

Walk With Me
First Holy Communion Programme
Contents

Topic1: The last days of Jesus.....	3
Jesus Last Supper.....	5
The trial death of Jesus.....	9
Jesus Rises from the dead.....	15
Topic2: The Miracle of the Mass.....	19
The Mass—A Sacrament.....	24
The Mass—Meal and Sacrifice.....	25
The things we see in the Church.....	30
What happens at Mass.....	33
Topic3: The Gathering.....	39
Where 2 or 3 come together in my name	41
Penitential Rite	42
Glory to God in the Highest.....	43
Topic4: The Liturgy of then Word.....	45
The real presence of Jesus.....	47
The readings and their links.....	48
The Homily.....	54
Topic5: The Liturgy of the Eucharist.....	57
We give thanks to God for Jesus.....	58
The Offertory.....	59
The Eucharistic Prayer	60
Amen!!.....	63
Topic6: Holy Communion.....	67
The Our Father.....	69
We are present with Jesus at his resurrection.....	70
How to receive Holy Communion.....	73
Prayers after receiving Holy Communion.....	74
Topic7: The Farewell.....	77
We are sent to proclaim the Gospel.....	78
The Good News rhythm of Life.....	80
The Resurrection story of Emmaus.....	82
Activities—Suggested Answers	84

Topic1

The Last days of Jesus

The Last Days of Jesus

Jesus Last Supper

At His Last Supper , Jesus remembers the First Passover Meal and escape of the Jewish people to freedom

Passover lamb was sacrificed



The blood of the lamb was daubed around the doors

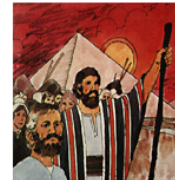


The angel of death Passed Over the homes daubed with the blood of the lamb

Egyptian 1st born were killed

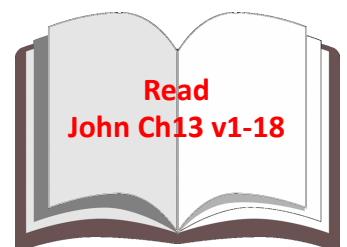


Passover meal was eaten



Moses led the people for 40 years on a journey to the Promised Land

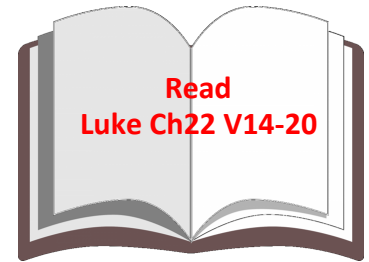
Before His Last Supper, Jesus washed the feet of his disciples



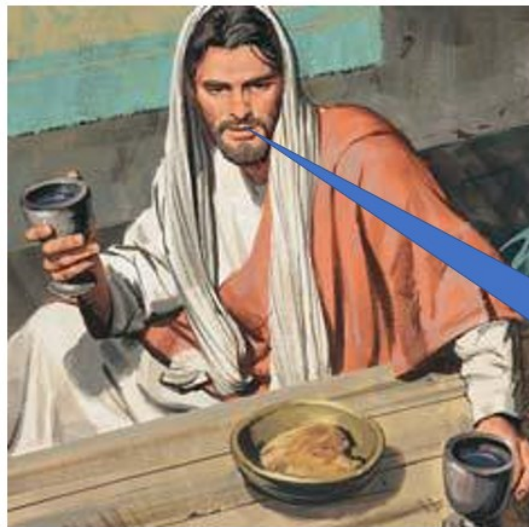
**Read
John Ch13 v1-18**

Why?

Jesus broke the bread and gave it to his disciples saying:
“Take this and eat it. This is my Body”



He said “Take this and drink it, this is my Blood”



This cup is **God's New Covenant** sealed with my blood which is poured out for you
(Lk Ch22 v20)

What is God's Covenant?



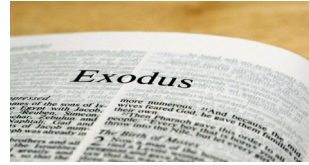
God made promises to the people of the Old testament

He would look after them if they accepted him as their God

These promises were called **COVENANTS**.

They were agreed between God and his people. Then signed and sealed through the blood of a sacrificed animal

Read Exodus Ch24 v1-8



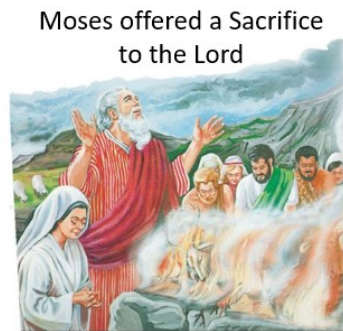
Moses sealed (signed) a Covenant with God



Moses received the commands of the Lord



Moses wrote down the commands and the people promised
"We will do every thing that the Lord has said"



Moses offered a Sacrifice to the Lord

Moses Seals the Covenant with God



Moses sprinkled half of the blood of the animal on the people. The other half he sprinkled on the altar

Jesus sacrifices himself

Jesus - the new Moses - was showing his disciples that they no longer needed animal sacrifices

He would be the one perfect sacrifice for all time – sealed by his blood



This cup is God's New Covenant sealed with my blood which is poured out for you
 (Lk Ch22 v20)

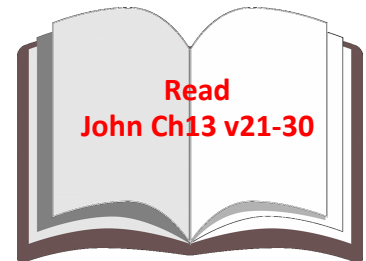
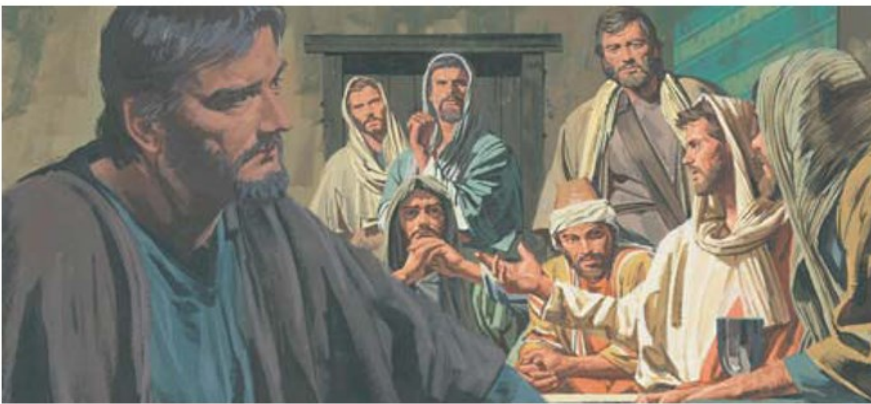
Judas betrays Jesus for 30 pieces of silver

Then one of the twelve disciples - the one named Judas Iscariot - went to the chief priests and asked, "What will you give me if I betray Jesus to you?" They counted out thirty silver coins and gave them to him. From then on Judas was looking for a good chance to hand Jesus over to them

Matthew Ch26 v14-16



During the Last Supper Judas left the room



Why?

Then he said, **"Do this in memory of me!"**



Do we?

After His Last Supper, Jesus went to pray on the Mount Of Olives



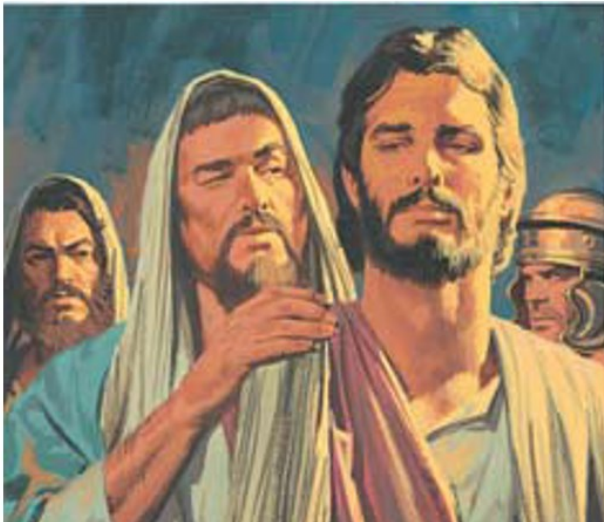
Not my will but Father, may your will be done



Jesus asked his disciples to pray with Him!!

At this moment Jesus accepted the death he was to undergo as a Sacrifice for us

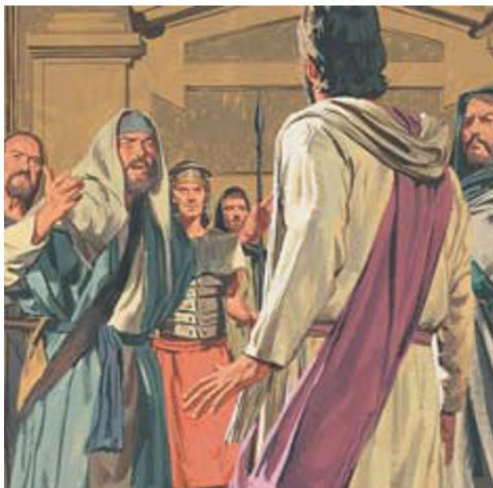
Judas returned with soldiers



Luke Ch22 v47-48

What sign did Judas use to betray Jesus?

They seized him then and led him away and took him to the High Priest's house



John Ch18 v13

What was the name of the High Priest?

What did the High Priest mean when he said "It is better that one man should die for all the people"?

John Ch18 v14

Peter denies knowing Jesus

I don't know the man!!

You are a friend and follower of Jesus



Read
Luke
Ch22 v54-62

Then the cock
crowed as Jesus had
prophesied

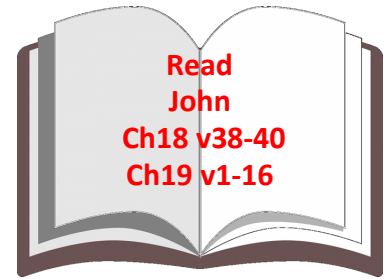
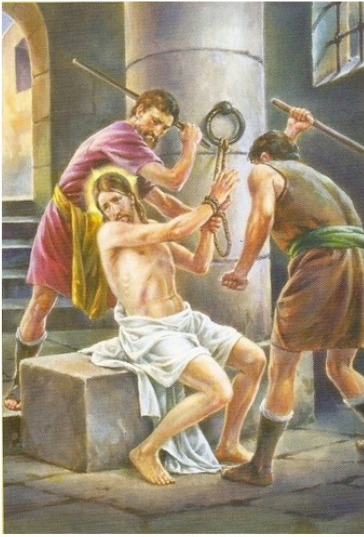
Peter went out and
wept bitterly



Judas was also sorry for what he had done. What did he do? (See Matthew Ch27 v3-5)

What did Peter do the next time he spoke to Jesus? (See John Ch21 v15-19)

Jesus is scourged and crowned with thorns



At every Passover Festival the Roman governor was in the habit of setting free any one prisoner the crowd asked for. At that time there was a well-known prisoner named Jesus Barabbas. So when the crowd gathered, Pilate asked them, "Which one do you want me to set free for you? Jesus Barabbas or Jesus called the Messiah?" He knew very well that the Jewish authorities had handed Jesus over to him because they were jealous. (Matthew Ch27 v15-18)

Jesus



Jesus knew that only the power of Love would save Israel

Or

Barabbas



Barabbas believed that Israel would be saved by force

Barabbas!
Barabbas!
Barabbas!



Pilate asks the crowd.....



Do you want me to set free the King of the Jews?

Crucify Him
Crucify Him

We have no king but Caesar



They reply

The Death of Jesus

Pilate washed his hands of him and sent him to be crucified



When do we hear the words:

“Lamb of God who takes away the sins of the world, Have Mercy on Us”?

Jesus replaces the sacrificial lamb that was used every year at Passover



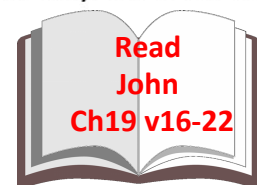
Jesus is the **Lamb of God**

Jesus receives his cross



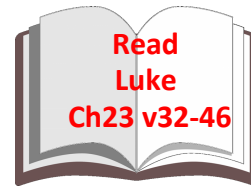
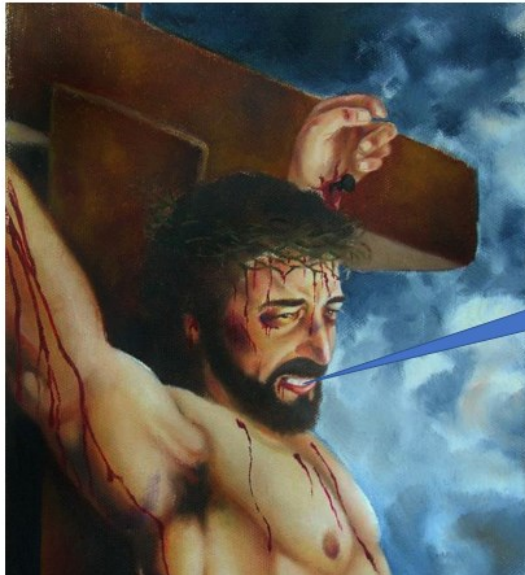
2nd Station of the Cross

When they reached the place called The Skull, they crucified him there with two criminals



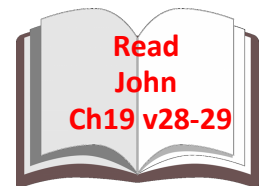
11th Station of the Cross

Jesus cried out



Father forgive them for they know not what they do

"I am thirsty"



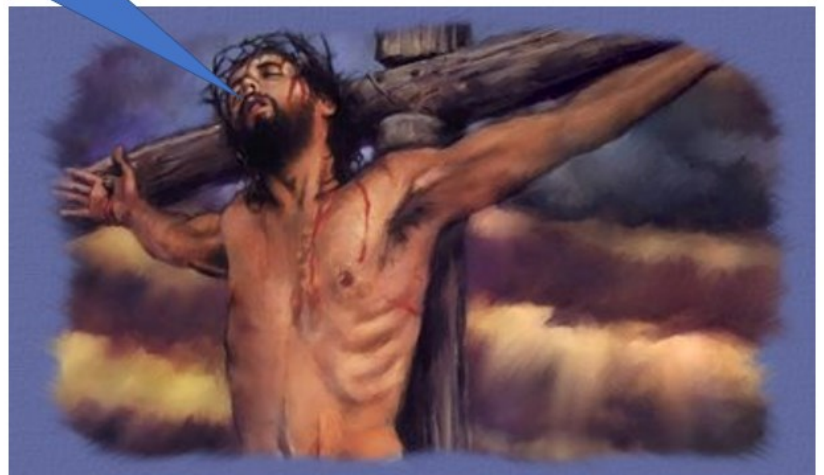
A bowl was there, full of cheap wine; so a sponge was soaked in the wine, put on a stalk of hyssop, and lifted up to his lips.

Jesus dies

Father into your hands I commend my spirit



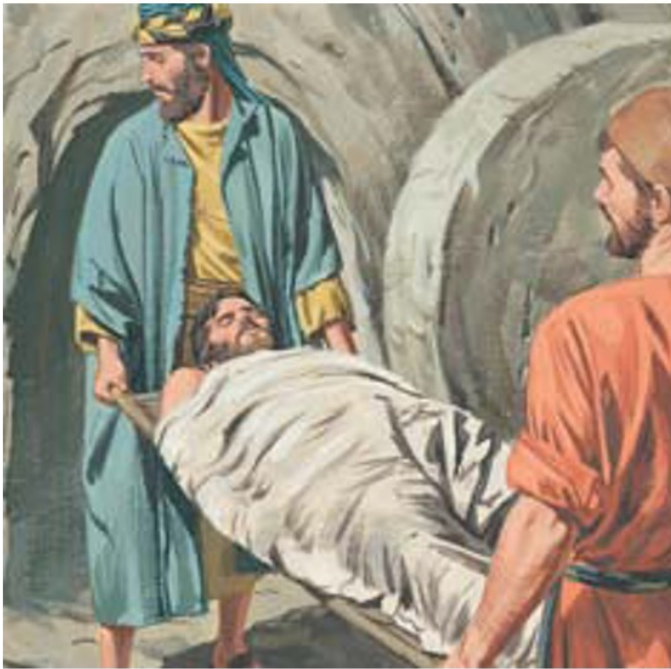
12th Station of the Cross



After Jesus had died, extraordinary events took place
People were terrified
“He really was the son of God”

Read
Matthew
Ch27 v51-56

They took Jesus down from the cross and laid him in a tomb



Read
Matthew
Ch27 v57-61

1



14th Station of the Cross

The chief priests asked for a guard at the tomb



One of his disciples may try to steal his body and pretend he had risen from the dead

Read
Matthew
Ch27 v62-66

Jesus Rises from the Dead



There was a violent earthquake.....His appearance was like lightning and his clothes were as white as snow

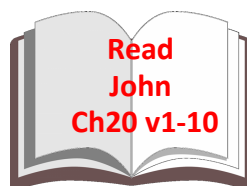
The guards were so afraid that they trembled and became like dead men

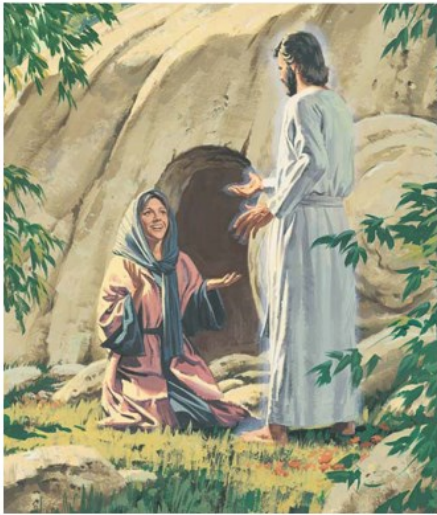
Matthew Ch28 v2-4

On the first day of the week Peter and John ran to the tomb.....

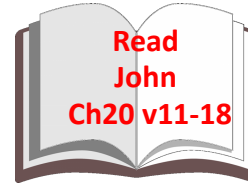


....it was empty except for Jesus' burial clothes





Then, Jesus appeared to Mary Magdalen



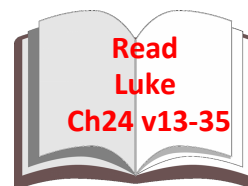
Teacher!!

Mary!

Go to my brothers and tell them

Mary stood crying outside the tomb. She turned round and saw Jesus standing there but she did not know it was him.

Later Jesus appeared to two disciples travelling to Emmaus



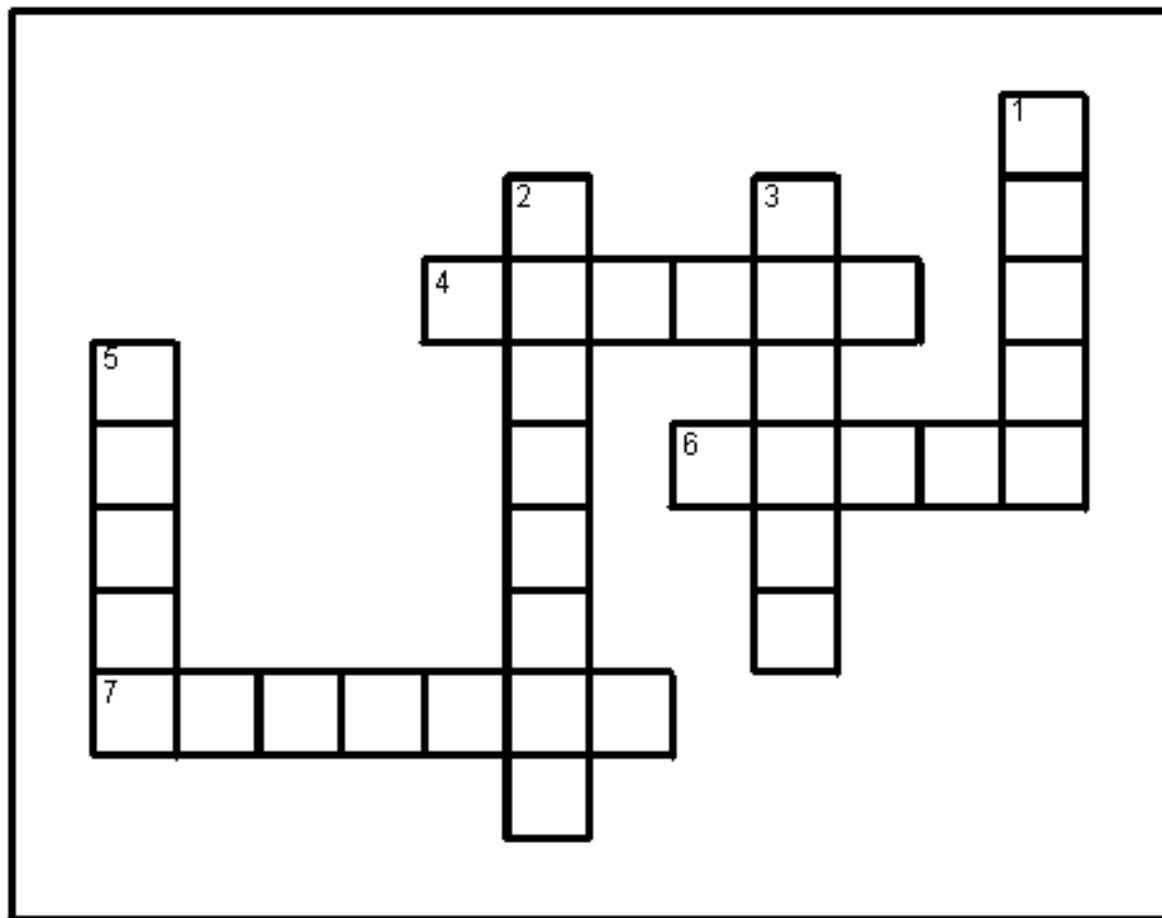
As they talked and discussed, Jesus himself drew near and walked along with them; they saw him but somehow did not recognise him



They recognised him in the breaking of bread!

Luke Ch24 v13-35

Last Supper Crossword



Across

4. Jesus _____ the disciples' feet. John 13:5
6. Jesus called the _____ his body. Matt. 26:26
7. Jesus said Peter would deny him three times before the _____ crowd. Mark 14:30

Down

1. Jesus called the fruit of the vine his _____. Matt. 26:27,29
2. Jesus and the disciples celebrated _____ in Jerusalem. Matt. 26:17
3. Jesus said one of his disciples would _____ him. Matt. 26:21
5. They ate the meal in an _____ room. Luke 22:12

Match the pictures with the verses from Luke Chapter 22-24



Ch24
V2-3

Ch22
V21-22



Ch23
V46

Ch22
V19-20



Ch22
V56-57



Ch22
V41-42

Ch22
V61-62



Ch23
V20-21



Ch23
V25

Topic2
The Miracle of the Mass

The Mass is the Source and Summit of Christian Life



It's the **source**, because at the Mass Jesus becomes present in our lives and offers us the reconciliation with God made possible by Jesus'



It's the **summit**, because the Mass is a foretaste of heaven, in which we are united with God through the Life of Jesus which we receive in Holy Communion.

The Mass is the greatest ever Miracle



Through the Mass, Jesus Christ makes himself present in the world for all people in every generation!!

“Do this in memory of me!”



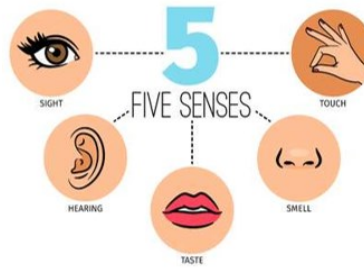
At Mass, we **transcend through Space and Time** so that we **are actually present with Jesus** at his **Last Supper, Death on the Cross and Resurrection**

What is a Sacrament? – A review

There are 2 Types of Reality!

How do you know if something is real or not?

1) You experience it with your senses



2) You have been told by someone you trust

This is Physical Reality

In our Religion we have a special kind of reality

Sacramental Reality

The word Sacrament describes the use of

Symbols, Actions and Words
which are **transformed into**
the **presence of Jesus** and
the **Actions of the Holy Spirit**

**What they
represent
becomes a new
inner reality**

The Mass is a **Sacrament**

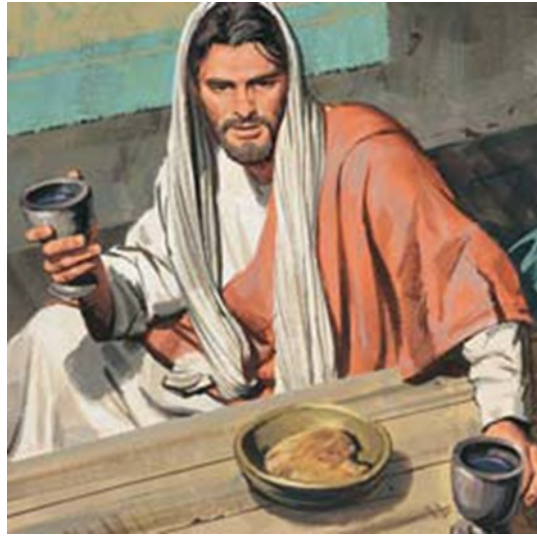
The words, actions, sign and symbols make our presence and participation at Mass a Sacramental reality

This means we are present with Jesus at his Last Supper, Death and Resurrection

But not just present – we participate.

- We offer ourselves with all humanity to God
- We are united with Jesus in his offering to his Father
- We eat the bread and wine transformed into his Body and Blood at the Last Supper – just as the disciples did!

The Mass is a **Meal**



What can you see in the picture of the Mass that reminds you of Jesus' Last Supper?

**We are present at the
Last Supper of Jesus**

Becoming a stronger community



Families who eat and pray together become stronger and closer to each other



The Christian family becomes closer to Jesus and each other by coming together at Mass

Compare Mass and Special Family Meal

Family Meal



What is the Same

- Cups & Plates
- Food & Drink (often wine)
- Candles
- Flowers
- Table & Cloths
- People together
- Conversation & stories
- Nourishment
- Strengthening relationships

Mass

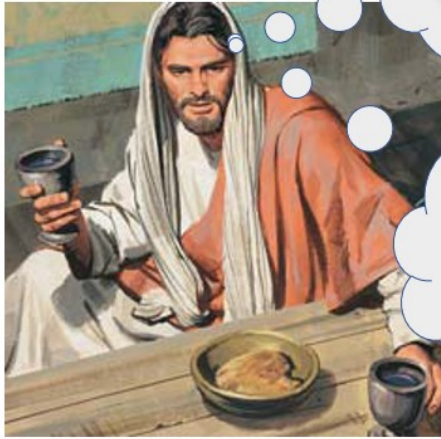


What is different at Mass

- **People together as a sign of the presence of Jesus**
- **Spiritual Nourishment**
- **Stories from the Bible**
- **Conversation with God**
- **We are present with Jesus at his Last Supper, Crucifixion & Resurrection**
- **Priest's vestments & Symbols to help us understand the deeper reality**

The Mass is a **SACRIFICE**

At his Last Supper Jesus gave us himself in the form of bread and wine



At his Crucifixion, Jesus physically sacrificed his body and blood on the Cross



Jesus replaced the sacrifice of the Passover lamb with his own sacrifice. Jesus is called the Lamb of God

Read Exodus Ch12 v1-12

What was the Passover Lamb?

Why is this story of the Passover Lamb an image of Jesus' sacrifice on the Cross?

At Mass – Jesus offers himself as a sacrifice



We are present at the death and sacrifice of Jesus on Calvary

The Mass is a **PARTICIPATION FOR ALL**



We offer ourselves and the whole of humanity, symbolised in the gifts of bread and wine

Remember: We offer our whole selves. Every thing we have done and failed to do

Jesus accepts our offering and completely changes it into himself



These gifts, which initially represent us, are transformed into Jesus' Body and Blood



We are united with Jesus in his offering to his Father

Now we are reconciled with the Father!!



We are fed with the resurrected life of Jesus at Holy Communion

Now we receive new life!!

Go.....



Using one of these instructions – we are sent to share the love and life of Jesus with everyone.

“Go forth, the Mass is ended.”

Or: **“Go and announce the Gospel of the Lord.”**

Or: **“Go in peace, glorifying the Lord by your life.”**

Or: **“Go in peace.”**

We reply **“Thanks be to God”**

Read Ezekiel Ch47 v1-12

An image of the Mass is hidden in the Old Testament



How is the life of Jesus we receive at Mass represented in this story from Ezekiel?

What is the effect of the water from the Temple on the surrounding land.

The things we see in the Church – **The ALTAR**

The Table for Mass – is called an **Altar**



An Altar is a **table used for a sacrifice**

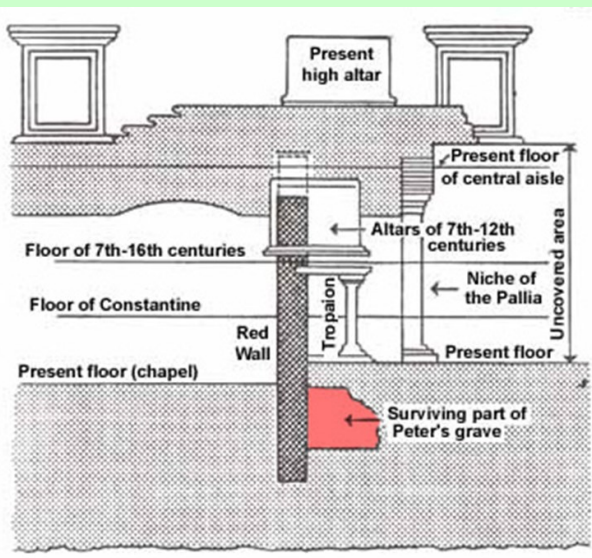
Old Testament animal sacrifice



In Old Testament times, animals were sacrificed to God on an altar made from stones

The best animal in the flock was sacrificed to God for forgiveness and reconciliation

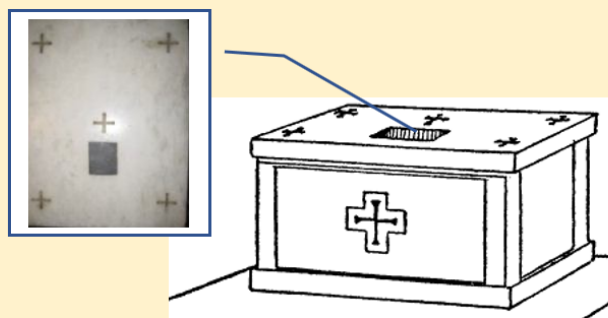
Why is an Altar for Sacrifice being used at Mass?



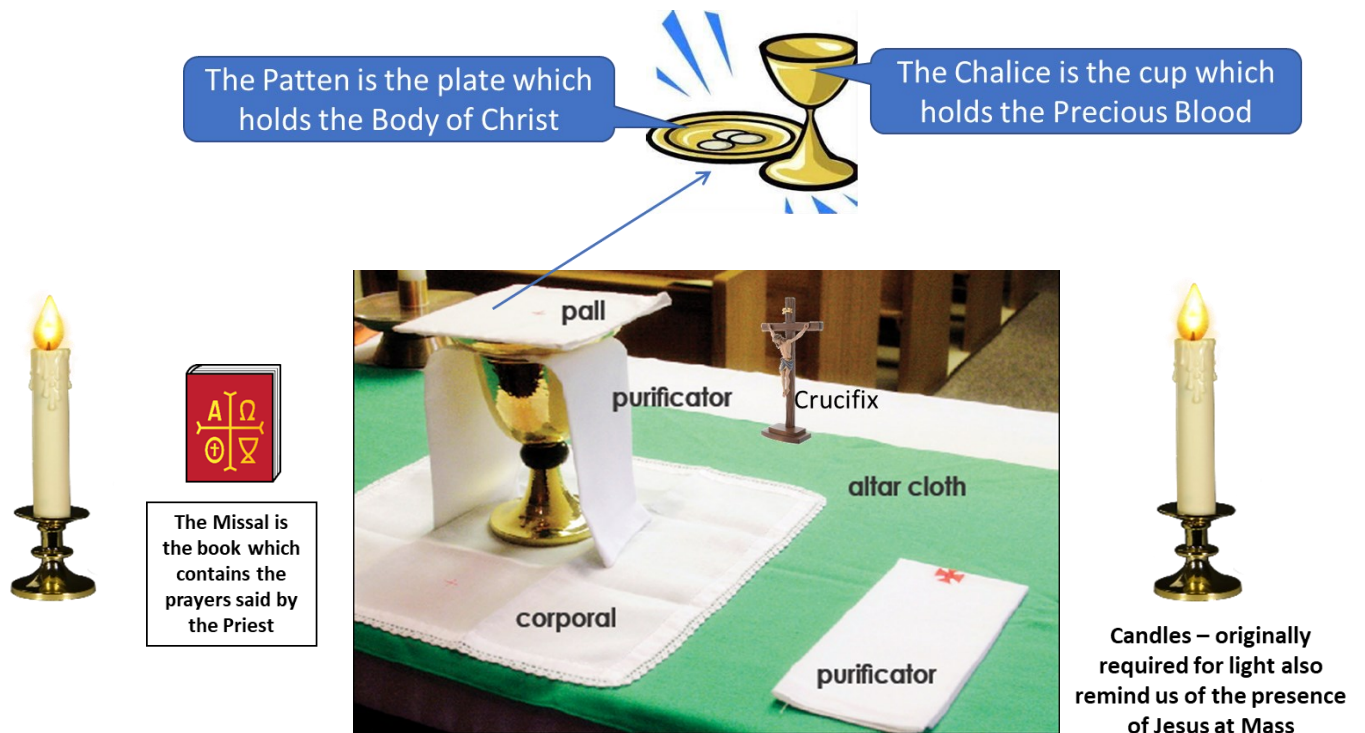
The Altar in St. Peter's Church in Rome is built over the tomb of St. Peter

Churches used to be built over the tombs of saints

As a reminder that Altars in churches were built over the tomb of a saint, every altar in our churches today contains the relics of a saint in the Altar Stone



An Altar prepared for Mass



The **Crucifix** reminds us of Jesus' Sacrifice

The **Pall** is used to cover the chalice and protect the precious blood from dust, insects etc (especially important in tropical countries)

The **Corporal** and the **Purificator** are treated with respect and washed separately as they may contain traces of the Body and Blood of Jesus

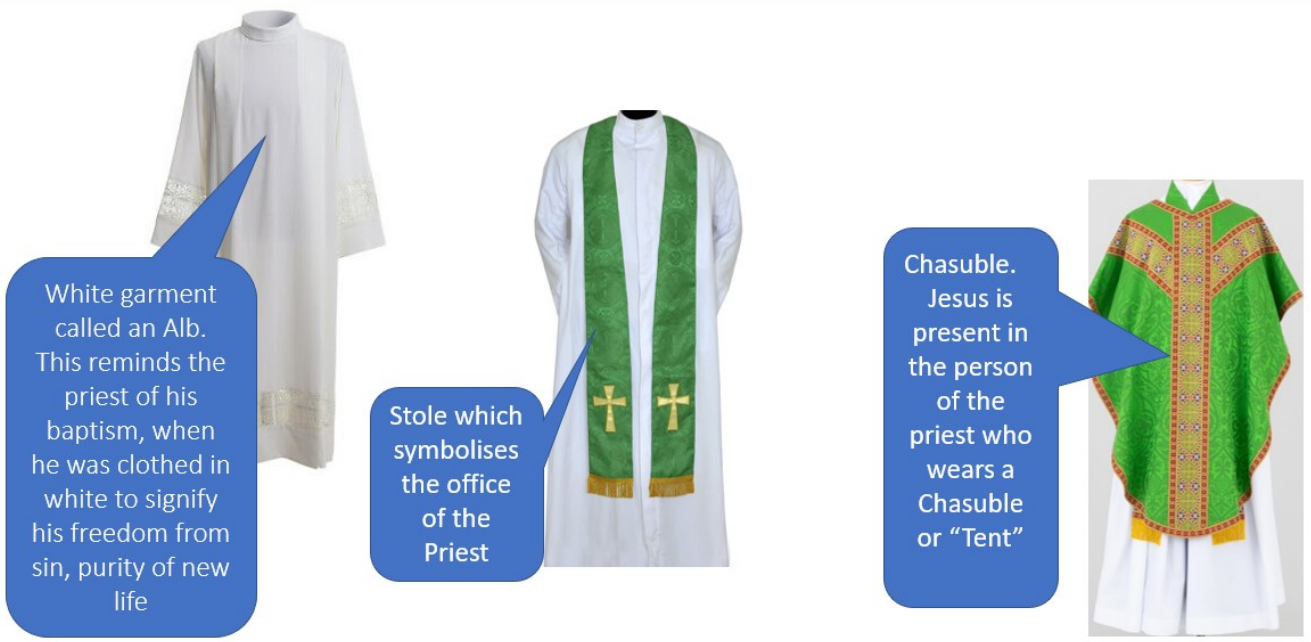
The **Altar cloth** ensures a clean environment and is often used to highlight the Liturgical colour of the day (eg: Purple in Advent)

The things we see in the Church – **The SANCTUARY**



The Sanctuary – The space where Mass is celebrated

The things we see in the Church – **The PRIEST’S VESTMENTS**



The ancient symbol of the Tent or Tabernacle

Ark of the Covenant

God was present with the Moses and the Israelites on their journey to the promised land

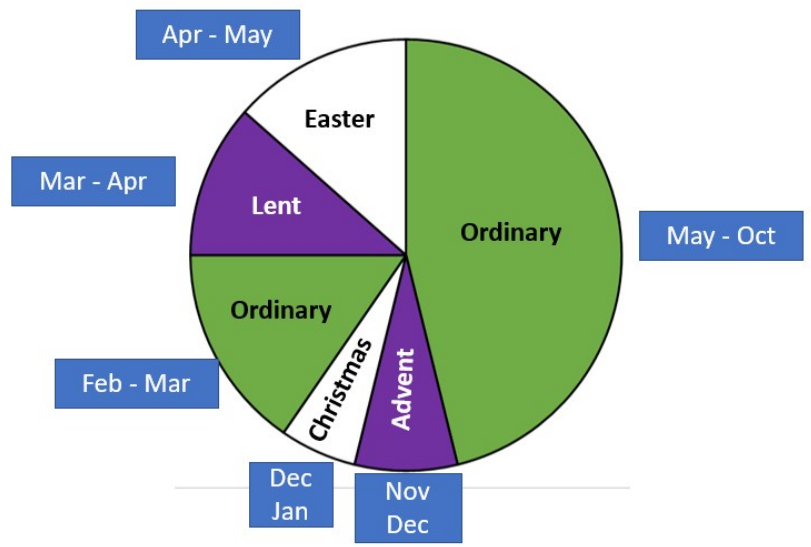
Exodus Ch40 v34-38

God told them to make the Tent of Meeting

Jesus is present in the Tabernacle or “Tent”

Chasuble.
Jesus is present in the person of the priest who wears a Chasuble or “Tent”

The Liturgical colours



Special Rose vestment for the 3rd Sunday of Advent



Special Rose vestment for the 4th Sunday of Lent

Martyrs Feast Days
Palm Sunday
Good Friday
Pentecost Sunday

Feast days of Jesus, Mary and other Saints,

What happens at Mass

Gathering
Welcome
Penitential Rite
Glory to God!
We offer our prayers

Liturgy of the Word
First Reading & Psalm
Second Reading
Gospel
Homily
I Believe!

Liturgy of the Eucharist
The Offertory
The Consecration
The Great Amen!
A sign of Peace
Holy Communion

The Farewell
We are sent to proclaim the Gospel in our lives

The 4 Main parts of the Mass



In the Gathering of the people

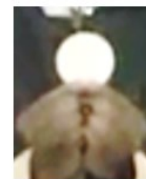


Lectionary

In the Word of God



In the person of the priest



In the Body and Blood of Jesus

The 4 ways Jesus is really present at Mass

The Symbols, Actions and Words at Mass tell the story

In all Sacraments the symbols, actions and words **become what they represent**

The more we understand these actions the more we appreciate the Mass



Go.....

Using one of these instructions – we are sent to share the love and life of Jesus with everyone.



"Go forth, the Mass is ended."
 or: **"Go and announce the Gospel of the Lord."**
 or: **"Go in peace, glorifying the Lord by your life."**
 or: **"Go in peace."**

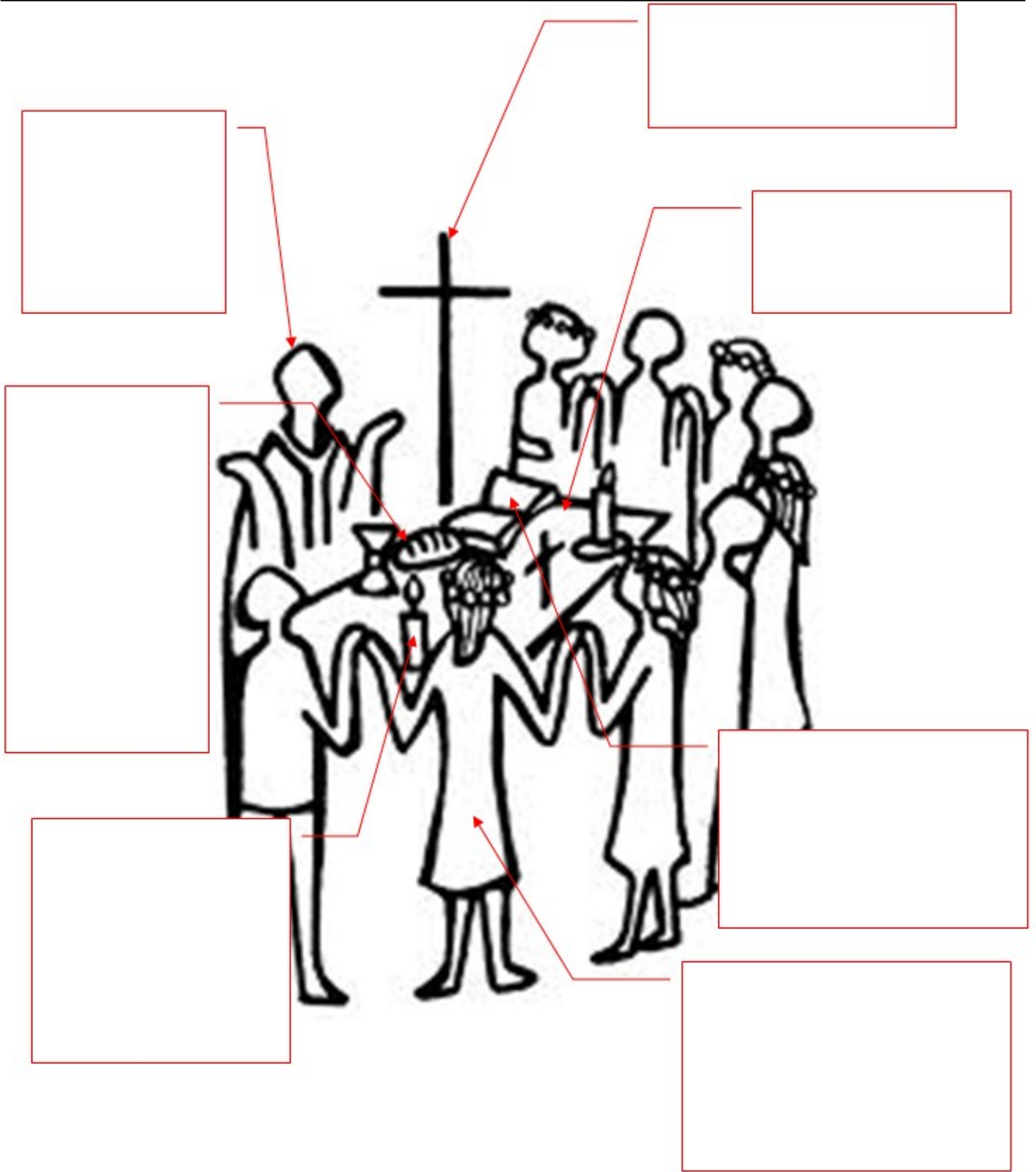
We reply **"Thanks be to God"**

The Mass is full of meaningful Sacramental symbols which explain and make real what is



The meaning of the most important these signs at Mass are described in later sections of this book

Fill in each box to explain
Who or what it is at Mass
How does each person or object remind us of the Last Supper of Jesus



How does the Mass remind us of the Last Supper?

Enter the numbers (1-4) to show the correct order for each of these parts of the Mass

No.

The Farewell

No.

The Liturgy of the Word

No.

The Gathering

No.

The Liturgy of the Eucharist

Write in what happens at each of these parts of the Mass?

What are the four ways that Jesus is really present at Mass?

- 1
- 2
- 3
- 4

**What vestment colours would be used at each of these
Masses**

Mass of the Feast Day of Sunday	Colour
1st Sunday of Advent	
3rd Sunday of Advent	
Christmas Day	
Feast of St. Stephen	
Feast of the Baptism of the Lord	
3rd Sunday in Ordinary Time	
7th Sunday in Ordinary Time	
Ash Wednesday	
2nd Sunday of Lent	
4th Sunday of Lent	
The Annunciation of the Lord	
Good Friday	
Easter Sunday	
St George	
3rd Sunday of Easter	
The English Martyrs	
The Ascension of the Lord	
Pentecost	
Corpus Christi	
The Immaculate heart of Mary	
Saints Peter and Paul	
Our Lady of Mount Carmel	
15th Sunday in Ordinary Time	
Feast of Christ the King	