

# FIRST COMMUNION GUIDE

The purpose of this guide is to help our parents prepare their children in the home for the reception of First Holy Communion. Our catechetical program has as its goal to instruct our children and provide them with the necessary intellectual and spiritual formation to receive the sacrament. There is no time for repetitive practice in the class itself. The prayers in this guide should naturally be known by attendance at Holy Mass and basic prayers in the home. All of the information contained in this guide should be memorized by children (in English or Spanish) who are to receive First Holy Communion.

## BASIC PRAYERS

### Sign of the Cross

In the name of the Father, and of the Son,  
And of the Holy Spirit. Amen.

### The Lord's Prayer

Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

### Hail Mary

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou amongst women  
And blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
Pray for us sinners, now,  
And at the hour of our death. Amen.

### Glory Be

Glory be to the Father, and to the Son,  
And to the Holy Spirit.  
As it was in the beginning, is now,  
And ever shall be, world without end. Amen.

## PRAYERS OF THE HOLY MASS

**Priest:** The Lord be with you  
**Response:** *And with your spirit.*

### KYRIE

**Priest:** Lord have Mercy  
**Response:** *Lord have Mercy*  
**Priest:** Christ have Mercy  
**Response:** *Christ have Mercy*  
**Priest:** Lord have Mercy  
**Response:** *Lord have Mercy*

### Response after the readings.

**Lector:** The Word of the Lord  
**Response:** *Thanks be to God.*

### Response after the Gospel

**Priest/Deacon:** The Gospel of the Lord  
**Response:** *Praise to you Lord Jesus Christ.*

### Preface of the Eucharistic Prayer

**Priest:** The Lord be with you  
**Response:** *And with your spirit*  
**Priest:** Lift up your hearts  
**Response:** *We lift them up to the Lord*  
**Priest:** Let us give thanks to the Lord  
our God  
**Response:** *It is right and just.*

### **SANCTUS**

Holy, holy holy, Lord God of Hosts.  
Heaven and earth are full of your glory,  
Hosanna in the highest.  
Blessed is he who comes in the name of the  
Lord,  
Hosanna in the highest.

### **AGNUS DEI**

Lamb of God you take away the sins of the  
world  
Have mercy on us.  
Lamb of God you take away the sins of the  
world

Have mercy on us.  
Lamb of God you take away the sins of the  
world  
Grant us peace.

### **Prayer Before Communion**

Lord, I am not worthy that you should enter  
Under my roof, but only say the word  
And my soul shall be healed.

### **Dismissal**

**Priest:** The mass is ended, go in  
peace.  
**Response:** Thanks be to God!

While families may need to practice these prayers at home, the best practice is to recite them during the celebration of the Holy Mass. It may be necessary to call attention to the children at the times the prayers are said. Say the prayers with them intentionally. After a very short time the children will look forward to the parts of the mass and reciting them.

Please remember that regular attendance at Sunday mass is a prerequisite for families wanting their children to receive First Holy Communion. If you are not able to commit to this obligation you may consider choosing a more appropriate time for your children to participate in the sacrament. We call it "First" Holy Communion, in anticipation that it will not be the first and the last time they receive.