

First Confession and First Communion Review

What is a sacrament?

A sacrament is an outward sign, given to us by Jesus to give us grace.

What does it mean that a sacrament is an outward sign?

It means that we can see, touch or hear it.

How many sacraments are there? Name them.

Seven. Baptism, Confirmation, Eucharist (Communion), Confession (Penance, Reconciliation), Anointing of the Sick, Matrimony, Holy Orders

Why did Jesus give us the Sacraments?

To carry on his work of forgiveness of sins and bringing people to God after he ascended into heaven.

What happens in the Sacrament of Baptism?

Water is poured, words said: I baptize you in the name of the Father and of the Son, and of the Holy Spirit.

Original sin and actual sin are taken away, person is made a member of the Church, person receives grace.

What is Original Sin? What are the consequences of Original Sin?

Original Sin is the sin Adam and Eve committed; it is passed on to all born after them (except Mary and Jesus).

Original sin separates us from God. It blocks our way to heaven and makes it easier for us to sin. Sickness and death came into the world through Original Sin.

Who can receive baptism? Who should receive baptism?

Anyone who has not been baptized can receive baptism. Everyone should receive baptism.

What is the sacrament of Confession (Reconciliation, Penance)?

It is the sacrament in which sins committed after Baptism are forgiven.

What are the two types of actual sin? What is the difference?

Mortal and Venial. Both types of sin are bad. Mortal sin is serious sin, it cuts us off from the life of God, and blocks our way to heaven. Mortal sin must be forgiven in confession. Venial sin is less serious. We should take care to avoid mortal sin, and go to confession as soon as possible once we know we have committed a mortal sin.

How do you know whether a sin is mortal or venial?

A sin is mortal if it is serious, you know it is serious and you freely choose to do it anyway. Serious sins are against the 10 commandments, including missing Mass on Sunday or Holy Days, sins related to killing an innocent person (murder, abortion), sins related to sexuality.

How should you prepare for confession?

Make an examination of conscience and be sorry for your sins.

What is an examination of Conscience?

An examination of conscience helps us to know what our sins are. We can simply reflect back on the time since our last confession or use a series of questions to help us.

What sins should be confessed? What sins must be confessed?

All mortal sins must be confessed in kind (what you did) and number (how many times).
Venial sins can be confessed as we remember them.

What is Contrition?

Contrition is sorrow for sin.

What is a penance? When do you do it?

A penance is a prayer or good deed, given to us by the priest in confession, to help us turn our hearts from sin. We should do our penance immediately after Confession.

What is the Sacrament of the Eucharist (Communion)?

In the sacrament of the Eucharist, Jesus gives us his Body and Blood under the appearance of bread and wine in the sacrifice of the Mass.

When did Jesus give us the Eucharist?

At the Last Supper.

Who do we receive in the Eucharist?

Jesus, Body, Blood, Soul and Divinity

Who has the power to change bread and wine into Jesus' Body and Blood?

Jesus gives this power to the priests and the bishops.

When did Jesus give this power?

He gave the power to his apostles at the Last Supper, it is given to priests at their ordination (Holy Orders).

What is transubstantiation?

Transubstantiation is the change that takes place when the bread and wine become Jesus' Body and Blood.

When does transubstantiation happen?

During the Consecration of the Mass, when the priest says, "This is my Body" over the Bread, and "This is my Blood" over the wine.

How often should we go to Mass?

Every Sunday and Holy Day of Obligation

Who can receive the Eucharist?

A baptized Catholic, properly prepared, who is not conscious of mortal sin and has fasted.

What does it mean to fast before receiving Holy Communion?

We must fast for one hour from food and drink, except water and medicine, before receiving Holy Communion.

What should we do if we are conscious of mortal sin?

We need to go to confession before receiving Communion if we are conscious of mortal sin. Receiving Communion in a state of mortal sin is another mortal sin.

Where do we keep the consecrated hosts after Mass is over? What sign of respect do we give to it?

We keep the consecrated hosts in the tabernacle. When Jesus is present, we genuflect towards the tabernacle.

Don't forget to review the prayers and the parts of the Mass with the We Learn About Mass book.

This is a partial list, but it contains the most important things your child has learned this year.