

# First Communion Catechism



Printing Practice







GOD MADE ALL THINGS

## LESSON ONE - THE PURPOSE OF MAN'S EXISTENCE

1. Who made you ?

**God made me.**

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God made me out of nothing.  
He made me because He loves me.  
He gave me to my Mother and Father.  
They take care of me.  
They take God's place.  
I belong to God because He made me.

2. Did God make all things ?

**Yes, God made all things.**

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God made the earth and the sky.  
God also made the sun.  
God made the moon and the stars.  
God made night and day.  
God made rain and snow.  
God made oceans and rivers.  
God made the trees and flowers.  
God made all animals, big and little.  
God made the fishes in the water.  
God made the birds in the sky.

God made the angels.  
Angels are spirits.  
They have no bodies.  
They know much more than we do.  
They have great knowledge.

Each one of us has a guardian angel.  
He is with me all the time.  
He never leaves me.  
He keeps me from danger.  
He helps me to think of God.



ADAM AND EVE

3. Did God make Adam and Eve ?

**Yes, God made Adam and Eve.**

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Adam and Eve were the first man and woman.  
God made the sun and the moon for them.  
God made the trees and flowers for them.  
God made the animals for them.  
God made the birds and fishes for them.  
God made all these things for them to use.

#### 4. Why did God make you ?

God made me to know Him, to love Him and to serve Him in this world and to be happy with Him forever in the next.

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God made me because He is good.

God is always happy.

God wants everybody to be happy.

God made me to be happy with Him forever.

I cannot be happy without God.

I need God.

Heaven is God's home.

Everybody in heaven is happy.

To be happy forever, we must get to heaven.

Earth is the place where we get ready for heaven.

5. What must you do to be happy with God in heaven ?

To be happy with God in heaven I must know Him, love Him,  
and serve Him in this world.

First I must **KNOW** God.

I cannot love God unless I know Him well.

To know God I must study my catechism.

I must think about God everyday.

I must pray to God.

Most of all I must **LOVE** God.

We give gifts to those we love.

I must make my life a gift to God.

I must love God more than I love myself.

I must love God more than I love anybody else.

To show God I love Him I must **SERVE** Him.

I serve God when I listen to Him and obey His Commandments.

I serve God when I **PRAY** well.

I try to think of God.

I serve God when I **WORK** well.

I study hard at school and home.

I serve God when I **PLAY** well.

I try to be fair and not selfish.



I must not offend God by sin.  
 I must want to please Him.  
 It is not always easy to please God.  
 What pleases Him sometimes does not please us.  
 I must please God rather than myself.  
 This shows God I love Him more than myself.



Shall I be selfish  
 and PLEASE MYSELF?

OR



Shall I share  
 and PLEASE GOD?

When I am selfish I do not please God.  
 When I am kind to others and share I please God.  
 To be happy I must PLEASE God in everything.



### CAN YOU ANSWER THESE ?

1. Why do I belong to God ?
2. Who were the first man and woman ?
3. What is God's home called ?
4. Why does God want us to come there ?
5. What three things must I do to be happy with God ?



## LESSON TWO - GOD AND HIS PERFECTIONS

6. Where is God ?

*God is everywhere.*

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God is with us.

God is on earth.

God is in the sky.

God is in all places.

But heaven is God's home.

God also lives in souls that are pleasing to Him.

7. Does God know all things ?

*Yes, God knows all things.*

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God knows all things on earth.

God knows all things in heaven.

God knows what happened long ago.

God knows what we are doing now.

God knows what is going to happen.

God knows when we are good.  
God knows when we are bad.  
God sees all the things we do.  
God knows even what we are thinking.  
God watches us because He loves us.

## 8. Can God do all things ?

**Yes, God can do all things.**

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God can make anything.  
God can change anything.  
God can change us and make us better, if we let Him.  
God gives us all the help we need.  
God always helps us when we ask Him.  
Asking Him to help us is called prayer.

## 9. Did God have a beginning?

**No, God had no beginning. He always was.**

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The earth had a beginning.  
The sun, moon and stars had a beginning.  
The angels had a beginning.  
We had a beginning.  
God gave everything a beginning.  
Only God had no beginning.  
God always was!

10. Will God always be?

**Yes, God will always be.**

God can never die.

He will live forever.



### CAN YOU ANSWER THESE?

1. Where is God's home?
2. What does God know?
3. What can God do?
4. How long will God live?
5. Why does God watch over us?



### LESSON THREE - THE UNITY AND TRINITY OF GOD

11. Is there only one God ?

**Yes, there is only one God.**

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There cannot be more than one God.

There will never be more than one God.

12. How many persons are there in God ?

**In God, there are three Persons, the Father, the Son, and the Holy Ghost.**

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The Father is **God**.

The Son is **God**.

The Holy Ghost is **God**.

But they are all **ONE God**.

The Father is the First **Person**.

The Son is the Second **Person**.

The Holy Ghost is the Third **Person**.

There are **THREE Persons** in **ONE God**.

13. What do we call the three Persons in one God ?

**We call the three Persons in one God the Blessed Trinity.**

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The Father is God.  
The Son is God.  
The Holy Ghost is God.  
All three Persons are ONE God.  
We call them the Blessed Trinity.

We picture God the Father as a  
kind father.  
But He is really a Spirit.  
We cannot see a spirit.

It is easy to picture God the Son  
because He really became man .  
We picture God the Holy Spirit  
as a dove.  
But He too is really a Spirit.  
We also call Him the Holy Spirit.

All three Persons are equal.



14. How do we know that there are three Persons in one God ?

We know that there are three Persons in one God because we have God's word for it.

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The Father sent His Son to us on earth.  
The Son told us what the Blessed Trinity is like.  
The Blessed Trinity is God's family.  
But it is a family which is all one God.

In this family all is love.  
They never fight.  
They always agree.  
They are always happy.

Say this prayer often:

O God, please make my family holy.



### CAN YOU ANSWER THESE ?

1. Is there only one God ?
2. How many Persons are there in God ?
3. Who are they ?
4. Why can't you see God ?
5. What do we call the three Persons together ?

**LESSON FOUR - SIN: ORIGINAL SIN****15. What is sin ?**

**Sin is disobedience to God's laws.**

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God's laws show me the way to heaven.  
They are signs that show me the right road.  
**Sin is saying "NO" to God.**  
It offends God.  
Sin shows God I do not love Him very much.



Saint Michael drove the bad angels from Heaven.

**16. Who committed the first sin ?**

**The bad angels committed the first sin.**

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All the angels were made to serve God.  
But some loved themselves more than God.  
**They said, "We will not serve."**  
They were thrown into hell.  
We call them devils.



## 17. Who committed the first sin on earth ?

Our first parents, Adam and Eve, committed the first sin on earth.

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God put Adam and Eve in the Garden of Eden.

They were the first people to live on earth.

God wanted them to be happy.

God told them not to eat the fruit of one tree.

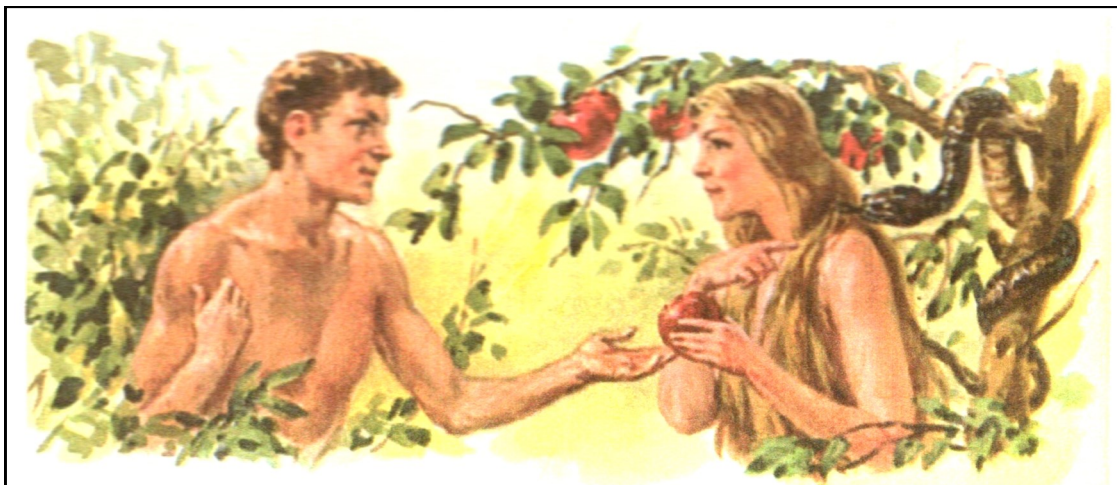
It's fruit would make them die.

The devil spoke to Eve.

He told her the fruit was good.

He told her she would be like God.

The devil lied to Eve.



Eve did not listen to God.

She ate some of the fruit and gave some to Adam.

They loved themselves more than God.

This was the first sin on earth.

They did not believe God.

18. Was anyone ever free from original sin ?

**The Blessed Virgin Mary was free from original sin.**

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God wanted to free everybody from sin.  
To do this, He planned to send His Son to earth.  
He wanted His Son to have a good mother.  
So he made the best mother He  
could.

God made Mary.  
He kept her free from original sin.  
She came into the world without it.  
She never had sin on her soul.

Mary's soul was always turned to God.  
Her heart was always full of love for  
God.

She was full of grace.  
We call this Mary's **IMMACULATE CONCEPTION**.

Even as a baby, Mary's heart loved God.  
She grew up loving God.  
She did not love herself more than God.  
She wanted only to please God.  
She always did what God wanted.





### An Angel Gave Mary God's Message

God sent an Angel to see Mary.

He asked her to be the Mother of Jesus.

Mary said "YES" to the angel.

God sent His Son to her.

God made her Mother of Jesus.

He did this by the power of the Holy Ghost.

Mary prepared Jesus to die on the Cross for us.



### CAN YOU ANSWER THESE ?

1. What does a sinner say to God ?
2. What did Adam and Eve say to God ?
3. What did Mary say to God ?

## LESSON FIVE - ACTUAL SIN

19. Is original sin the only kind of sin?

No, there is another kind of sin, called actual sin.

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Adam and Eve committed **ORIGINAL** sin.  
We did not commit it, but are born with it.  
The sin we commit is **ACTUAL** sin.

20. What is actual sin ?

Actual sin is any sin which we ourselves commit.

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Actual Sin is Doing Wrong

We are not born with actual sin.  
We commit it ourselves.

21. How many kinds of actual sin are there ?

There are two kinds of actual sin, mortal and venial.

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## 22. What is mortal sin ?

**Mortal sin is a deadly sin.**

It is a big sin committed on purpose.  
 The deadly means that it kills our soul.  
 Children do not often commit mortal sin.  
 But big people sometimes commit mortal sin.  
 Even big boys and girls do sometimes.  
 We must hate mortal sin.

## 23. What does mortal sin do to us ?

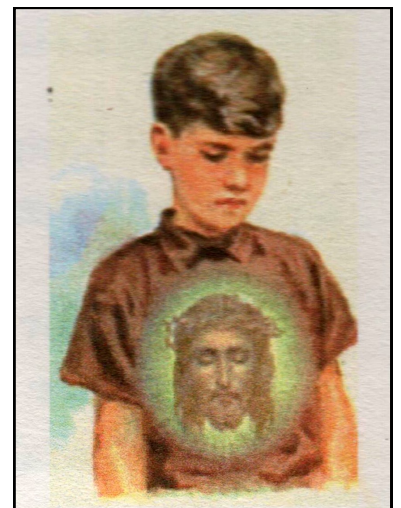
**Mortal sin makes us enemies of God and robs our souls of His grace.**

Anyone who commits mortal sin loves himself more than God.  
 He offends God very much.  
 One whose soul is dead in sin has no power to love God.  
 He cannot please God.



Grace in the Soul  
 Christ lives in us

GRACE is the life of  
 Christ in us.  
 Mortal sin kills this life.  
 It **CRUCIFIES**  
**CHRIST** in us.



Mortal Sin in the Soul  
 Christ is crucified in us

24. What happens to those who die in mortal sin ?

Those who die in mortal sin are punished forever in the fire of hell.

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Hell is a terrible place.

Those who are there suffer great pain.

They are slaves of the devil.

They hate God and everyone else.

They love only themselves.

They can never be happy.

25. What is venial sin ?

Venial sin is a lesser sin.

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Mortal sin is doing something big that God does not like.

Venial sin is doing something not so bad that God does not like.

Sometimes we commit venial sin on purpose.

Sometimes we commit it without thinking.

If we do it on purpose, it offends God.

If we do it without thinking, it does not offend God.

But we must be sorry afterwards and try to find out why we committed the sin.

26. Does venial sin make us enemies of God or rob our souls of His grace ?

**No, venial sin does not make us enemies of God or rob our souls of His grace.**

Venial sin does not kill God's life in our souls.  
But it makes our souls sick.  
Our soul is more important than our body.  
Our Blessed Lord loves us.  
Venial sin makes Him SAD if we do it on purpose,  
or do not try to do better.



Venial Sin in the Soul  
Christ is sad in us.

27. Does venial sin displease God ?

**Yes, venial sin does displease God.**

God loves you.  
Venial sin hurts your own soul.  
It displeases God to see you hurt yourself.  
Does your mother like to see you hurt yourself?



**CAN YOU ANSWER THESE ?**

1. What sin do you commit yourselves ?
2. What does mortal sin do to the life of Christ in us ?
3. What sin makes our soul sick ?
4. Why should we hate sin ?



## LESSON SIX - THE INCARNATION

28. Did one of the Persons of the Blessed Trinity become man ?

*Yes, the Second Person, the Son of God became man.*

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29. What is the Name of the Son of God made man ?

*The Name of the Son of God made man is Jesus Christ.*

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His Name is holy.  
We bow our heads when we say  
or hear His Name.

"My Jesus I love Thee!"





30. When was Jesus born ?

Jesus was born on the first Christmas Day, more than Two thousand years ago.

Christmas is the birthday of Jesus Christ.

He was born in a stable in Bethlehem.

On Christmas we are happy, because it is the birthday of Jesus.

He became a baby for us. He likes to be with us.



Jesus

### 31. Who is the Mother of Jesus ?

**The Mother of Jesus is the Blessed Virgin Mary.**

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Mary was His Mother on earth.

Jesus had no father on earth.

He has a Father in Heaven, God the Father.

Saint Joseph took the place of God the Father here on earth.

We call Saint Joseph the foster-father of Jesus.

### 32. Is Jesus Christ both God and man ?

**Yes, Jesus Christ is both God and man.**

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Jesus Christ is God.

Jesus Christ is man.

Jesus Christ is God and man.

Jesus Christ is the Son of God.

Jesus Christ is the Son of Mary.

Jesus Christ is God like His heavenly Father.

Jesus Christ is man like us.



### CAN YOU ANSWER THESE ?

1. Who is Jesus Christ ?
2. Where was He born ?
3. What do we call His birthday ?
4. Who is His Mother ?
5. Who is Saint Joseph ?

## LESSON SEVEN - THE REDEMPTION - THE CHURCH

33. Why did God the Son become man ?

God the Son became man to satisfy for the sins of all men  
and to teach everyone how to gain heaven.

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God loves all men.

God wants all men to go to heaven.

God sent His Son to show men the way.

God sent His Son to open the gates of heaven.



Jesus said: "I am the WAY, the TRUTH, and the LIFE.

No one comes to the FATHER but through ME."

(John 14, 6)

34. How did Jesus satisfy for the sins of all men ?

Jesus satisfied for the sins of all men by His sufferings and death on the Cross.

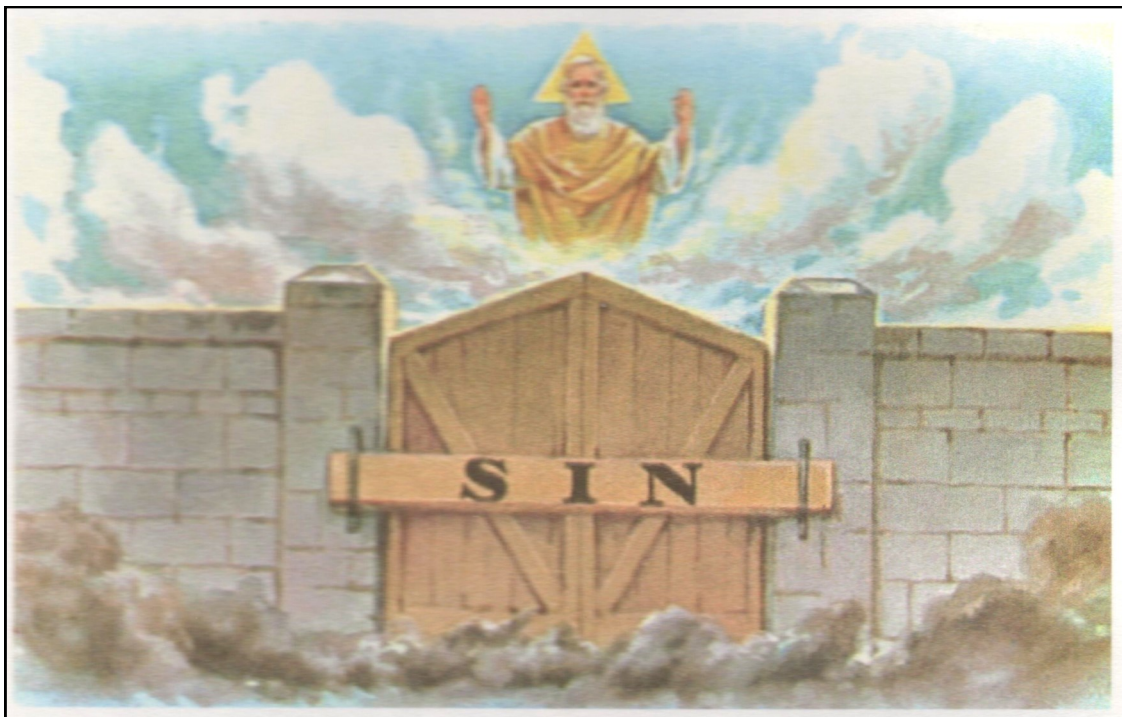
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The Gate of Heaven Was Closed by Original Sin

The sin of Adam and Eve had closed the gate of Heaven.  
God sent His Son Jesus to make up for sin and open the gate of Heaven.  
God sent His Son because He loves us.

Jesus died on the Cross for us.  
He died because He loves His Father.  
He died because He loves us.

Love **pleases** God.  
Sin **displeases** God.

## THE LOVE OF JESUS . . . DESTROYED THE POWER OF SIN

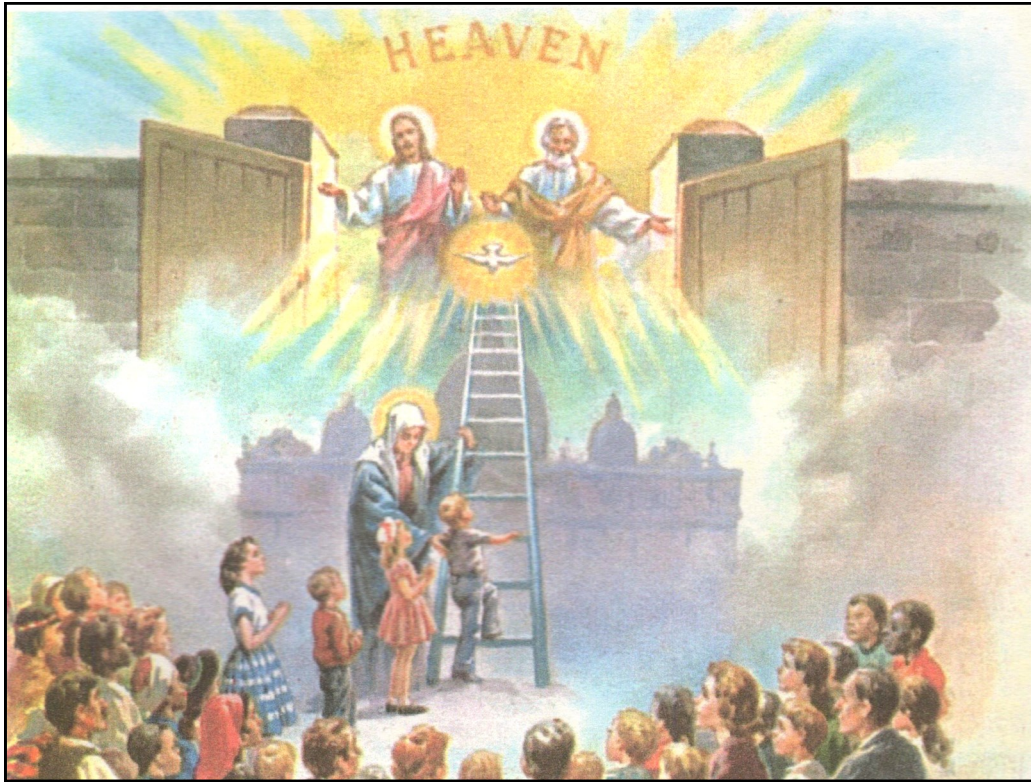


The LOVE of Jesus was like a fire in His Heart.  
Jesus lit this fire in Mary's heart too.  
This love made Jesus die on the Cross for our sins.  
This love pleased the Father more than sin displeased Him.  
Sin lost its power to keep us out of Heaven.

## THE LOVE OF JESUS . . . OPENED THE GATES OF HEAVEN



The Father in heaven was PLEASED with this love.  
Jesus raised Himself from the dead.  
By doing this He opened the gates of Heaven for us.  
Mary gave Jesus to the Father for us.  
Jesus went home to Heaven to prepare a place for us.



THE CHURCH IS OUR LADDER TO HEAVEN

35. How does Jesus help all men to gain Heaven ?

**Jesus helps all men to gain Heaven through the Catholic Church.**

The Church is like a ladder to Heaven.

Jesus gave us only ONE ladder.

The Catholic Church is our only way to Heaven.



**CAN YOU ANSWER THESE ?**

1. What kept the gates of heaven closed ?
2. Who died to pay for our sins ?
3. What pleased the Father more than sin displeased Him ?
4. Where did Jesus go after He rose from the dead ?

**LESSON EIGHT - BAPTISM AND CONFIRMATION**

36. How does the Catholic Church help us to gain heaven ?

The Catholic Church helps us to gain heaven especially through the Sacraments.

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The Sacraments are Steps to Heaven

The Church is our ladder to heaven.

The Sacraments are the seven steps of the ladder.

God lets the ladder down.

Our Lady helps us up the ladder.



37. What is a sacrament ?

*A sacrament is an outward sign instituted by Christ to give us grace.*

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A Sacrament is a sign of Christ.  
It is Christ working in our soul.  
It is Christ helping our soul.

38. What does grace do to the soul ?

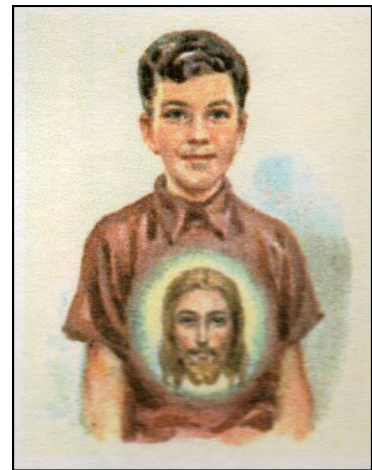
*Grace makes the soul holy and pleasing to God.*

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Grace is life.  
It is God's life.  
It is Christ in us.  
It makes our souls look like Christ.  
It helps us to please God.



39. What does Baptism do for us ?

*Baptism washes original sin off our soul and makes us a child of God.*

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### Baptism is a Second Birth

Baptism is birth.

By it we are born of God.

He sends His Son into our soul.

God becomes our Father too.

Mary becomes our Mother.

The Holy Spirit pours grace into our soul.

Baptism washes original sin from our souls.

It drives the devil away.

He can no longer hurt us unless we let him.

### CONFIRMATION

40. What will Confirmation do for me ?

**Confirmation, through the coming of the Holy Ghost, will make me a soldier of Christ.**

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Every Sacrament gives us grace.

It gives us the Holy Ghost.

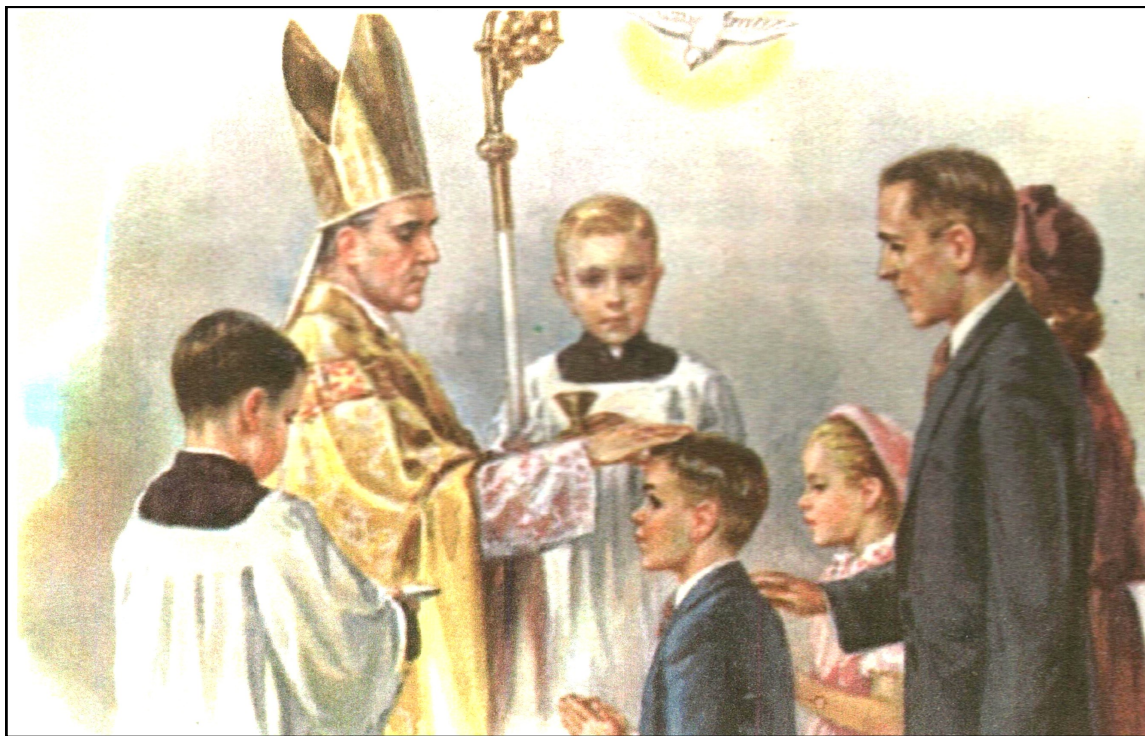
Confirmation gives us the power to help others to know about Jesus.

It gives us strength to suffer for Jesus.

It helps us to die for our faith if we have too.

We must be willing to die for Jesus.

Jesus died for us.



Confirmation Gives Power to Spread the Faith



CAN YOU ANSWER THESE ?

1. Who is hidden in every sacrament ?
2. What does He do there ?
3. What is grace ?
4. When does God become our Father ?
5. What does Confirmation help us to do ?

**LESSON NINE - SACRAMENT OF PENANCE**

41. What is the sacrament of Penance ?

**Penance is the sacrament by which the sins committed after Baptism are forgiven.**

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Mortal sin kills the life of Christ in our soul  
Venial sin makes our souls sick.  
The sacrament of Penance is like medicine.  
It is the medicine of Christ's Precious Blood.  
It cures sick souls.  
It is much stronger than medicine for the body.  
It even raises dead souls to life.



But that you may know that the Son of man hath power on earth to forgive sins, (He saith to the man sick of the palsy,) "I say to thee, Arise, take up thy bed, and go into thy house."

The Sacrament of Penance heals the wounds of all our sins.  
 It helps us to be good afterwards.  
 It helps us to keep out of sin.

Our sins may be big.

Our sins may be many.

But Our Lord always forgives us if we are truly sorry.

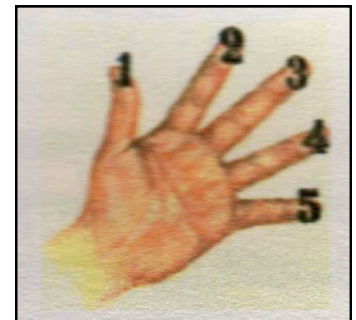
He is never angry with us.

He loves to have us come to Confession.

42. What must you do to receive the sacrament of Penance worthily ?

To receive the sacrament of Penance worthily I must:

1. Find out my sins;
2. Be sorry for them;
3. Make up my mind not to sin again;
4. Tell my sins to the priest;
5. Do the Penance the priest gives me.




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The best way to do this is:

Pray to the Holy Ghost,

Then think about Our Lord's sufferings.

We call these sufferings His Passion.

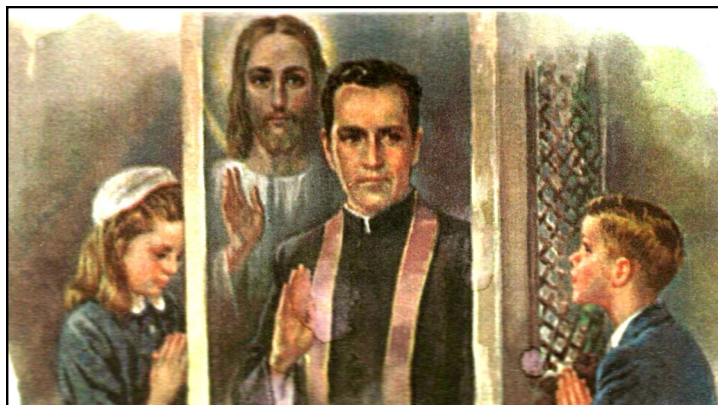


Our sins made Jesus suffer.  
He suffered in our place.  
We should have been on the Cross.  
He did not commit the sins; we did.  
But He loves us.  
He wanted to suffer for our sins.  
When we see His Hands and Feet nailed,  
    we will be sorry we did that to Him.  
When we see His bleeding Body,  
    we will make up our mind not to sin again.  
When we see His Face,  
    we will want to tell the our sins to the priest.  
When we see His eyes,  
    we will want to do our penance.

### 43. How do I make my confession ?

I make my confession in this way:

1. I go into the confessional and kneel;
2. I make the Sign of the Cross and say: "Bless me Father, for I have sinned;"
3. I say: "This is my first confession" or "It has been one week, or one month, since my last confession."
4. I confess my sins;
5. I listen to what the priest tells me;
6. I say the Act of Contrition loud enough for the priest to hear me.



The priest takes Christ's place.

Remember you are talking to Our Lord.

Do not be afraid.

Tell the truth.

Tell all the sins you can remember.

Do not leave out any sin on purpose.

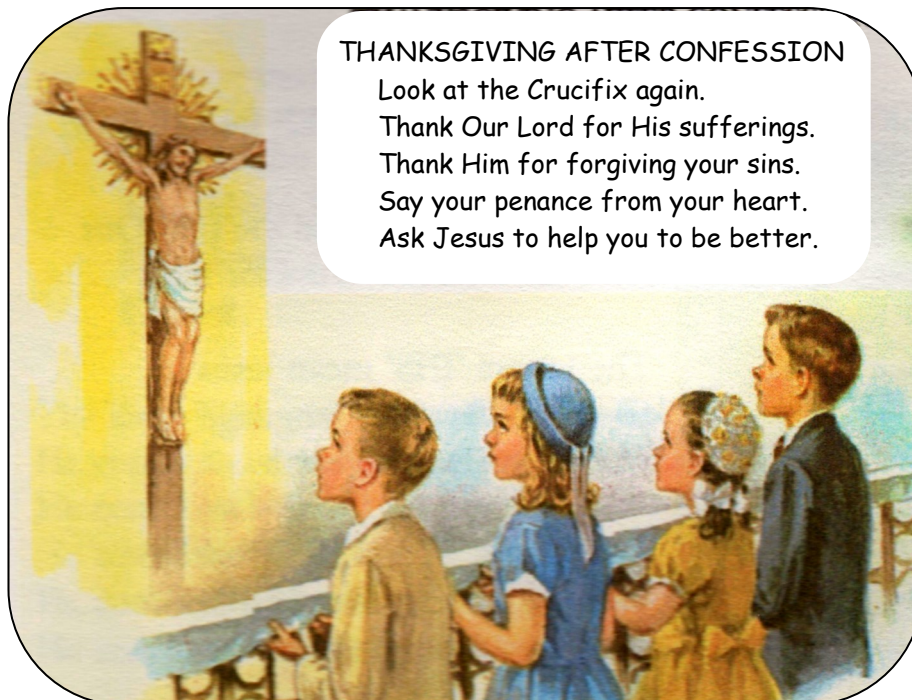
If you forget to tell a sin, God forgives you.

Listen carefully to the priest.

Say your Act of Contrition from your heart.

44. What do you do after leaving the confessional ?

After leaving the confessional, I say the penance the priest has given me and thank God for forgiving my sins, and promise with His help to try not to sin again.



THANKSGIVING AFTER CONFESSION

Look at the Crucifix again.

Thank Our Lord for His sufferings.

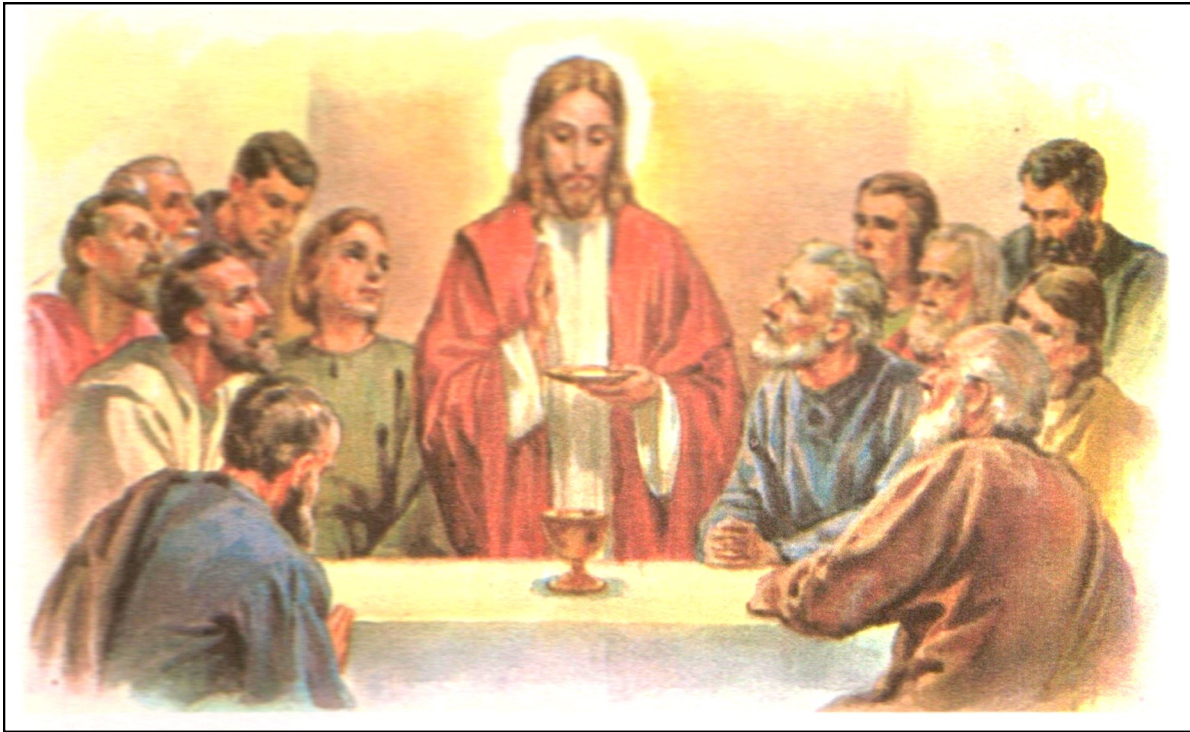
Thank Him for forgiving your sins.

Say your penance from your heart.

Ask Jesus to help you to be better.



## LESSON ELEVEN - THE HOLY EUCHARIST



THE LAST SUPPER WAS THE FIRST MASS

45. What is the sacrament of the Holy Eucharist ?

The Holy Eucharist is the Sacrament of the Body and Blood of Our Lord Jesus Christ.

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The Holy Eucharist is Our Lord Himself.

He comes to us in Person.

He comes to be Food for our soul.

He comes to live in us.

He comes to stay with us.

He comes to help us always.

46. When does Jesus Christ become present in the Holy Eucharist ?

Jesus Christ becomes present in the Holy Eucharist during the Holy Sacrifice of the Mass.

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The Holy Eucharist is a sign of the presence of Christ among us.

He is really present in the tabernacle.

We cannot see Him there but He is really there.

He wants to be with us always so that we can come to Him at any time.

He loves to listen to us and to have us speak to Him.

We are His sheep and He loves us.

47. Do you receive Jesus Christ in the sacrament of the Holy Eucharist ?

I do receive Jesus Christ in the sacrament of the Holy Eucharist when I receive Holy Communion.

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Jesus Christ is the **FOOD** and **DRINK** of our soul

It makes our souls strong.

It is Christ really present with us.

The Mass is the Holy Eucharist in action.

Christ is the hidden priest and the priest we see takes His place.

It reminds us of the Sacrifice of Christ on the Cross.

There the Good Shepherd gave His life for His sheep.

He did this to show His great love for us.

The Mass is a living reminder since it actually **IS** the same act of love.

48. Do you see Jesus Christ in the Holy Eucharist?

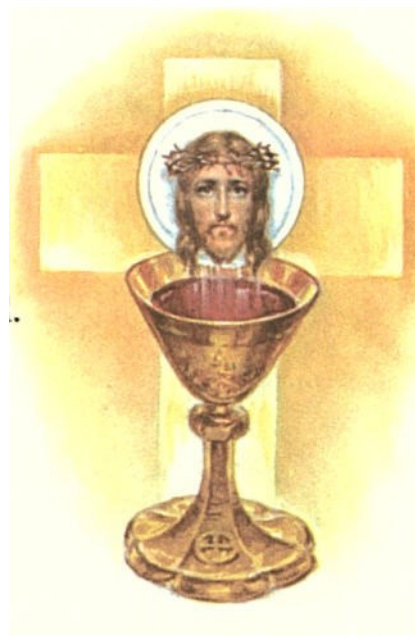
No, I do not see Jesus Christ in the Holy Eucharist because He is hidden under the appearances of bread and wine.

The EUCHARIST is CHRIST.  
He is really and truly there.  
We cannot see Him.  
We cannot hear Him.  
But HE IS THERE.

The HOST looks like bread.  
But it is really the BODY of JESUS.  
The big Host is for the priest.  
The small Hosts are for the people.  
Each host is Jesus.

The CHALICE contains the BLOOD.  
It looks and tastes like wine.  
But it is really the BLOOD of JESUS.

The Mass is an act of love.  
Our Lord says to His Father, "I love thee."  
He tells this to the Father for us.  
He wants us to say it with Him.



49. What must I do to receive Holy Communion ?

To receive Holy Communion I must:

1. To be in the state of grace.
2. Be fasting from midnight.

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People in mortal sin may not go to Holy Communion.  
It is a big sin if they go. It is called a sacrilege.  
The life of Christ in their souls is dead.  
Dead people cannot eat.

But sick people need to eat.  
Venial sin makes the soul sick.  
We can receive Holy Communion with venial sins.  
But first we should be sorry for them.

I must fast from midnight in order to receive Holy Communion.

All of this is to show respect for Our Lord.

50. What should I do to prepare for Holy Communion ?

1. Think of the good Jesus;
  2. Say the prayers I have learned;
  3. Ask Jesus to come to me.
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51. What should we do after Holy Communion ?

*After Holy Communion I should:*

- 1. Thank Jesus for coming to me;*
- 2. Tell Him how much I love Him;*
- 3. Ask Him to help me be good;*
- 4. Pray for others.*

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**CAN YOU ANSWER THESE:**

- 1. Who comes to live in us at Holy Communion ?
- 2. Why does He come to us ?
- 3. Who offers the Mass for us ?
- 4. What do the bread and wine become at Mass ?



Highly Recommended books to go with this Catechism/Handwriting book.

"The Children's Charter" by Mother Mary Loyola, Imprimatur 1911

"First Confession" by Mother Mary Loyola, Imprimatur 1901

"First Communion" by A Religious of St. Mary's Convent, York,  
Imprimatur 1901

Handwriting sheets:

Sign of the Cross

Our Father

Hail Mary

Glory Be

Act of Contrition

Spiritual Communion

Confiteor