

# PRAYERS AND QUESTIONS FOR FIRST COMMUNION

## ***The Sign of the Cross***

In the name of the Father,  
and of the Son, and of the  
Holy Spirit. 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. Amén.

## ***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.

## ***The Glory Be***

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

## ***Act of Contrition***

My God, I am sorry for my  
sins with all my heart. In  
choosing to do wrong and  
failing to do good, I have  
sinned against you whom I  
should love above all things. I  
firmly intend, with your help,  
to do penance, to sin no  
more, and to avoid whatever  
leads me to sin. Our Savior  
Jesus Christ suffers and died  
for us. In his name, my God,  
have mercy.

## ***Nicene Creed***

I believe in one God, the  
Father almighty, maker of  
heaven and earth, of all things  
visible and invisible. I believe  
in one Lord Jesus Christ, the  
Only Begotten Son of God,  
born of the Father before all  
ages. God from God, Light  
from Light, true God from  
true God begotten, not made,  
consubstantial with the

father; thought him all things  
were made. For us men and  
for our salvation he came  
down from heaven,

(At the words that follow, up to and  
including and became man. All bow)

And by the Holy Spirit was  
incarnate of the Virgin Mary  
and became man.

For our sake he was crucified  
under Pontius Pilate, he  
suffered death and was buried,  
and rose again on the third  
day in accordance with the

Scriptures. He ascended into  
heaven and is seated at the  
right hand of the Father. He  
will come again in glory to  
judge the living and the dead  
and his kingdom will have no  
end. I believe in the Holy  
Spirit, the Lord, the giver of  
life, who proceeds from the  
Father and the Son, who with  
the Father and the Son is  
adored and glorified, who has  
spoken through the prophets.  
I believe in one, holy catholic  
and apostolic Church. I  
confess one Baptism for the  
forgiveness of sins, and I look  
forward to the resurrection of  
the dead and the life of the  
world to come. Amen.

## ***The 7 Sacraments***

1. Baptism
2. Confirmation
3. Eucharist
4. Penance or  
Reconciliation
5. Anointing of the sick
6. Holy orders
7. Matrimony

## ***The 10 Commandments***

1. I am the LORD you  
God: You shall have no  
have strange gods  
before me.
2. You shall not take the  
name of the Lord your  
God in vain.
3. Remember to keep the  
holy the LORD'S day.
4. Honor your father and  
your mother.
5. You shall not kill.
6. You shall not commit  
adultery.
7. You shall not steal.
8. You shall not bear  
false witness against  
your neighbor.
9. You shall not covet  
your neighbor's
10. You Shall not cover  
your neighbor's goods.

## PRAYERS AND QUESTIONS FOR FIRST COMMUNION

### **Question for the second evaluation**

#### **1. What is a Sacrament? A:**

Sacrament is an outward sign made by Christ to give grace.

#### **2. Name the Seven Sacraments:**

Baptism, Reconciliation, Holy Eucharist, Confirmation, Holy Matrimony, Holy Orders, Anointing of the Sick.

#### **3. What Sacrament do you want to receive?**

A: First Holy Eucharist

#### **4. What is the Eucharist?**

A: The Eucharist is the Sacrament of the real Body and Blood of our Lord Jesus Christ.

#### **5. When did Jesus give us the Eucharist?**

A: Jesus gave us the Sacrament of the Eucharist at the Last Supper.

#### **6. At the Last Supper, what did Jesus do with the bread and wine? A:**

At the Last Supper, Jesus changed the bread and wine into His Body and Blood.

#### **7. What words must a Priest say at Mass for the bread to become the Body of Christ? A:**

"This is My Body".

#### **8. What words must a Priest say at Mass for the wine to become the Blood of Christ? A:**

"This is the cup of My Blood."

#### **9. What does Eucharist mean? A:**

Eucharist is a Greek word which means Thanksgiving.

#### **10. Can you please show us how to receive the Eucharist?**

When approaching the Priest, you are to first bow. Then the

preferred way of receiving the Body is on their tongue

(child/teen is to show how they are to stick out their tongue to receive). **This is how every child/teen will receive the very first time.** Another way to receive is on their hand (child/teen is to show how they are to hold their hands to receive on the hand and how they take the Body from the hand to their mouth). The child's/teen's right hand should be on the bottom with the left on top. When the Priest places the Body on the child's/teen's left hand, the child/teen is to immediately use their right hand to take the Body and put it in their mouth before leaving back to their pew. The child/teen is to do the Sign of the Cross after receiving the Body

### **Prayer to St. Michael**

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host - by the Divine Power of God - cast into hell, satan and all the evil spirits, who roam throughout the world seeking the ruin of souls. Amen.



**ST. MICHAEL  
CHURCH**

**458 Maple Street,**

**Livermore, CA. 94551**

**925-667-4096**

**Faith Formation**