

Session 1: *Sunday is Special*, Teaching Guide

The Leader Guide is available as a PDF here:

https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Make the sign of the cross together, and pray the prayer on page 1.

1. **Watch** Season 7, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-7-1.html>

- **Read** pages 1-27 and discuss the Seven Sacraments with your child. A good summary is also found here:

<https://www.loyolapress.com/catholic-resources/sacraments/the-seven-sacraments/the-seven-sacramentsarticle2/>

2. **Watch** Season 7, Episode 2: <https://www.dynamiccatholic.com/plus/blessed/first-communion-7-2.html>

- **Play** the Seven Sacraments game: <https://www.loyolapress.com/catholic-resources/sacraments/the-seven-sacraments/sacraments-matching-game/>

This is a simple matching game that is free to download. It's a great way for kids to memorize and identify the seven sacraments in a fun way.

3. **Watch** Season 7, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-communion-7-3.html>

- **Read** pages 28-37. It's important to **emphasize the joy we have in our Catholic faith**—we celebrate special days, and we have the privilege and joy of participating in Mass every Sunday. Discuss ways in your family to make your Sabbath day holy, for “rest is holy” (p. 37).

4. **Watch** Season 7, Episode 4 & 5: [First Communion 7-4 | Blessed | Dynamic Plus \(dynamiccatholic.com\)](https://www.dynamiccatholic.com/plus/blessed/first-communion-7-4.html) and <https://www.dynamiccatholic.com/plus/blessed/first-communion-7-5.html>

- **Read** pages 38-43. **Practice:** Sunday is a day of gratitude, of saying “thank you” to God, for all that He has blessed us with (p. 42). Each Sunday, take a few minutes as a family to say thank you to God. Encourage your children to tell God what they are thankful for as part of their Sunday morning routine.

5. **Watch** Season 7, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-communion-7-6.html>

- **Activity:** During Mass this week, have your child write down one thing that God spoke to him/her through the readings, homily, prayers, etc. In Session 2, we'll discuss creating a Mass Journal; but for now, begin by writing *one* thing this week.
- **View** (for parents): Fr. Mark-Mary Ames (video) "Don't just go to Mass- Pray the Mass": [Don't Just Go to Mass—Pray the Mass! - YouTube](#)

You can **read** the institution narratives that Fr. Mark-Mary mentions in the following passages: Matthew 26:20-29 Mark 14:17-25 Luke 22:14-20 1 Corinthians 11:23-25.

If you aren't familiar with Fr. Mark-Mary of Ascension Presents, Fr. Mark-Mary offers wonderful content related to Catholic life and spiritual practice. Check out his other videos as well!

6. **Read** pages 50-51. **Pray** with your child, using the closing prayer on page 51. You can also pray along with the "Closing Prayer" video, <https://www.dynamiccatholic.com/plus/blessed/first-communion-7-7.html>

- **Complete** the "Show what you know" section on pages 46-47. The answers are in the PDF version of the Leader guide (p. 35 of the PDF):

https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

- **Write** a brief letter in the "Journal with Jesus", page 49. I encourage parents to write their own letters to Jesus along with their child, and talk about what they've each written in the letter.

Session 2: *The Greatest Event on Earth*, Teaching Guide

Make the sign of the cross together, and pray the prayer on page 53.

1 **Watch** Season 8, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-8-1.html>

- **Read** pages 54-55. **Discuss:** Why is Mass the ultimate prayer? (p. 55)

2. **Watch** Season 8, Episode 2: <https://www.dynamiccatholic.com/plus/blessed/first-communion-8-2.html>

- **Read** pages 56-57. Tip from Leader Guide (p. 41 PDF): “Over and over throughout the Gospels we read about Jesus going to quiet places to pray. Why did Jesus withdraw so often to pray? He withdrew to pray so that he could stay focused on his mission and be reminded what really mattered. We all get confused about what really matters from time to time. Prayer helps us to keep things in perspective. Give prayer a central place... And ask the Holy Spirit to be with you in a powerful way throughout this process.”

3. **Watch** Season 8, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-communion-8-3.html>

- **Read** pages 58-59. **Ask:** What is the Third Commandment? How do we keep the Sabbath Day? (page 59)

4. **Watch** Season 8, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-communion-8-4.html>

- **Read** pages 60-64. **Activity** for parents & children: **Create** a Mass Journal. Follow the instructions on page 64, taking a little notebook with you to Mass. After Mass, discuss with your children what you each wrote in your notebook (this could just be one word or phrase that stuck out to you), and anything else that God may have spoken to your heart.

5. **Watch** Season 8, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-communion-8-5.html>

- **Read** pages 66-69 with your child. **Discuss** times when Jesus is at our side when we might not recognize Him (examples on page 69). What are some of your normal activities each day? How would our actions, thoughts, etc. be different knowing Jesus is beside us, walking with us? **Parents: Read** Scripture passage Luke 24:13-35 AND read the article “Emmaus and Us” by Dr. Scott Hahn <https://stpaulcenter.com/audio/sunday-bible-reflections/emmaus-and-us-scott-hahn-reflects-on-the-third-sunday-of-easter/>

6. **Watch** Season 8, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-communion-8-6.html>

- **Read** pages 70-71. **Color:** Have your child color a picture, drawing some things that represent their favorite part of Mass. **Discuss** when they feel closest to God at Mass. What parts of Mass do they like? Why?

Do your kids also feel bored at Mass? Encourage them to learn more about the Mass and be active participants (join the “ultimate prayer” p 54). Everything that happens at Mass is for a reason. Encourage them to sing the songs, respond to the prayers, and have a conversation with God.

Resources: St. Bridget offers a wonderful series of YouTube videos featuring Dan Harms, Fr. Ken, and Fr. Dillon explaining each part of the Mass in a clear and conversational way. These are entertaining and informative. I encourage you to watch them as a family and discuss! You can find them here:

<https://www.youtube.com/@SaintBridgetChurchRVA/videos>

Also, it may be helpful to purchase a missal, which is a *small book that explains everything that is happening during the Mass*. You can have your child bring the missal to Mass, and discuss it at home as well. If you have questions, please reach out to me about this and other resources!

- **Read** page 76. **Pray** with your child, using the closing prayer on page 76. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-communion-8-7.html>

Complete the “Show what you know” section on pages 72-73. The answers are in the PDF version of the Leader guide (p. 49 of the PDF):

https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Write a brief letter in the “Journal with Jesus”, page 75. I encourage parents to write their own letters to Jesus along with their child, and talk about what they’ve each written in the letter.

Session 3: *The Word of God*, Teaching Guide

The Leader Guide is available as a PDF here:

https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Make the sign of the cross together, and pray the prayer on page 79.

1 Watch Season 9, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-9-1.html>

- **Read** Blessed pages 80-83 with your child. Discuss the four parts of Mass (80), What is a Rite? (81), and What is Liturgy? (82).
- **Observe:** Invite your child to look at the illustration on pages 82-83. **Ask** them if they recognize anything.

The cup the priest is holding: **chalice**

The outer garment worn by the priest: **chasuble**

The name of the brown table behind the priest: **the altar**

The name of the cloth on top of the altar: **the altar cloth**

You can also encourage your child to look for other items while at Mass; here is a helpful picture guide to some common items: <https://catholic-link.org/images/infographic-liturgical-objects-used-mass-practical-guide/>

2. Watch Season 9, Episode 2 video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-9-2.html>

- **Read** pages 84-89 about the **Introductory Rites**. **Discuss** The Gloria (88-89), and **ask** your child if he or she knows where the first line of the Gloria comes from (then **read** Luke 2:14 together).

3. Watch Season 9, Episode 3 video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-9-3.html>

- **Read** pages 90-93 and **point out** the four readings from the Bible that happen during **The Liturgy of the Word**. Take a moment and **explain** how important it is to read the Scriptures out loud at Mass, and the important job that lectors, cantors, deacons, and priests have in proclaiming the Word of God.

4. Read pages 94-97 about the Creed, then **Watch** the S9:E4 video “We Believe”, and have your child read the creed out loud (pgs. 96-97), following along while the creed is recited during the video presentation: <https://www.dynamiccatholic.com/plus/blessed/first-communion-9-4.html>

5. Watch Season 9, Episode 5 video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-9-5.html>

- **Ask:** What are some things we can do to help make our soul like the rich soil? (see page 99- Daily prayer, learning about our faith, going to Mass on Sunday, being generous to all who cross our path, and sharing God’s message with others).

6. Watch Season 9, Episode 6 video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-9-6.html>

- **Read** pages 100-103, “Wear it Out.” Share with your child your favorite Bible story, and ask your child what his or her favorite story is. Encourage your child to “wear out” his or her Bible through continued use (p. 102). **IDEA** for Lenten season: Spend a few minutes each day reading a passage of the Bible. You can visit <https://bible.usccb.org/readings/calendar> for a list of the Church’s daily readings. I would encourage you to begin with the daily Gospel reading if you are short for time. This is a wonderful habit to develop as a model for your kids!
- **Explore** (parents): The United States Conference of Catholic Bishops’ website provides other great resources for understanding the Bible, the lectionary, and approved translations. I encourage you to explore the resources in the “Bible” section of the website: <https://www.usccb.org/bible/understanding-the-bible>
- **View** (for parents): “Understanding the Mass” videos by Casey Cole, OFM. Fr. Casey is a priest and Franciscan Friar serving as the director of campus ministry at the University of Georgia Catholic Center.

https://youtube.com/playlist?list=PLIEHvf1_M4UvQIeqw0LI6m-ahSS5jqjDZ

The playlist includes six short videos (you can skip the “trailer” video) explaining the Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, and the Concluding Rites.

As I mentioned in Session 2, **St. Bridget also offers a wonderful series of YouTube videos** featuring Dan Harms, Fr. Ken, and Fr. Dillon explaining each part of the Mass in a clear and conversational way. These are entertaining and informative. I encourage you to watch them as a family and discuss! You can find them here:

<https://www.youtube.com/@SaintBridgetChurchRVA/videos>

Read page 108. **Pray** with your child, using the closing prayer on page 108. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-communion-9-7.html>

Complete the “Show what you know” section on pages 104-105. The answers are in the PDF version of the Leader guide (p. 66 of the PDF):
https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Write a brief letter in the “Journal with Jesus”, page 107. If your child is struggling with that prompt, here are some other ideas for writing: Make a list of things you want to say “thank you” for; Tell Jesus when you are afraid and ask Him to be near you; Write to Jesus about someone who is sick and in need of prayers.

Session 4: *The Eucharist*, Teaching Guide

Make the sign of the cross together, and pray the prayer on page 111.

1. **Watch** Season 10, Episode 1 and 2

videos: <https://www.dynamiccatholic.com/plus/blessed/first-communion-10-1.html>

<https://www.dynamiccatholic.com/plus/blessed/first-communion-10-2.html>

- **Read** pages 112-115 with your child. Have your child look at the illustration on page 115 as you **read** Mark 6:30-44.
- **Parents: Read** Father Ryan Stenger's article "The feeding of the five thousand and the Eucharist": <https://covidio.org/the-feeding-of-the-five-thousand-and-the-eucharist/>

After reading, explain some of the connections between the Eucharist and Jesus feeding the five thousand with your child.

- **Read** page 116. **Activity:** Before Mass, have your child select a problem he or she is dealing with or a problem someone else is struggling with, and encourage them to ask God for help during the Offertory.
- **Read** pages 118-123. Review these important questions with your child after reading:

What does the word Eucharist mean? Answer: "Thanksgiving"

What is the Consecration? Answer: The moment when the bread and wine become the Body and Blood of Jesus.

Why do we kneel down for the consecration? Answer: It is a sign of reverence for the amazing moment when the bread and wine become the Body and Blood of Jesus.

What is one reason Jesus taught us the Our Father prayer? Answer: Jesus wanted us to remember that God is our Father and we are children of God.

2. **2. Watch** Season 10, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-communion-10-3.html>

- **Read** pages 124-127. In Holy Communion, Jesus gives himself completely to us (124). Jesus died on the cross to save us from sin. You are loved by God! Have your child **memorize** John 3:16 this week:

"For God so loved the world that he sent his only Son, so that everyone who believes in him may not perish but have eternal life."

3. **3. Watch** Season 10, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-communion-10-4.html>
- **Read pages 128-131. Tip from Leader guide:** “Share your own amazement that the Eucharist is not a symbol but really is the true presence of Jesus. Talk about your favorite part of the miracle at Lanciano. Don’t shy away from sharing your personal feelings about the miracle.”
 - **Parents: Read** Scripture passage John 6:22-71 **AND View** Fr. Mike Schmitz “The Disciples Doubted the Eucharist. Do you?” <https://www.youtube.com/watch?v=J6pSp-So00o>
4. **Watch** Season 10, Episodes 5 & 6: <https://www.dynamiccatholic.com/plus/blessed/first-communion-10-5.html>
- <https://www.dynamiccatholic.com/plus/blessed/first-communion-10-6.html>
- **Discuss** with your child the gifts we receive in the Eucharist (read the list on page 133). **Select** 1-2 items from the list, and share with your child how you experienced that gift in your own life from receiving the Eucharist. How has Communion energized and nourished your own soul? Sharing your own experiences of encountering Jesus in the Eucharist will encourage and prepare your child for their First Communion (and beyond!).

Conclusion

Read page 140. **Pray** with your child, using the closing prayer on page 140. You can also pray along with the “Closing Prayer” video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-10-7.html>

Complete the “Show what you know” section on pages 136-137. The answers are in the PDF version of the Leader guide (p. 83 of the PDF):

https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Write a brief letter in the “Journal with Jesus”, page 139.

Session 5: *Your First Communion*, Teaching Guide

The Leader Guide is available as a PDF here:

https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Make the sign of the cross together, and pray the prayer on page 143.

1. **Watch** Season 11, Episode 1: <https://www.dynamiccatholic.com/plus/blessed/first-communion-11-1.html>
 - **Read** pages 144-147. **Practice** saying the prayer on page 145, which can be said on the morning of First Communion.
2. **Watch** Season 11, Episode 2: <https://www.dynamiccatholic.com/plus/blessed/first-communion-11-2.html>

Ask: What is one of the most significant signs that you're growing up? **Answer:** Your ability to take responsibility for your own actions.

3. **Watch** Season 11, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-communion-11-3.html>
 - **Read** pages 148-151. **Discuss** with your child the two ways we prepare to receive Jesus in the Eucharist: **Prayer and Fasting**.

Parents: View two videos:

Breaking in the Habit (video) "Is Fasting Before Mass Still a Thing?" (8:00)

<https://www.youtube.com/watch?v=GwsYI1UfEwU>

Fr. Mike Schmitz (video) "Why We Have to Attend Mass and Receive Communion in a

State of Grace" (8:00) <https://www.youtube.com/watch?v=-pw7HI4RxFI>

4. **Watch** Season 11, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-communion-11-4.html>
 - **Read** pages 152-155, discussing how the Eucharist empowers us to do great things for God. Highlight two saints in particular that were empowered by the Eucharist: St. Francis of Assisi and St. Therese of Lisieux.

More information about these saints:

Saint Therese of Lisieux

[Saint Thérèse of Lisieux | Franciscan Media](#)

[Who Is St. Therese - Society of the Little Flower](#)

St. Francis of Assisi

[Who Was St. Francis of Assisi? | Franciscan Media](#)

5. **Watch** Season 11, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-communion-11-5.html>
 - **Read Luke 1:39-56 about Mary and Elizabeth.** Have your child **look** at the picture on page 154 as you discuss. In the church, the little red light means Jesus is in the tabernacle. Explain to your child how Mary was the first tabernacle; Jesus was inside of her (p. 155). When you receive the Eucharist, Jesus is inside of us as well. With Jesus alive in us, we are each called to go out into the world as his ambassadors and disciples.

6. **Watch** Season 11, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-communion-11-6.html>

Read pages 156-157. **Encourage** your child that this is the first but not last time they will receive Communion. As the book points out, for the rest of their lives, they will have an open invitation to God's great banquet.

Read page 162. **Pray** with your child, using the closing prayer on page 162. You can also pray along with the "Closing Prayer" video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-11-7.html>

Complete the "Show what you know" section on pages 158-159. The answers are in the PDF version of the Leader guide (p. 95 of the PDF):

https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Write a brief letter in the "Journal with Jesus", page 161.

Session 6: *God's Family*, Teaching Guide

The Leader Guide is available as a PDF here: https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Make the sign of the cross together, and pray the prayer on page 165.

1. **Watch** Season 12, Episode 1: <https://www.dynamiccatholic.com/plus/blessed/first-communion-12-1.html>

- **Read** p. 166. **Ask:** What are some ways you are a part of God's mission? How can you bring God's love to everyone you meet? Discuss some different ways.

2. **Watch** Season 12, Episode 2: <https://www.dynamiccatholic.com/plus/blessed/first-communion-12-2.html>

- **Read** pages 168-169. **Ask:** What are some ways the parish is like a family?
- **Read** pages 170-171. **Ask:** What are some reasons it's great to be a Catholic?

3. **Watch** Season 12, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-communion-12-3.html>

- **Read** pages 172-175. Have your child **color a picture** of the boy tossing starfish back in the ocean. **Discuss** how we can make a difference in one person's life—maybe a friend at school, family member, etc. Then, have your child **color a picture** of a scene helping one person with something.

4. **Watch** Season 12, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-communion-12-4.html>

- **Read** p. 176. Leading up to First Communion, before going to bed each night, have your child **commit to praying** for someone in need: People hurt by natural disasters, the hungry and homeless, people who are sick, family members or a specific friend in need, and for the souls in purgatory. Of course, there are many other things to pray for, but this can be a starting point.

5. **Watch** Season 12, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-communion-12-5.html>

- **Read and discuss** pages 178-180. **Encourage** your child to think about Jesus being beside him/her throughout the day, in whatever activity they are doing. Encourage him/her to pray in those moments, and thank Jesus for being with them. Also, before your First Communion in May, make time to **stop by a church with your child and spend 15-30 minutes visiting with Jesus**. This can be during adoration, or at another time when the church is open for prayer (before the tabernacle).

6. **Watch** Season 12, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-communion-12-6.html>

- **Read** pages 182-185. **Teach your child the simple prayer, “Jesus, I trust in You.”** Memorize this with him/her, and repeat this prayer whenever you pray together in April.
- **Parents: Pray The Litany of Trust.** This is a prayer composed by one of the Sisters of Life, Sr. Faustina Maria Pia, SV. In it, we ask Jesus to deliver us from the things that hold us bound, and we place our trust in His promises. This is a wonderful litany for developing our trust in the Lord. You can find a PDF copy here: <https://sistersoflife.org/wp-content/uploads/2019/07/Mobile-Litany-of-Trust.pdf>
You can also adapt this prayer for your kids, adding items that your children would relate to.

Read page 190-191. **Pray** with your child, using the closing prayer on page 191. You can also pray along with the “Closing Prayer” video: <https://www.dynamiccatholic.com/plus/blessed/first-communion-12-7.html>

Complete the “Show what you know” section on pages 186-187. The answers are in the PDF version of the Leader guide (p. 110 of the PDF):
https://files.dynamiccatholic.com/home/blessed/first-communion/downloads/Blessed_FirstCommunion_LeaderGuide.pdf

Write a brief letter in the “Journal with Jesus”, page 189.