in the Mass?

When we stand praying, beloved brethren, we ought to be watchful and earnest with our whole heart, intend on our prayers. Let all carnal and worldly thoughts pass away, nor let the soul at that time think on anything but the object only of its prayer. For this reason, also the priest by way of preface before his prayer, prepares the minds of the brethren by saying, *Lift up your hearts*, that so upon the people's response, *We have them before our Lord*, he may be reminded that he himself ought to think of nothing but our Lord.

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Holy, Holy, Holy: (Isaiah 6:1-4; Isaiah 6:5-8)

1. The angels in Isaiah's vision are called the *seraphim*, which means "burning' once," suggesting they are close to God and reflect his radiance. In what ways do these angels reverently respond to being in God's presence?
2. Read Isaiah 6:5-8. How does Isaiah respond to hearing God's voice and being in his presence?
3. How does our experience of what is about to happen at the consecration at Mass (with the bread and wine becoming the Body and Blood of Jesus) parallel the experience of Isaiah and the angels in Isaiah 6?
4. How might Isaiah's and the angels' response to the divine presence serve as a model for how we should approach the Eucharistic prayer?

*Words of Institution: (use these verses to form your answers: **Leviticus 26:26; Psalm 105:16; Psalm 104:15; Sirach 31:27 and 39:26-27)***

The words of institution are profound in biblical meaning. Let's consider some of them:

1. First, the priest at Mass repeats Jesus' words about his Body being "given up for you." The Greek verb used here for "given up" is *didonai*, which sometimes has sacrificial overtones which, in the Bible, can be translated as "offered" or "offered up." Read the passages above in which this verb is used. What is being given or offered up in these passages?

Luke 2:24: _____

1 Maccabees 2:49-50: _____

1 Maccabees 6:43-46: _____

Mark 10:45: _____

2. Second, the priest at Mass repeats Jesus' words about his Blood being "poured out for the forgiveness of sins. Read Leviticus 4:7,18,25. For what purpose was blood poured out in these passages?
3. Given the Jewish understanding of "memorial," what is the significance of Jesus' words "Do this in memory of me"?

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The Doxology – “Amen” – a Hebrew word that means “so be it” which is used to affirm the validity of what has just been said. In the Bible, it is often used in liturgical settings.

1. Read the following passages. What declaration is being affirmed by the response “Amen”?

• 1 Chronicles 16:36: _____

• Nehemiah 8:1-6: _____

• Revelation 5:13-14: _____

2. As we understand the biblical background of the “Great Amen”. What do you think is being affirmed by the peoples’ amen at the culmination of the Eucharistic Prayer?

Closing Reflection: 2 Corinthians 4:16-18

What word or words comforted me or challenged me during the closing reflection?

What conversion of heart is God asking of me after this lesson?