

The Sacrament of First Holy Communion



Preparation Booklet 1

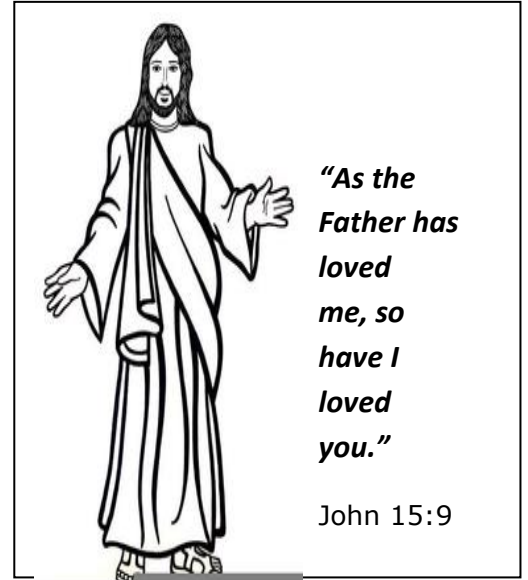
Jesus, Our Loving Lord

When we were preparing for our First Confession, we learned about the unconditional love Jesus has for us. We read stories about Jesus forgiving people and we learned that Jesus always forgives us when we are sorry.

Jesus cares about every single part of us and wants to look after every part of us: our body and our soul.

When we are hungry we have food and drink to feed our body. Our soul needs certain things to nourish us too. Our soul needs love and care and friendship.

As we prepare for our First Holy Communion, we will think about how Jesus gives our soul these wonderful things. Jesus gives us spiritual food.

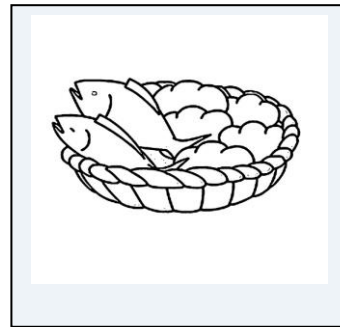
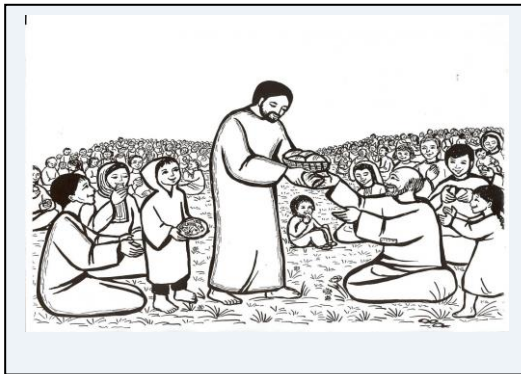


Jesus Feeds Five Thousand People Role-play John 6. 1-13

Narrator One day, Jesus was walking beside Lake Galilee. Crowds of people were following him because they had heard about and seen his miracles. Jesus went up a hill and sat with his disciples. He asked his friend, Philip:

Jesus Where can we buy enough food to feed all these people?

Philip: For everyone to have a little food, it would cost more than 200 silver coins.



Andrew There is a boy here who has five loaves of barley and two fish, but this will not be enough to feed all these people.

Jesus Make the people sit down.

Narrator So all the people sat down. There were about five thousand. Jesus took the bread, gave thanks to God, and gave the bread out to all the people. He did the same with the fish, and everyone ate as much as they wanted. When they were full, Jesus said to his disciples:

Jesus Gather the pieces left over - we must not waste any.

Narrator So they gathered them up and filled twelve baskets with the leftovers.

- 1 What is the name of the Lake where Jesus was walking?
- 2 What is the word we use for Jesus' special friends ?
- 3 What did the young boy have ?
- 4 What did Jesus do with the loaves and fish?
- 5 How many baskets were left over?

Miracles

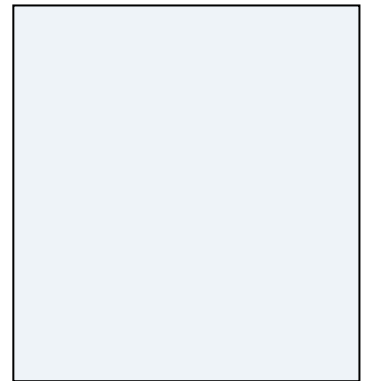
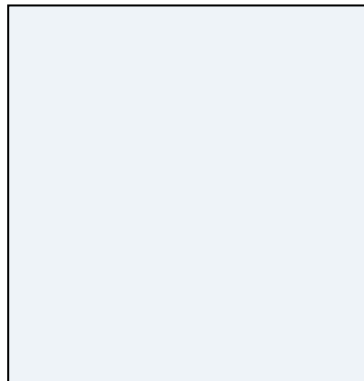
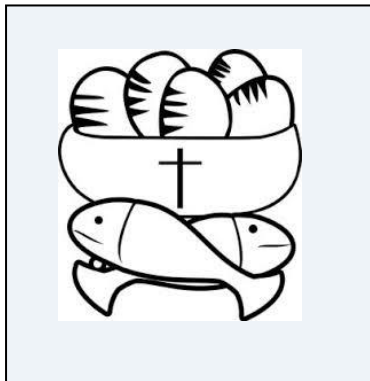
What is a miracle ?

A miracle is something amazing that happens and can only be explained as a sign from God. Jesus can perform miracles because he has been given power from God. Jesus is exactly like God.

Why did Jesus perform miracles ?

Jesus' miracles were to help people to see his power from God. Jesus' miracles helped people to believe in him and follow him.

Can you think of two other miracle stories about Jesus? Draw a picture to describe them and/or write down what happened.



Jesus used five

loaves and two fish

to feed five

thousand

people.

Thinking Deeper about the Story

This story tells us some very special things about Jesus. The story tells us some things which are easy to understand. It also tells us some things that we need to think deeper about to understand.

Easy to understand ...



When Jesus feeds the crowd, it shows that he cares for them.

Our bodies need food.
When our body is hungry, food fixes this.

Think deeper ...



Jesus cares for our needs.

The food Jesus gives satisfies all the people and they are fully nourished.

Our heart and soul can become "hungry" too, and need things like love, friendship, hope, faith.

Jesus fixes this kind of hunger. Christians believe that Jesus' love feeds our heart and soul.

First Holy Communion Preparation Booklet 1

Worksheet 1

Jesus, Our Loving Lord

10 minutes

This sheet provides a link between the Confession preparation booklets and the Communion preparation booklets. The aim is to help the children to begin to see that we need physical food but that we also need to be fed spiritually. This is a tricky concept for younger children but can be developed gradually as they begin to consider the Real Presence of Christ as the booklets continue.

You could ask the children to name the types of food they eat and drink, the foods that are essential for a healthy body. Then you could ask them, "What about the other part of us that God has given us - our soul? How do we feed our soul? What does our soul need to thrive/How do we look after our soul?"

Worksheet 2

Jesus Feeds Five Thousand People

20 minutes

There are several aims of this story; it shows Jesus' love and compassion for people - he sees that they are hungry and feeds them physically. He cares for their needs. A miracle happens, and this story shows the power of God the Father given to Jesus. The aim is also to help the children to begin to think about the idea of Jesus feeding us *spiritually*. Using the story of the Loaves and Fishes will firstly get them thinking about physical hunger/sharing, food and satisfying our physical hunger. You can then talk about spiritual hunger.

- 1 Sit the children in a circle or in a space of their own on the floor. Ask if anyone can remember any stories about Jesus. Let the kids put their hands up and talk. Then explain that you are going to do a role-play of one of Jesus' great miracles. Ask for volunteers for the four parts.
- 2 Next, go through the questions 1-5 to check their understanding. Try to emphasise that this story shows Jesus' special power ... lead onto the term "miracle" - the topic of the next worksheet.

Worksheet 3

Miracles

20 minutes

Aim- to explain what "miracle" means and to encourage the children to realise that miracles are not performed by just anybody, that Jesus is special and can do many special things for us as he has godly power. Ask them to put up their hands to talk about

other miracle stories of Jesus. If they can't think of any, mention the healing of Jairus' daughter/healing of the blind man, etc. Take time to tell them a few of these miracle stories. Tell them to ask their parents to look them up at home in the New Testament. They will need help to fill in the info about the two other miracle stories.

Worksheet 4 Thinking Deeper about the Story 10 minutes

Aim- to make the children aware that Jesus feeds us in another way - he feeds our soul- the idea that human beings need more than *physical* food. This is difficult but it's important for them to at least begin to think about this as a starter for later understanding the Eucharist as spiritual food.

Read the "Easy to understand" and "Think deeper" sections slowly to the children, stopping to explain what they mean. You could ask them to give examples of things that they need to keep them happy apart from food and things/stuff. Try to elicit answers like "friendship", "care", "understanding", "good relationships", "encouragement" and explain that these are things which our spiritual side needs to thrive. Encourage them to discuss this worksheet with parents at home.