



Who Is Jesus in the Eucharist?



In the Holy Eucharist,
Jesus is truly present—
Body, Blood, Soul,
and Divinity.



Jesus is not just a symbol
or a reminder.
He is really there!



He comes to live in my heart
and be very close to me.
He loves me so much.



My Prayer



*Jesus, thank You for coming to me
in the Holy Eucharist.
Help me to love You and always
remember that You are with me.*

Amen.





Examination of Conscience

An Examination of Conscience helps us think about our words, thoughts, and actions.

We ask ourselves if we have loved God, loved others, and made good choices.

We do this prayerfully, asking the Holy Spirit to help us see our hearts.

It helps us be truly sorry for our sins and ready to receive God's forgiveness in Confession.



My Prayer

*Holy Spirit, help me to know my heart.
Show me the times I have chosen wrong
and the times I have not loved as I should.
Help me to be truly sorry and to grow closer to Jesus.
Amen.*





A young boy with brown hair, wearing a white suit and a grey tie, is kneeling in prayer. His hands are clasped together in front of his chest, and his eyes are closed. In front of him is a golden chalice with a cross on top, surrounded by flowers. The background is white with horizontal lines.



SACRED ITEMS OF THE MASS

Learn the sacred items used at Mass.

Write the correct name under each picture to help you remember.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____

Tip: Review these items before Mass to help you recognize them in your church.

IMPORTANT PRAYERS

Learn these beautiful prayers and ask God to help you grow in faith and love.

Guardian Angel Prayer



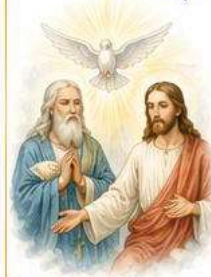
Angel of God,
my Guardian dear,
to whom His love
commits me here,
ever this day,
be at my side,
to light and guard,
to rule and guide.
Amen.

Act of Contrition



O my God,
I am heartily sorry
for having offended You,
and I detest all my sins
because I dread the loss
of heaven and the pains
of hell, but most of all
because they offend You,
my God, who are all good
and deserving of all
my love. Amen.

Glory Be



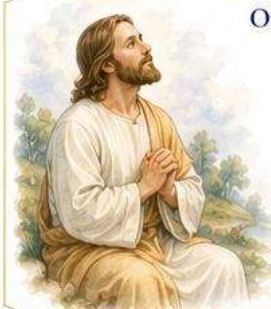
Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Hail Mary



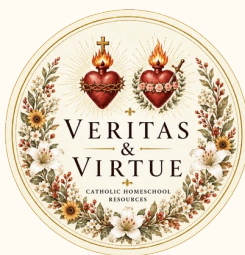
Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among
women, and blessed is
the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour
of our death.
Amen.

Our Father



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. Amen.

These prayers and the sacred items you see at Mass help us grow closer to Jesus every day.
Keep learning, keep praying, and always keep Jesus in your heart.



VERITAS & VIRTUE CATHOLIC PRESS

Pull up a chair

Dear friend, I hope these pages bring a little peace and a little beauty to your table this week. Print as many copies as your own family or classroom needs.

These four pages come from our 36-page First Holy Communion Study Guide & Keepsake Booklet: gentle lessons on the Mass and the Eucharist, prayers, keepsake pages, a certificate and study questions with answers.

THE WHOLE BOOK

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From my kitchen table to yours,

Maria