

My First
**Reconciliation
& Communion**



My name is _____

I am very special. God created me different from everyone else. God loves me just the way I am! He helps me to become better and to do great things.

A picture of myself:

Draw a picture of yourself doing something which you enjoy doing.

My date of birth: _____

My baptism date: _____

My godparents were: _____

My baptism:

A photo of your baptism, or draw a picture of your baptism.

**When I was baptised
I became a part of
God's big family.**



Prayer



**Thank you God for choosing me to be part
of your family. Thank you Jesus for being my
special friend and for always being with me.
Help me to become more like you. Amen.**

I do what Jesus did

Colour in the circles which show that you're doing what Jesus did.

I say that
I am sorry

Fighting

Helping at
home

I play with
my friends

I say
thank you

I say
please

I push others

I lie

I share my toys

I forgive

I thank
something that
is not mine

I pray

Sometimes I don't do what Jesus would like me to do.

I always try to obey but sometimes I don't manage. I always try to love my friends, but sometimes I fight with them.

When we do these things we will not be doing what Jesus would like us to do. We call this SIN.

I am not happy when this happens. Sin does not let me be happy. When I sin I am not Jesus' friend.

Jesus will always love me and he would like me to love him too.

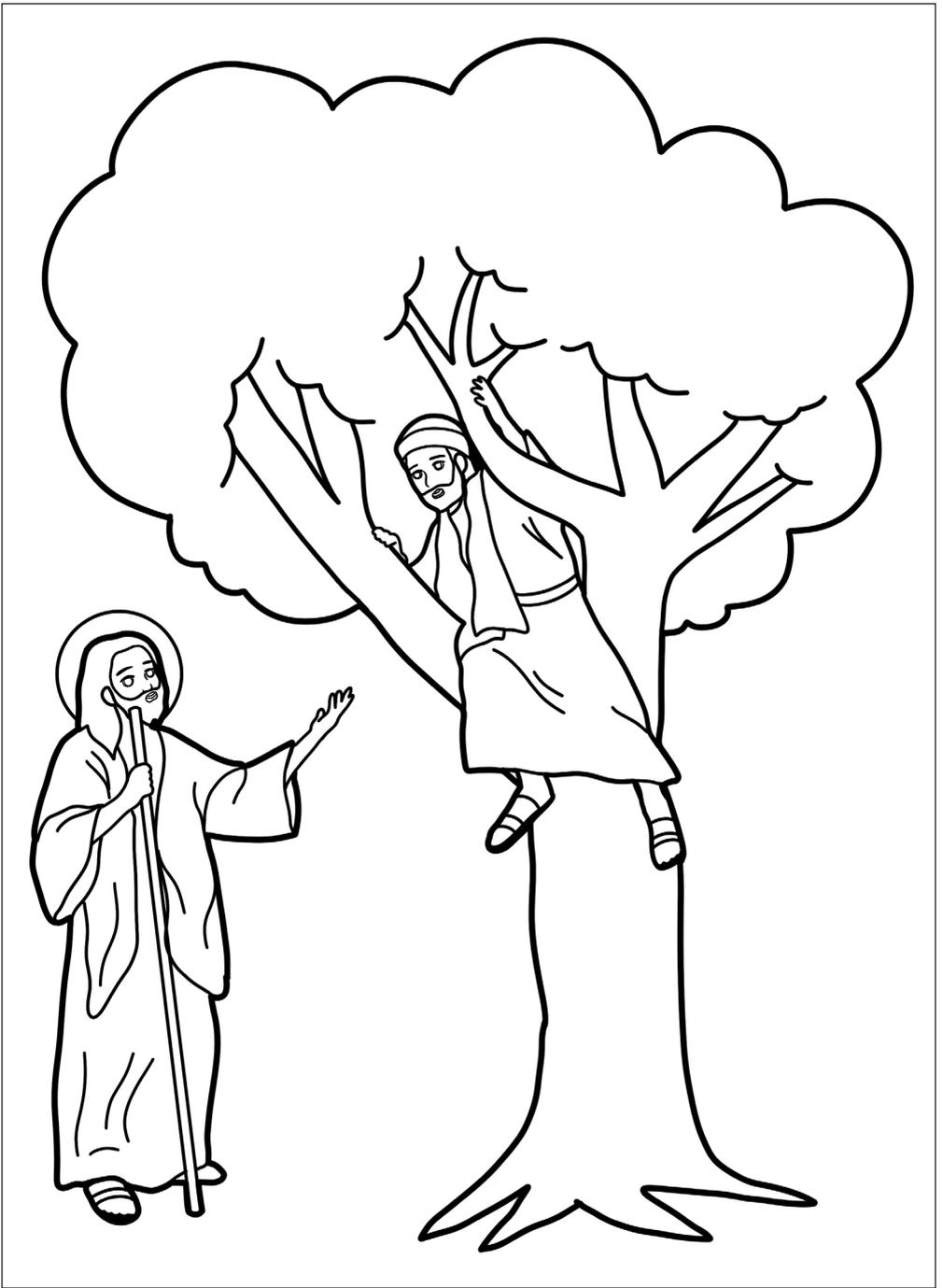


Prayer

Thank you Jesus for loving me, even when I do things which you do not like. Thank you for helping me, so that next time I do not repeat this same thing.

Once there was a man, his name was Zacchaeus. **Jesus showed him how he can love those around him.** Jesus was very pleased that Zacchaeus wanted to be his friend and to be friends with others too.





Colour the picture of Jesus and Zacchaeus

The story of Zacchaeus

Zacchaeus was a very rich man. But nobody liked him because he lied and took people's money. One day, he wanted to see Jesus. But Zacchaeus was very little and there were very big people standing in his way. Zacchaeus had an idea. He ran ahead of the crowd and scrambled up a tree. He peeked through the leaves, and when he looked down, there was Jesus looking right up into his face. Jesus was different from anyone Zacchaeus had ever met, Jesus knew all about Zacchaeus. He even knew his name. "Zacchaeus," Jesus said, "Come down! I must stay at your house today." Zacchaeus was surprised.

And so were the people. "Why would Jesus stay with someone so selfish?" they grumbled, "Zacchaeus is a sinner! He is bad, bad, bad!"

But Zacchaeus gladly welcomed Jesus to his home. And he believed every word Jesus said. Zacchaeus learned it was wrong to take away his neighbour's money. "I'll pay them all back," he promised. And that's just what Zacchaeus did. "Zacchaeus," said Jesus, "I came to find and forgive people just like you." All people are sinners, but they can be forgiven.

Favourite Bible Stories, Candle Books

Like Zacchaeus, when I do something wrong, I have to see what I can do to show that I am sorry.

I am sorry when
I do things which
Jesus does not like.

Colour in the quote

When we are sorry, Jesus is very happy

Once Jesus told a story about a boy who did not want to obey and he left his home. But then he was sorry and he returned. His father was waiting for him, and he was so happy that he gave a big party.

The prodigal son, use the pictures to retell the story.



Jesus wants us to be happy. That boy was not happy when he left his house, but when he returned and found his father waiting for him, he was very happy.

Jesus is like that father. He will always love us. When we are sad because of a bad choice we made, he would like us to become friends with him again, and to be happy once again. This is why Jesus gave us the **Sacrament of Reconciliation**.

My confession guide

Put these in the right sequence.

- I listen to what the priest tells me.
- I think about the choices that I made and which did not please Jesus.
- I say the Act of Contrition and do my penance.
- I go near the priest and tell him about my bad choices.
- I promise Jesus that I will try not to repeat my bad choices.

Prayer

Thank you Jesus for loving me and for forgiving me.



Write your prayer



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 Saviour Jesus Christ suffered and died for us. In His Name. My God have mercy.



I made my **First Confession** on:

Today Jesus forgave all my sins. I am very happy! Thank you Jesus.



I am so lucky, today I had my first confession!

Thank you Jesus _____



Continue this prayer

My first confession

Draw a picture of your First Confession.

Write or draw, how you felt after your First Confession.

Jesus invites you to a Special Meal. In Communion Jesus will come to you in a very special way. He will help you to love others like he loves them. What a great gift you are going to receive from Jesus!

When we are hungry, we eat. To be healthy we eat the right food. Our heart also needs food to be happy, to be able to love, to be patient and to help others. **THE RIGHT FOOD FOR OUR HEART IS COMMUNION.**

Jesus and Me:

Draw a picture of yourself with Jesus.

I live like my friend Jesus



I say sorry when I do something wrong



I pray



I become a friend and play with someone who is alone



I share what I have with others



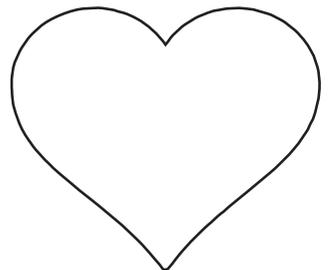
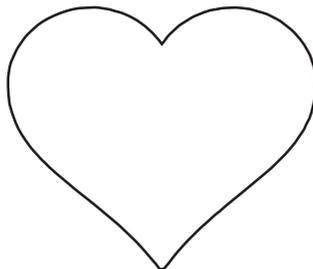
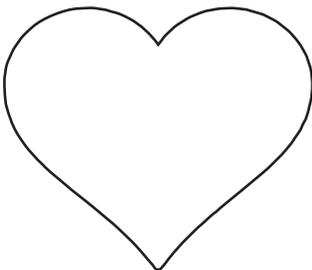
I behave myself in church



I help

Jesus is very happy when we do what he wants us to do.

In the pictures above there are some examples of what you can do. In the hearts below, write or draw other examples.

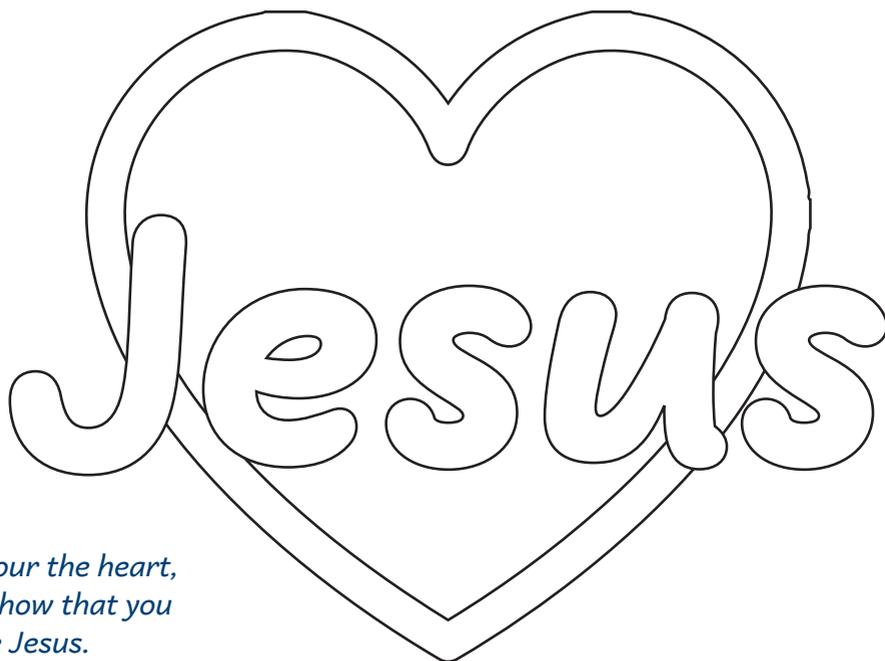


Who is Jesus?

Now that you will be attending mass every Sunday, you will get to know Jesus better. In the readings, during mass, you will hear more about Jesus.

What do you know about Jesus? Continue this list:

- Jesus is my best friend.
- Jesus loves me a lot.
- _____
- _____
- _____
- _____



*Colour the heart,
to show that you
love Jesus.*

How to prepare for your First Holy Communion

Pray. Speak with Jesus every day. Tell him about your day, about your dreams and thank him for being near you.

Some days before your First Holy Communion go for **Confession.**

Do not eat and drink anything, apart from water, for **an hour** before you receive communion. In this way you are preparing yourself for this special meeting with Jesus.

How to receive communion

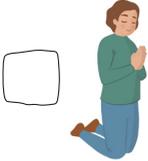
Put in the right sequence.



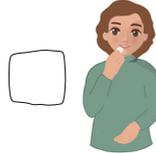
I return quietly to my place



I get out of my place



I speak with Jesus and I tell him that I love him



I put the host in my mouth and eat or swallow it



I put my right hand underneath my left to receive the host



I walk silently behind the others to receive the host



I receive the host

My prayer to Jesus after my First Communion.



Draw a picture which will remind you of your First Holy Communion. You can draw one of these: *chalice, host, church, heart, lamb, grapes, wheat, cross.*

My First Holy Communion Day

Date: _____

The day was: _____

How I felt:



Happy



Worried



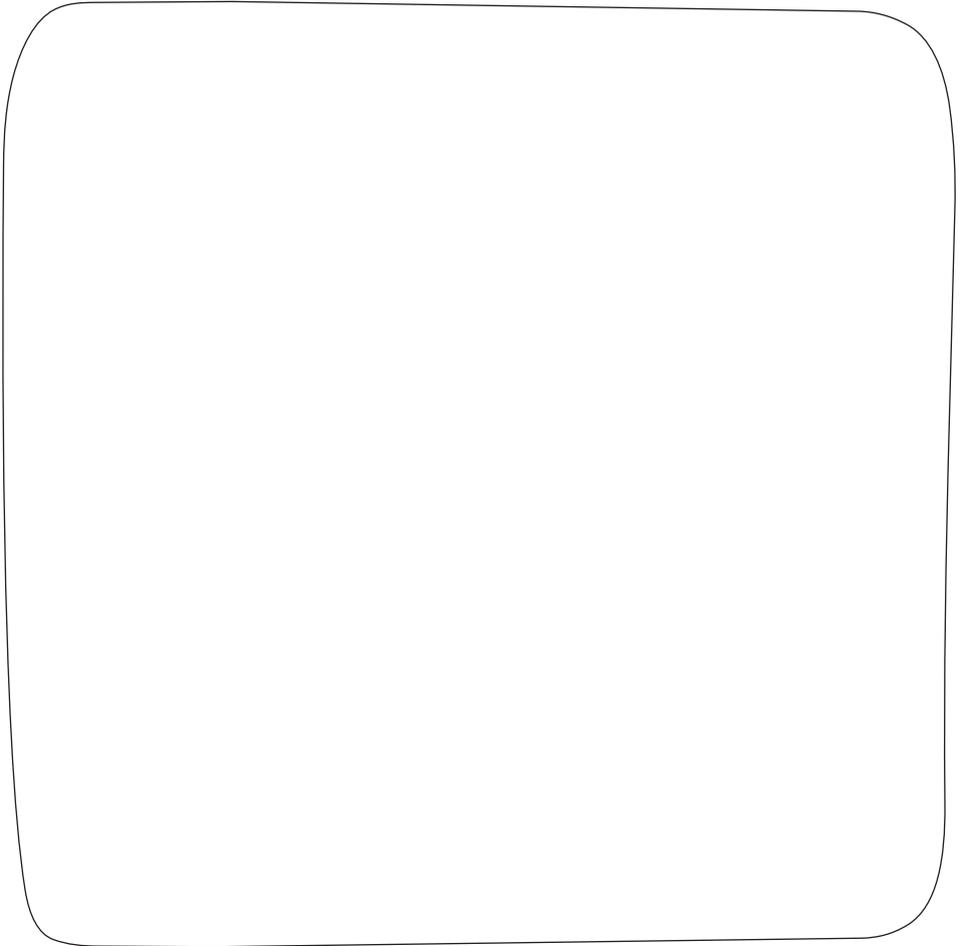
Sad



Excited

*Today you had your First Holy Communion. You were not alone.
Write down the names of the friends who were with you.*

Ask your family and friends to write a message for your First Holy Communion.



Published by **BeKids**



bekids@maltadiocese.org
bekids.mt



**LIFELONG
CATECHESIS**

info.katekezi@maltadiocese.org
katekezi.mt



***I can repeat the feast I celebrated today,
everyday, but especially on Sunday!***

Thank you Jesus for this invitation and for loving me so much.
I love you too.

Write your name

Now that you celebrated your First Holy Communion, see that you: pray, receive Communion every Sunday, you go for confession, you continue learning about Jesus.

You can also:
become an altar server, join the church choir

 **ARCHDIOCESE
OF MALTA**

church.mt