

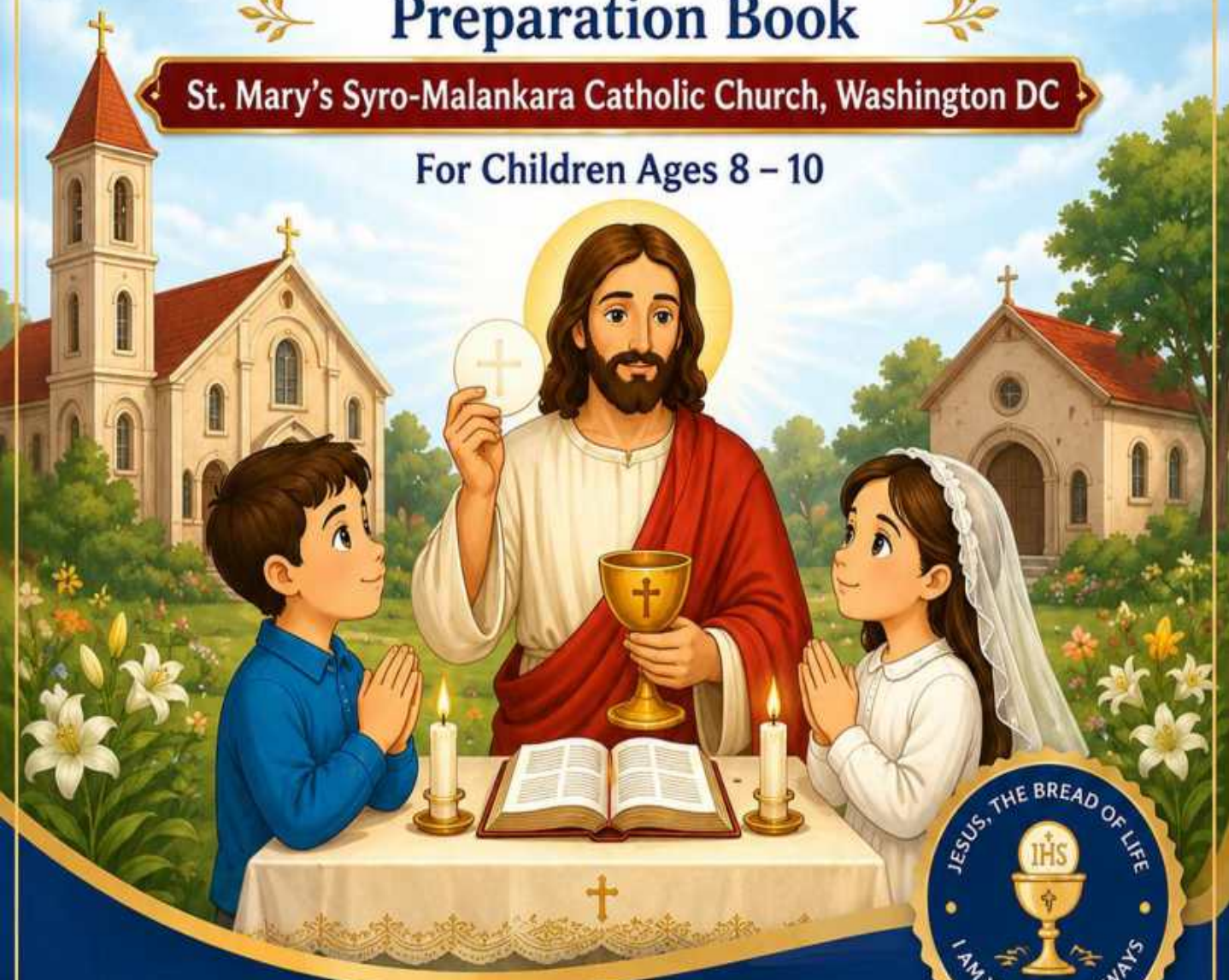


JESUS, I AM READY!

My First Solemn Holy Communion
Preparation Book

St. Mary's Syro-Malankara Catholic Church, Washington DC

For Children Ages 8 – 10



*I am the Bread of Life.
Whoever comes to Me will never hunger.*

John 6:35



KNOW JESUS



LOVE JESUS



RECEIVE JESUS



LIVE JESUS



SHARE JESUS

Welcome, Dear Child!

Come to Me, my dear child!

I love you very much!

I am so happy that you are here.

I want to come into your heart
in the Holy Eucharist.

This preparation book will help you
know Me better, **love Me more**,
and **to receive Me with faith and joy**.

Let's begin our journey together!

♥ – Jesus

My Name: _____

My Class: _____



WASHINGTON DC

PREFACE



**Dear Children, Parents, and Catechists,
Praise be to Jesus Christ!**

With deep joy and gratitude to God, I present this
Preparation Book for First Solemn Holy Communion.

It has been prepared with love and prayer for the children of
St. Mary's Syro-Malankara Catholic Church, Washington DC,
as they journey to receive Jesus in the Holy Eucharist with faith,
devotion and a heart ready to love Him more.

The First Solemn Holy Communion is a beautiful milestone in the life of a
Syro-Malankara Catholic Church child. It is a special moment when you come closer
to Jesus, who is truly present in the Holy Eucharist—His Body, Blood, Soul and
Divinity.

This book will help you learn the teachings of the Catholic Church, especially
our **Syro-Malankara Catholic Church**, our Holy Qurbana, our traditions, our faith,
and the values that help us become true disciples of Jesus.

Through simple lessons, Scripture, prayers, reflections, activities and beautiful
illustrations, you will learn about God the Father, Jesus Christ, the Holy Spirit,
the Church, the Sacraments, prayer, the virtues and the Holy Eucharist. You
will also discover the richness of our Syro-Malankara Catholic faith and how we
are called to live it every day.

As your catechist and a fellow servant of God, I have seen how children grow in
faith when they understand, love and practice what they learn. My prayer is that
this book will help you not only know your faith, but also experience God's love
in your heart and in your life.

Dear parents, you are the first teachers of your children in the ways of faith. Your
prayer, your love, and your example of living the faith—especially by participating
in the Holy Qurbana and the life of our Church—will help your children grow
strong in Christ.

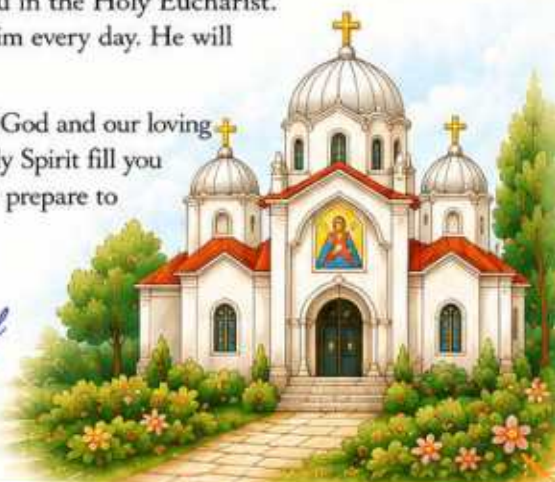
I thank our parish priests, reverend fathers, religious sisters, Catechists, and all
who lovingly guide and support our children in their faith journey.

Dear children, Jesus is waiting for you in the Holy Eucharist.
to Him. Listen to His voice. Follow Him every day. He will
be your *best friend and guide*.

May our Mother Mary, the Mother of God and our loving
Mother, intercede for you. May the Holy Spirit fill you
with wisdom, faith, love and joy as you prepare to
receive Jesus in the Holy Eucharist.

with prayers and blessings,

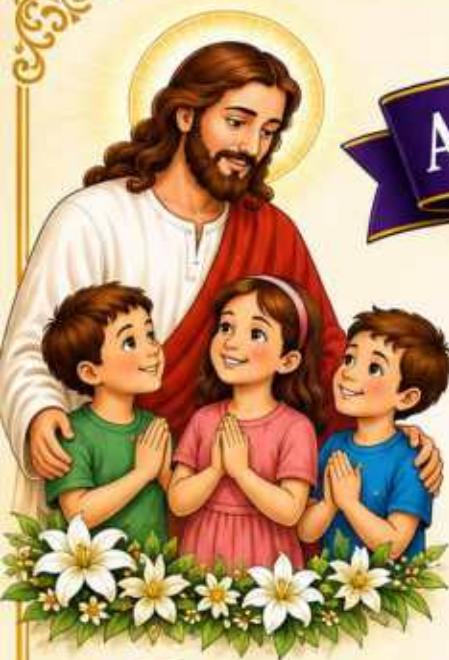
Elizabeth Bose Kalamprampil



"Go therefore and make disciples
in the name of the Father, and of the Son, and of the Holy Spirit..."

(Matthew 28:19)

ACKNOWLEDGEMENTS



With a grateful heart, I dedicate this book to **Jesus Christ**, who lovingly calls every child to know Him, receive Him, and grow in His grace. May this book help our children deepen their faith, cherish the rich traditions of the Syro-Malankara Catholic Church, and prepare their hearts to encounter Jesus in the Holy Eucharist.



I offer my sincere gratitude to **Rev. Fr. Manoj Mammen, our Parish Vicar** for entrusting me with the preparation of this book and for his encouragement and support throughout this meaningful work.



My heartfelt thanks also go to **Rev. Dr. Isaac Parappallil** and **Rev. Dr. Jolly Karimpil** for carefully reviewing the material and for their valuable guidance in helping ensure its liturgical and theological accuracy. Their knowledge, thoughtful suggestions, and generous support have greatly enriched this book.



I am deeply thankful to all the **priests, catechists, parents, and members of our faith community** who faithfully nurture our children and help them grow in the love and knowledge of Christ.



Above all, I give thanks and praise to **God Almighty** for the grace, wisdom, and opportunity to prepare this book. May He bless every child, family, and catechist who uses it, and may all that is learned through these pages lead our children closer to Jesus and to a lifelong love for the Holy Eucharist.



To God be
all glory and praise.



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"Let the little children come to Me."
— Matthew 19:14



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WEEK 1 THE HOLY TRINITY

ONE GOD IN THREE DIVINE PERSONS



The Father is God.
The Son is God.
The Holy Spirit is God.

There is only
ONE God.

- ♥ The Father loves us.
- ✝ Jesus saves us.
- ☦ The Holy Spirit sanctifies us.

"Go therefore and make disciples
of all nations, baptizing them in
the name of the Father and of the Son
and of the Holy Spirit."

(Matthew 28:19)



WEEK 1

THE HOLY TRINITY

✿ GOD IS ONE, AND GOD IS THREE PERSONS ✿



LEARNING GOAL

Today we learn about the Holy Trinity.

WHAT DO WE BELIEVE?

There is only one God.
In this **one** God, there are three Divine Persons:



God the Father



God the Son (Jesus)



God the Holy Spirit

This is called the **Holy Trinity**.

The Father is God.
The Son is God.
The Holy Spirit is God.

But there are not three gods.
There is only ONE GOD.



MEMORY VERSE

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."
(Matthew 28:19)



DID YOU KNOW?

St. Ephrem taught:

"The Holy Trinity is One God: Father, Son, and Holy Spirit."

The Holy Trinity is a mystery. We may not fully understand it, but we believe because Jesus taught us.



MY PRAYER

Holy Trinity,
Father, Son, and Holy Spirit,
help me to know You,
love You,
and serve You every day.
Amen.



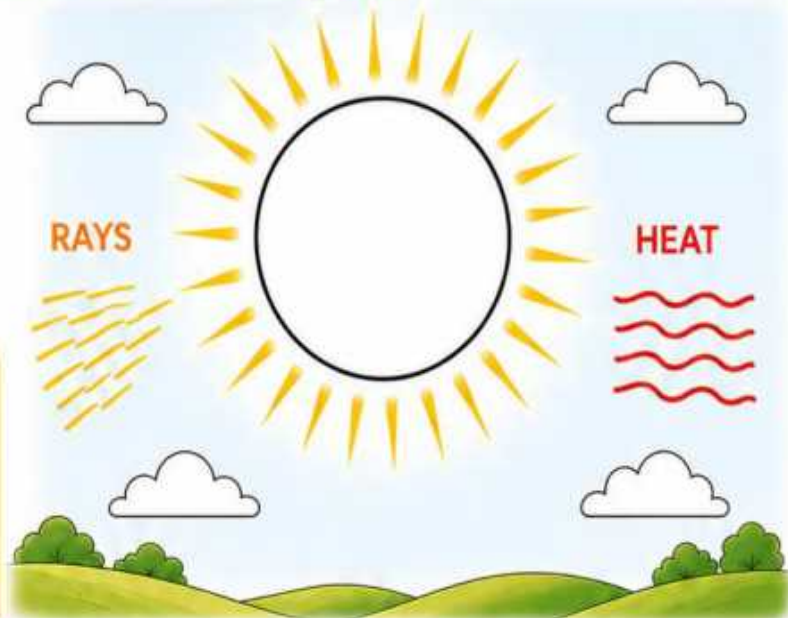
ACTIVITIES

1 COLOR THE SUN

The sun reminds us of the Holy Trinity.

- The sun is like God the Father.
- The rays are like Jesus the Son.
- The heat is like God the Holy Spirit.

The sun, its rays and the warmth help us understand the Holy Trinity. It shows us that God the Father, Jesus the Son, and the Holy Spirit are three Persons, but One God, always together and inseparable.



We can compare the Trinity to the sun, rays, and heat to help us understand. But remember: the rays are not part of the sun - they are distinct. In the Trinity, the Father, Son, and Holy Spirit are three complete Persons, each fully God, not parts of God. They are equal in power and glory forever.

2 MATCH THE PERSON WITH THE CORRECT NAME



God the Father



God the Son
(Jesus)



God the Holy Spirit

3 CIRCLE THE CORRECT ANSWER

1. How many gods are there?
a) Three gods b) One God c) Many gods
2. How many Persons are in one God?
a) Two b) Three c) Four
3. Who is the Third Person of the Holy Trinity?
a) God the Father b) God the Son c) God the Holy Spirit

5 TRUE OR FALSE

Write T for True or F for False.

1. There are three gods.
2. The Holy Trinity has Three Persons.
3. The Son is Jesus.
4. The Holy Spirit is the Third Person.

☐
☐
☐

4 DRAW AND COLOR

Draw a picture of the Holy Trinity.

FAMILY TIME

Pray together and thank the Holy Trinity for loving you.



WEEK 1

JESUS SHOWS US THE HOLY TRINITY

One day Jesus went
to the Jordan River
to be baptized.

**Something
wonderful
happened!**



God the Father
spoke from Heaven:
"This is My beloved Son."



Jesus stood
in the water.



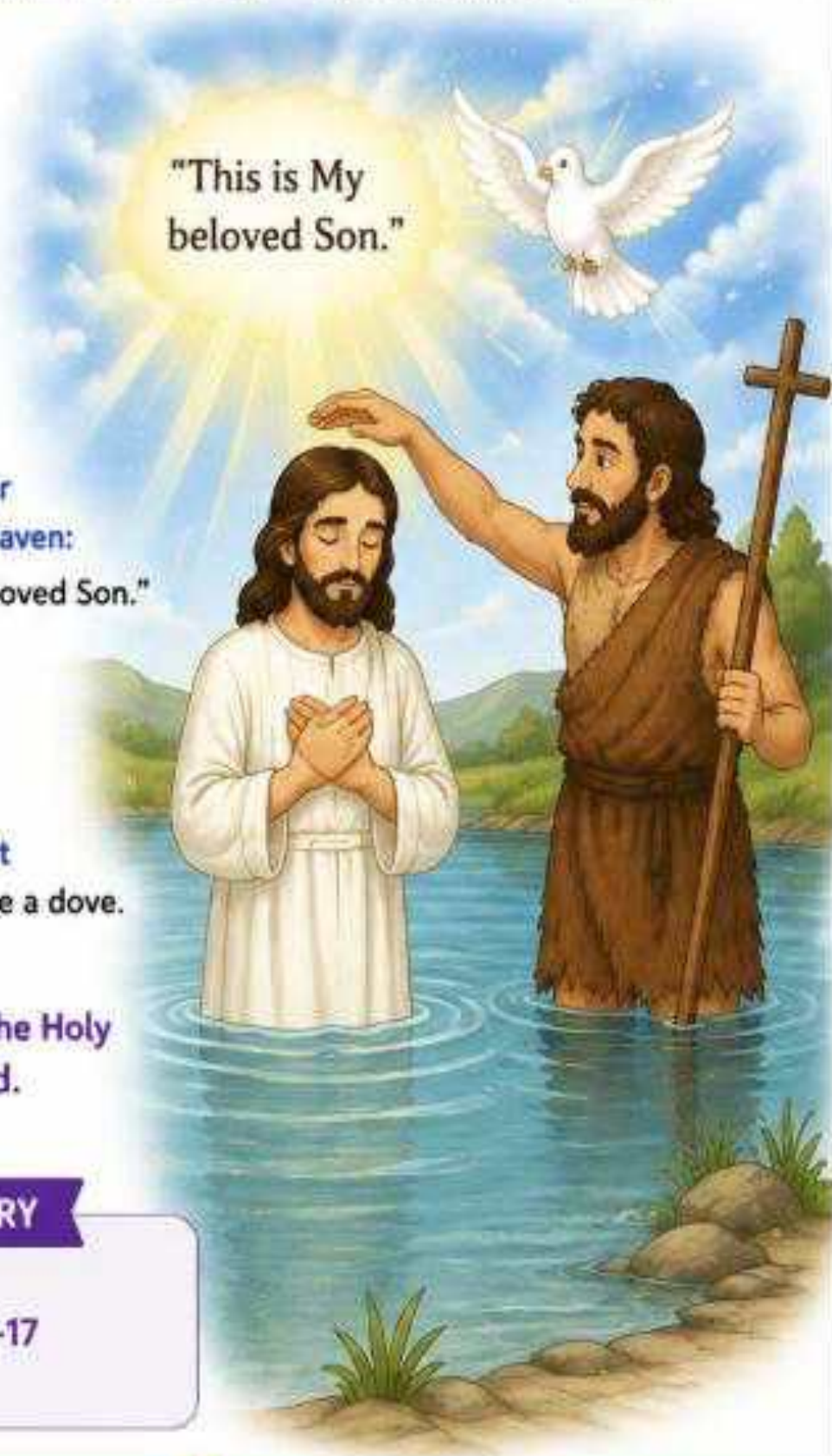
The Holy Spirit
came down like a dove.

All three Persons of the Holy
Trinity were revealed.



BIBLE STORY

Matthew 3:13-17





DRAW AND COLOR

Draw the picture from the Bible story.

- 1** The Father's voice from Heaven



- 2** Jesus in the Jordan River



- 3** The Holy Spirit as a dove



THINK ABOUT IT

- 1** Who was speaking from Heaven?

- ☐ Jesus
☐ God the Father
☐ St. Joseph



- 2** Who came down like a dove?

- ☐ Angel Gabriel
☐ Holy Spirit
☐ Moses



WEEK 1

WHO IS GOD THE FATHER?



God the Father is
the **First Person** of
the Holy Trinity.

He created:



the world



the stars



the trees



the animals



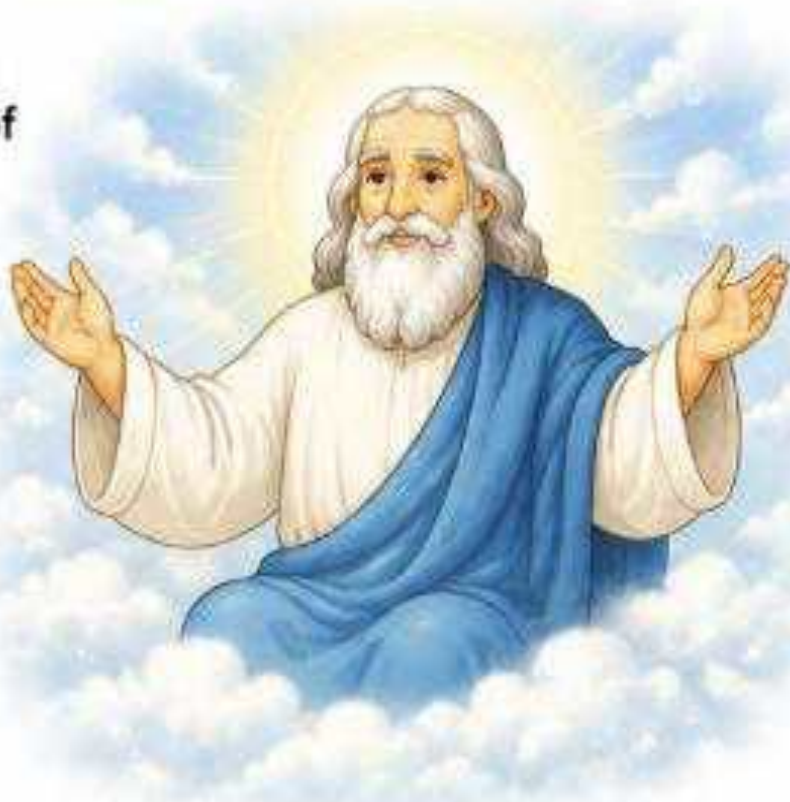
all people



God loves every person.



Jesus taught us
to call God:
"OUR FATHER"



BIBLE VERSE

"Our Father"
who art in Heaven...
(Matthew 6:9)



ACTIVITY

Circle God's gifts:



Sun



Rain



Family



Bible



Love



THANK YOU PRAYER

Dear Father,
Thank You for creating me.
Thank You for my family.
Thank You for loving me.
Amen.



WEEK 1

WHO IS JESUS?



Jesus is the **Son of God**.

Jesus Christ is the eternal Son of God, the second person of the Trinity.



God the Son became human to save us.

He was:



Born in Bethlehem



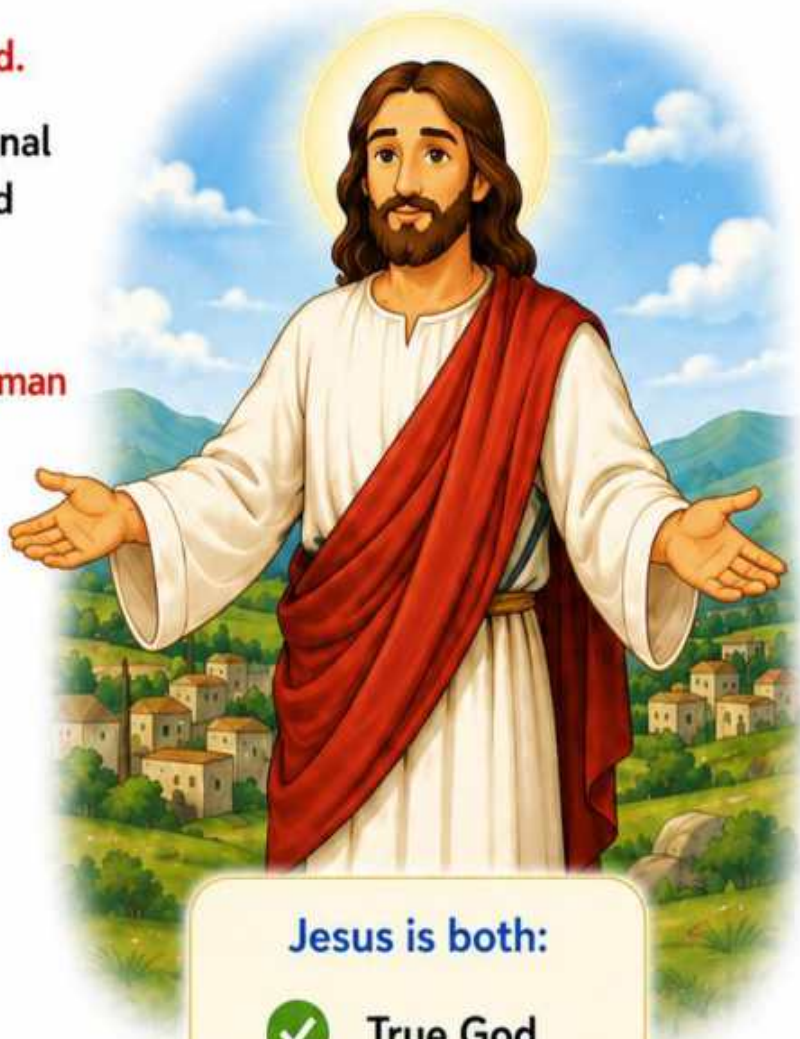
Grew up in Nazareth



Died on the Cross



Rose from the dead



Jesus is both:



True God



True Man



WHAT DOES THE NAME "JESUS" MEAN?

Jesus means:

"God Saves"



MEMORY VERSE

**"I am the way,
the truth,
and the life."**

(John 14:6)

ACTIVITY



Match the pictures.

Draw a line to the correct word.



Calvary



Resurrection



Bethlehem



Nazareth

WEEK 1

WHO IS THE HOLY SPIRIT?



The Holy Spirit is the
Third Person of the
Holy Trinity.

The Holy Spirit helps us to:



Love God
(Romans 5:5)



Pray
(Romans 8:26)



Do good things
(Galatians 5:22-23)



Help others
(1 Corinthians 12:4-7)



Be strong in faith
(Ephesians 3:16)



The Holy Spirit **came**
upon the Apostles
at **Pentecost**.



The **same Holy Spirit**
comes to us in
Baptism and
Chrismation/Confirmation.



BIBLE VERSE

“The love of God
has been poured
into our hearts
through the Holy Spirit.”
(Romans 5:5)

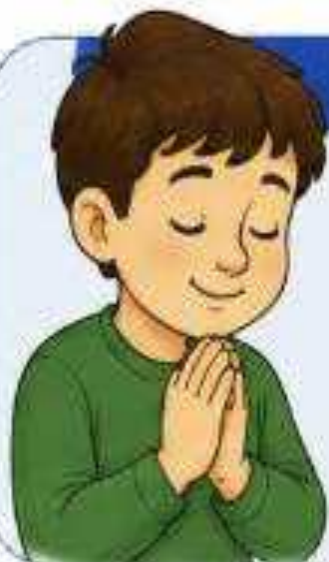
ACTIVITY



➤ Color the Dove of the Holy Spirit. ➤



PRAYER



Come, Holy Spirit,
fill my heart with Your love.
Help me follow Jesus
every day.

Amen.



THE SIGN OF THE CROSS



We begin our day,
our prayers,
and our work
with the
Sign of the Cross.

WHY?

Because we honor
the Holy Trinity.



WHAT DOES IT MEAN?



There is only one God. God is the Holy Trinity—Father, Son, and Holy Spirit. Therefore, to express the Trinity, three fingers are brought together as one while making the sign of the cross.



The Son, who is the second person of the Trinity, came down from heaven to earth to save humanity. This is symbolized by moving from the forehead to the chest.



Then, because of sin we were on the left side (that is, we were not pleasing to God), but through the crucifixion of Jesus Christ our Savior, we are made children on the right side (that is, made pleasing to God). This is symbolized by moving from the

HOW DO WE MAKE THE SIGN OF THE CROSS?

Touch your:

1



Forehead

2



Chest

3



Left Shoulder

4



Right Shoulder

AND SAY:

"In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen."

REMEMBER

The Sign of the Cross is:



A Prayer



A Blessing



A Sign of Faith

PRACTICE

Make the Sign of the Cross
slowly and reverently
three times.



1



2



3



4



FAMILY ACTIVITY

Pray together every night this week.



Sign of
the Cross



Our
Father



Hail
Mary



Glory
Be



I practiced the Sign of the Cross today!

☐

Monday

☐

Friday

☐

Tuesday

☐

Saturday

☐

Wednesday

☐

Sunday

☐

Thursday



WEEK 1

GOD IS GREAT AND GOD IS GOOD

THE SIX ATTRIBUTES OF GOD



God created the whole world.



He made the sky, the stars, the oceans, the animals, and people.



God created everything because He loves us.



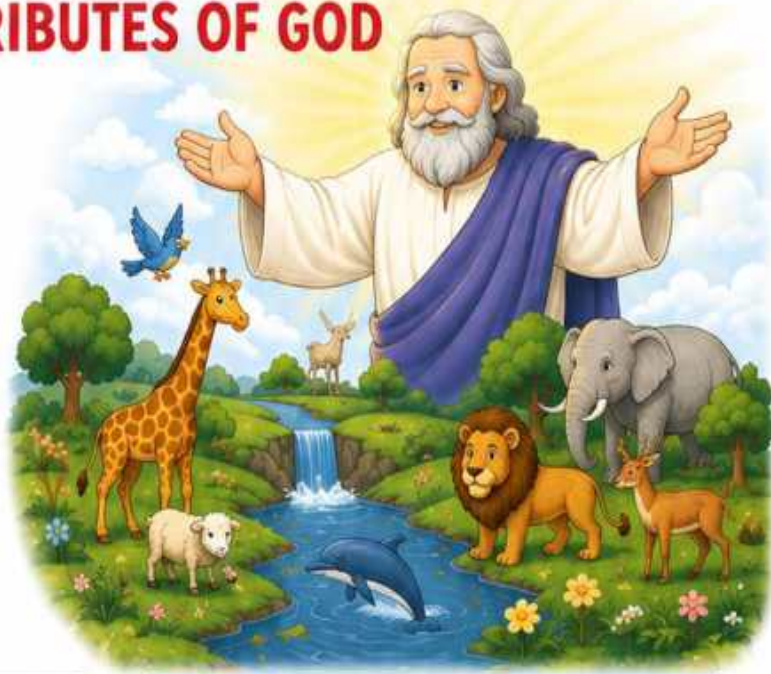
The Bible tells us about God's creation in the Book of Genesis.



Jesus taught us that God is our loving Father.



Because God loves us, we should love Him too.



1

GOD IS SELF-EXISTENT



God was never created.
God has always existed.
God will always exist.

Remember

God had no beginning and will have no end.



2

GOD IS ETERNAL AND NEVER CHANGES



God's love never changes.
God's promises never change.
Jesus is the same yesterday, today, and forever.

Remember

God is always faithful.



3

GOD IS EVERYWHERE



God is with us at home.
God is with us at school.
God is with us in church.
God is always close to us.

Remember

We are never alone because God is always with us.



BIBLE VERSE

"Jesus Christ is the same yesterday and today and forever."

(Hebrews 13:8)

My Prayer

Dear God,
Thank You for always loving me.
Help me remember that You are always with me.
Amen.





ACTIVITIES



ACTIVITY 1

Circle God's Creation



Sun



Stars



Trees



Birds



Fish



Family

ACTIVITY 2

True or False?

- ☐ God has always existed.
- ☐ God changes every day.
- ☐ God is everywhere.
- ☐ God loves us.
- ☐ God created everything.



ACTIVITY 3

Complete the Sentence

God is _____.

(Kind / Mean)

God loves _____.

(Everyone / Nobody)

God is always _____.

(With me / Far away)



THANK YOU PRAYER

Dear Father,
 Thank You for creating me.
 Thank You for loving me.
 Help me love You every day.
 Amen.



GOD IS GREAT AND GOD IS GOOD

THE SIX ATTRIBUTES OF GOD

4

GOD IS ALMIGHTY



- God is all-powerful.
- Nothing is impossible for God.
- God can do everything that is good and holy.



5

GOD IS ALL GOOD



God is perfectly good.



Every good gift comes from God.



God wants what is best for us.



BIBLE VERSE

“Taste and see that the Lord is good.”

(Psalm 34:8)



6

GOD IS ALL-KNOWING

- God knows everything about you - your thoughts, your struggles, your hopes.
- God sees when you are sad, lonely or afraid.
- God sees everything you do, even when no one else is watching, and He loves you so much that He wants you to choose what is right and good.





ACTIVITIES



ACTIVITY 1

Match the Attribute to the Meaning

1 God is Almighty

He created the world, stars, trees, animals, and people. Everything comes from Him.

2 God is All Good

He is all-powerful. Nothing is impossible for Him.

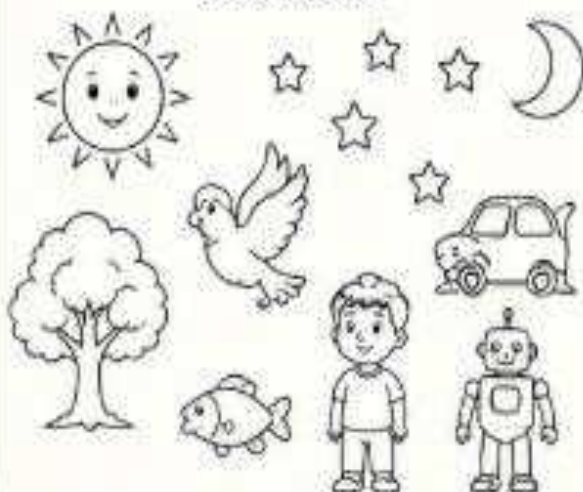
3 God Created Everything

He is perfectly good. Every good gift comes from Him.

ACTIVITY 2

Color the Picture

Color only the things that God created.



ACTIVITY 3

Fill in the Blanks

- God is _____.
(all-powerful / weak)
- Every good gift comes from _____.
(God / us)
- God created the _____.
(world / phone)
- God wants what is _____.
(best / worst)



ACTIVITY 4

Draw and Write

Draw a good gift from God that you are thankful for.

I am thankful for _____.



THANK YOU PRAYER

Dear Father,
Thank You for creating me and everything.
Thank You for being all-powerful,
all good, and loving.
Help me to love You and others every day.
Amen.



THE ANGELS

God created heaven and earth.
He made the angels.



The Angels are spirits and they worship and serve God.



The angels guard and protect us from evil and help us to do well.



Each one of us is given an angel to guard us. He is called the **Guardian Angel**.



ARCHANGELS: GABRIEL, MICHAEL AND RAPHAEL

GABRIEL



Angel of
God's Message

MICHAEL



Angel of
God's Protection

RAPHAEL



Angel of
God's Healing

The angels
worship God
day and night in heaven.
They sing His praises
and do His will.



Some of the angels
did not obey and
worship God.
God punished them
and they were sent
to hell.



They became devils
and they are the
source of all evil.
They are the enemies
of God and they work
without rest to make
man against God
by doing evil.



They tempt us.



They make us
do wrong.



They lead us
away from God.



They want us
to be unhappy
and far from God.



Let us always thank God
for our Guardian Angel
and ask for his protection every day!





LEARNING TO PRAY: QAUMO

Our Daily Family Prayer



What is Qaumo?



Qaumo is one of the most important prayers of the Syro-Malankara Church.



Many families pray it every morning and evening.



When we pray Qaumo, we praise God the Father, Son, and Holy Spirit.



How Do We Begin?



Face East



Make the Sign of the Cross

Say:



"In the name of the Father, and of the Son, and of the Holy Spirit, one true God forever and ever. Amen."

We Praise God



Angels praise God in Heaven.
We join them and pray:

Holy, Holy, Holy, Lord God Almighty.
Heaven and earth are full of Your glory.
Hosanna in the highest!
Blessed is He who has come and is
to come in the name of the Lord.
Hosanna in the highest!



✝ We Remember Jesus

Jesus died on the Cross for us.
We pray:

*Holy are You, O God.
Holy are You, the Mighty.
Holy are You, the Immortal.
Who were crucified for us,
have mercy on us.*

(Pray 3 times)



♥ We Ask for God's Mercy



Have mercy on us, Our Lord.
Grant grace and mercy on us,
Our Lord.

Receive our services
and prayers and have
mercy on us, Our Lord.



👑 Glory to God



Glory to you, O God.



Glory to you, O Creator.



Glory to you, O Christ the King,
who has mercy on your
sinful servants.



Barekmor.



PRAYERS TO LEARN THIS WEEK

Our Father and Hail Mary



THE LORD'S PRAYER OUR FATHER



Jesus taught us
this beautiful prayer.

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 the evil one.
For Thine is the kingdom,
the power and the glory,
now and forever.

Amen.



HAIL MARY



We ask Mother Mary
to pray for us.

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

Amen.



★ MEMORY CHALLENGE

This week I practiced:

☐


Our Father

☐


Hail Mary

☐


Qaumo Prayers
(Both Prayers)

♥ FAMILY PRAYER CHART

Put a check mark each day
after praying Qaumo.

Day	✓
Monday	☐
Tuesday	☐
Wednesday	☐
Thursday	☐
Friday	☐
Saturday	☐
Sunday	☐

MY PRAYER

Dear Jesus,

Thank You for teaching us how to pray.
Help me learn the Qaumo Prayers

Bless my family and
help us grow closer to You
every day.

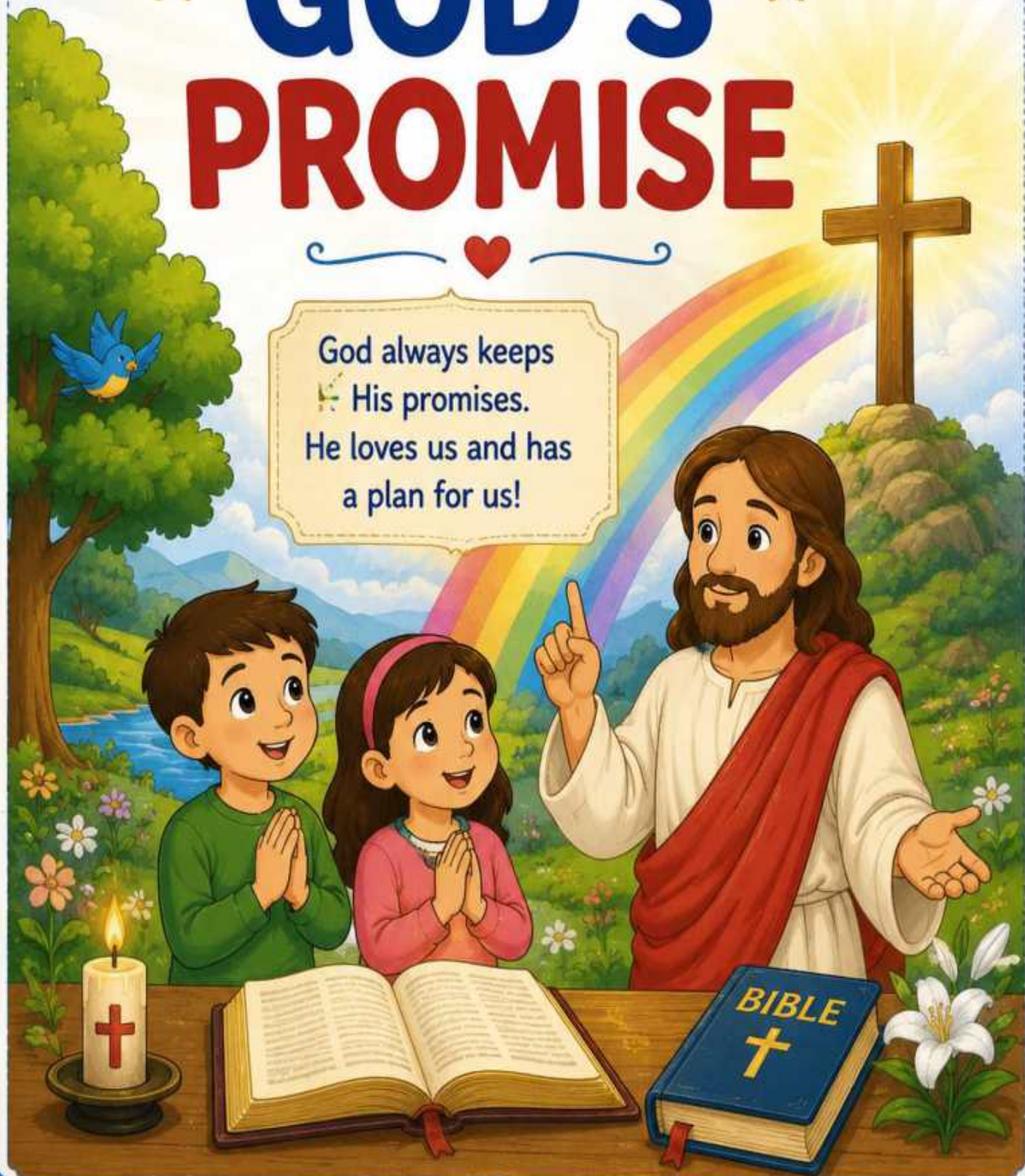
Amen.



WEEK 2

GOD'S PROMISE

God always keeps
His promises.
He loves us and has
a plan for us!



ADAM AND EVE AND GOD'S PROMISE



GOD'S BEAUTIFUL GARDEN

Long ago, God created the first man and woman.



Adam

Eve

God placed them in a beautiful garden called Eden. Everything was wonderful.



Birds sang.



Flowers bloomed.



Animals lived peacefully.



Adam and Eve were friends of God.

God loved them very much.

GOD'S SPECIAL GIFTS

God gave Adam and Eve a very special gift called sanctifying grace.

✨ Sanctifying grace means God's life and friendship living inside you, making you God's own child.



God also gave them many other gifts:



Happiness



Knowledge



Wisdom and Reason



Freedom to choose good (Free Will)



Freedom from suffering



Freedom from death (Eternal Life)

Adam and Eve were God's beloved children and lived happily with Him in the Garden.

THE TEMPTATION

- Satan came as a serpent.
- He tempted Eve to disobey God.
- Eve ate the forbidden fruit.
- She gave some to Adam.
- Adam also ate it.
- They chose not to obey God.

This was the first sin.



WHAT HAPPENED?

- ♥ Sin hurt their friendship with God.
- ♥ They lost the special gifts God had given them.
- ♥ They had to leave the Garden of Eden.



GOD'S SPECIAL COMMAND

God said:

"You may eat from all the trees in the garden except one."



The Tree of the Knowledge of Good and Evil

God wanted Adam and Eve to trust Him and obey Him.

GOD'S PROMISE

Even though Adam and Eve sinned,

♥ God still loved them.

God promised to send a Savior.

THE FIRST GOSPEL – GENESIS 3:15

"I will put enmity between you and the woman, and between your offspring and hers; he will strike your head, and you will strike his heel."

✦ **That Savior is Jesus!**

Jesus came to save us from sin and bring us back to God.



I LEARN

- ✓ Sin hurts our friendship with God.
- ✓ God never stops loving us.
- ✓ God promised a Savior.
- ✓ Jesus is our Savior.



★ MEMORY VERSE ★

"God so loved the world that He gave His only Son."

(John 3:16)





ACTIVITIES



ACTIVITY 1

FIND THE WAY TO GOD

Help Adam and Eve find their way back to God.



ACTIVITY 2

TRUE OR FALSE?

1. Adam and Eve lived in the Garden of Eden. ☐
2. God told them they could eat from every tree. ☐
3. Satan tempted Eve. ☐
4. Adam and Eve obeyed God. ☐
5. God promised a Savior. ☐

ACTIVITY 3 WHO SAID IT?

Draw a line to match.



God



Serpent



Jesus

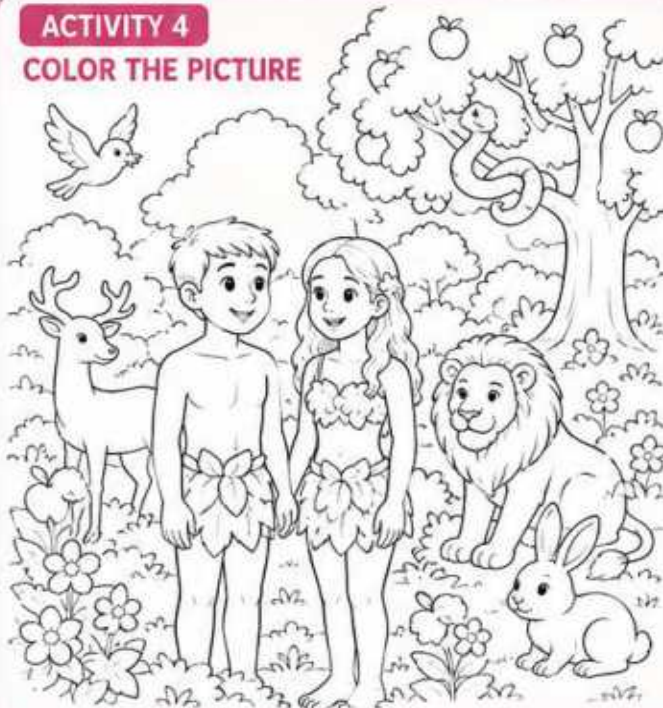
“Do not eat from that tree.”

“Eat the fruit.”

“I came to save you.”

ACTIVITY 4

COLOR THE PICTURE



THINK ABOUT IT

What are some ways I can obey God?



MY PRAYER

Dear Jesus,
Thank You for loving me.
Help me choose what is right.
Help me obey You every day.
Thank You for being my Savior.
Amen.





ACTIVITIES



Read the questions carefully.
Think about what you have learned and answer.

- 1** How did God make Adam and Eve?
What were the gifts given to them?



God's Gifts

- Sanctifying Grace
- Happiness
- Knowledge
- Wisdom & Reason
- Free Will
- Freedom from Suffering & Death

- 2** What do you mean by saying that man is created in the image and likeness of God?



- 3** What are the faculties of the soul?
(The special abilities God gave us inside to think, choose, and remember.)



Mind

Helps me think and understand.



Will

Helps me choose what is good.



Memory

Helps me remember things.

- 4** What is man created for?



To know, love and serve God



To be happy with Him forever in Heaven

- 5** What were the effects of the disobedience of Adam and Eve?



Lost friendship with God



Lost the special gifts of grace



Had to leave the Garden of Eden

- 6** What is original sin?

Original sin is the first sin committed by Adam and Eve when they disobeyed God in the Garden of Eden. Through them, all human beings inherited a wounded nature and separation from God's grace.



- 7** What did Adam and Eve do after the sin?



- They felt ashamed.
- They hid from God.
- They tried to cover themselves.

- 8** What did God do when he saw the repentance of Adam and Eve?



- God forgave them.
- He gave them the promise of a Savior.
- He showed mercy and cared for them.



WEEK 2

THE TEN COMMANDMENTS

God's Rules for a Happy Life



♥ God loved His people.
He wanted them to live in
peace, love, and happiness.
So God gave Moses the
Ten Commandments on Mount Sinai.



Exodus 20:1-17

The Ten Commandments are
God's special rules to help us:

- ♥ Love God
- ♥ Love Other People



Jesus Teaches Us

Jesus said the commandments
can be summarized in
two great commandments:

♥ Love God

Love the Lord your God
with all your heart.



♥ Love Others

Love your neighbor as yourself.



We love God.



We love others.



We help and care for each other.

MEMORY VERSE

"If you love Me,
keep My commandments."

(John 14:15)



THE FIRST THREE COMMANDMENTS



Loving God



1 I am the Lord your God,
you shall have no other
Gods before me.



Love God above everything.
Pray and trust Him.



2 You shall not take the
holy name of God in vain.



Speak God's name with
love and respect.
Do not use God's name
carelessly.



Oh
My God!

Thank
You,
God!



3 Remember to keep
Holy the Lord's day.



Go to Holy Qurbano.



Pray with your family.



Read God's Word.



I LEARN

God wants me to:

- ☒ Love Him
- ☒ Pray to Him
- ☒ Worship Him



ACTIVITY

Circle the things that help you love God:



Church



Bible



Prayer



Video Games



Worship Songs



Kindness

COMMANDMENTS 4-10

Loving Other People

4 Honor your father and mother.



Love, respect, obey, and care for your parents because God has given them to guide and protect you.



5 You shall not kill.



Be kind and never hurt others.



6 You shall not commit adultery.



Keep your thoughts, words, and actions good.



Pure thoughts



Kind words



Good actions

7 You shall not steal.



Respect other people's belongings.



It's yours.
Thank you!



8 You shall not bear false witness.



Be honest.



I will always
tell the truth.



9 You shall not covet your neighbor's wife.



Do not be jealous.



10 You shall not covet your neighbour's goods.



Be grateful for what God has given you.



Thank You,
God!



I LEARN

God wants me to:

- ☒ Respect others
- ☒ Tell the truth
- ☒ Share
- ☒ Be thankful



ACTIVITIES



1 Match the Commandment

Draw a line to the right answer.



Honor your parents

Be Honest



Tell the truth

Go to Church



Keep Sunday Holy

Respect Mom and Dad



Do Not Steal

Respect Others' Things

2 True or False?

Write ✓ for True and ✗ for False.

☐

1. God gave the Ten Commandments to Moses.

☐

2. The commandments help us love God.

☐

3. It is okay to tell lies.

☐

4. We should honor our parents.

☐

5. Jesus wants us to love others.



3 What Would You Do?

Circle the good choice.

1. Your friend drops a dollar.



Keep it

Return it

2. Your parents ask you to help.



Ignore them

Help them

3. You see someone sitting alone and sad.



Laugh

Comfort them

4. You find a toy that is not yours.



Keep it

Give it back

5. You want something your friend has.



Be jealous

Be happy for him

6. You hurt your brother/sister by mistake.



Ignore it

Say sorry



MY PRAYER

Dear Jesus,
Thank You for giving us Your commandments.
Help me love You.
Help me love others.
Help me make good choices every day.
Amen.



ACTIVITIES



4 Think About It

Read each question and write your answer.



When is it hard for me to obey God?



How can I show love to God every day?



How can I show love to others?



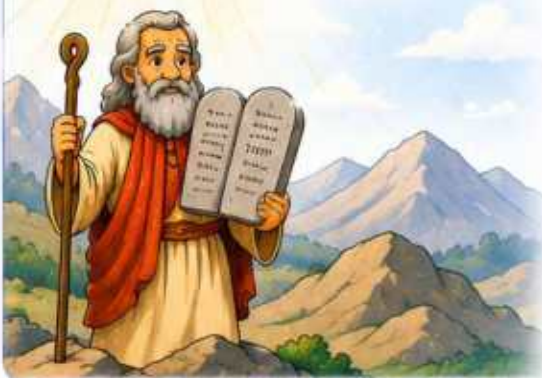
What is one good choice I can make this week to follow the commandments?



5 Put It in Order

The Ten Commandments are mixed up.

Write the numbers 1 to 10 to put them in the right order.


☐

You shall not bear false witness.

☐

I am the Lord your God, you shall have no other gods before me.

☐

Remember to keep holy the Lord's day.

☐

You shall not steal.

☐

You shall not commit adultery.

☐

Honour your father and mother.

☐

You shall not take the holy name of God in vain.

☐

You shall not kill.

☐

You shall not covet your neighbour's wife.

☐

You shall not covet your neighbour's goods.



6 Draw It

Draw a picture of you following a commandment.

Choose one of the Ten Commandments.



You can choose:

- I pray to God.
- I tell the truth.
- I respect my parents.
- I help at home.
- I am kind to others.
- I do not steal.
- I am thankful.



MY PRAYER

Dear Jesus,
Thank You for giving us Your commandments.
Help me love You.
Help me love others.
Help me make good choices every day.
Amen.



WEEK 2

THE SAVIOR

GOD KEEPS HIS PROMISE

- ♥ We learned that when Adam and Eve repented over their sin, God promised a Redeemer.
- ♥ In the Old Testament we read the number of prophecies about the Redeemer.
- ♥ The people of Israel waited anxiously for the Redeemer.



For many years, God's people waited for the Savior. The prophets spoke about Him.

The Savior would come to save people from sin and bring them back to God.



MEMORY VERSE

"God so loved the world
that He gave His only Son."
(John 3:16)

I LEARN

- ✓ God keeps His promises.
- ✓ God promised a Savior.
- ✓ Jesus is the Savior God promised.



Jesus is the Savior God promised
to save us from sin and give us eternal life.

- ★ One day, God sent the Angel Gabriel to a young woman named Mary.

 Gabriel said:

"Hail, full of grace!
The Lord is with you."

- ♥ Mary was chosen to become the Mother of Jesus.

- ★ The angel asked for her permission.

♥ Mary answered:

"Let it be done to me according to your word."

- ★ At that moment, by the power of the Holy Spirit, Jesus came into Mary's womb.

- ♥ This is called the Annunciation.



I LEARN

- ✓ Mary trusted God.
- ✓ Mary said "Yes" to God.
- ✓ Jesus became man for us.



MY PRAYER

Dear Jesus,
Thank You for coming into the world through Mary.
Help me to say "Yes" to You every day like Mary did.
Amen.



★ Jesus was born in Bethlehem.

☺ He was laid in a manger.

☼ Angels sang.

🐑 Shepherds came to worship Him.

👑 Wise Men followed the star.

❤ Joseph lovingly cared for Mary and Jesus.

The Child was given the name:

JESUS

Jesus means "God Saves."



I LEARN

- ✓ Jesus is God's Son.
- ✓ Jesus came to save us.
- ✓ Jesus loves everyone.

MY PRAYER

Dear Baby Jesus,
Thank You for coming into the world to save us.
Help me love You and always follow You.
Amen.

At the age of thirty,
Jesus began His
public ministry.

♥ He **taught** people
about God.

♥ He **healed** the sick.

♥ He **forgave** sins.

♥ He **helped** those
in need.

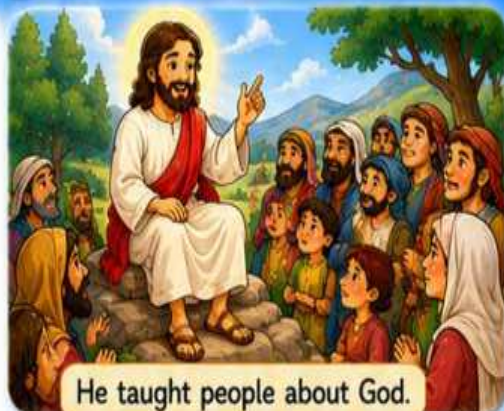
✝ Jesus **died** on
the Cross for us.

✝ On the third day
He **rose** from
the dead.

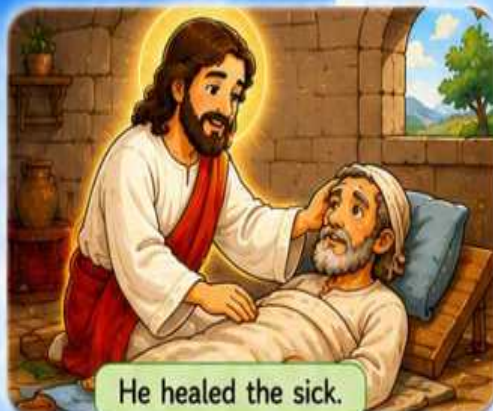
☁ He later **ascended**
into Heaven.

Jesus promised:
"I am with you always."

One day He will
come again in glory. 👑



He taught people about God.



He healed the sick.



He forgave sins.



He helped those in need.



He died on the Cross
for us.



He rose from
the dead.



He ascended
into Heaven.

I LEARN

- ✓ Jesus died for my sins.
- ✓ Jesus rose from the dead.
- ✓ Jesus opened Heaven for us.

MEMORY VERSE

"I am the
resurrection
and the life."

(John 11:25)



✠ 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.



✠ The Angelus

The Angel of the Lord
declared unto Mary;
And she conceived by
the power of the Holy Spirit.
(Hail Mary)

Behold the handmaid of the Lord;
Be it done unto me
according to your word.
(Hail Mary)

And the Word was made flesh;
And dwelt among us.
(Hail Mary)

Pray for us, O Holy Mother of God,
that we may be made worthy of
the promises of Christ.



LET US PRAY

Pour forth, we beseech
you, O Lord, Your
grace into our hearts,
that we, to whom the
incarnation of Christ,
Your Son, was made
known by the message
of an angel, may by
His passion and cross,
be brought to glory of
His resurrection;
through the same Christ
our Lord.

Amen.



The Apostles' Creed (I believe in God)

I believe in God, the Father Almighty,
Creator of heaven and earth.
I believe in Jesus Christ, His only son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary; He suffered
under Pontius Pilate, was crucified, died and
was buried. He descended into hell; on the
third day He rose again from the dead. He
ascended into heaven, and sits at the right
hand of God, the Father Almighty; from
thence He shall come to judge the living and
the dead. I believe in the Holy Spirit, the
Holy Catholic Church, the communion of
saints, the forgiveness of sins, the
resurrection of the body and life everlasting.
Amen.



THE TWO GREAT MYSTERIES OF FAITH

1

1 The Holy Trinity

Father

Son

Holy Spirit

Three Divine Persons

One God



2

Jesus Saves Us



Jesus became man, died on the Cross, rose from the dead, and saved us from sin.

MY PRAYER

Dear Jesus,
Thank You for coming
into the world to save us.
Help me love You,
follow You,
and always say "Yes" to God
like Mary.
Amen.

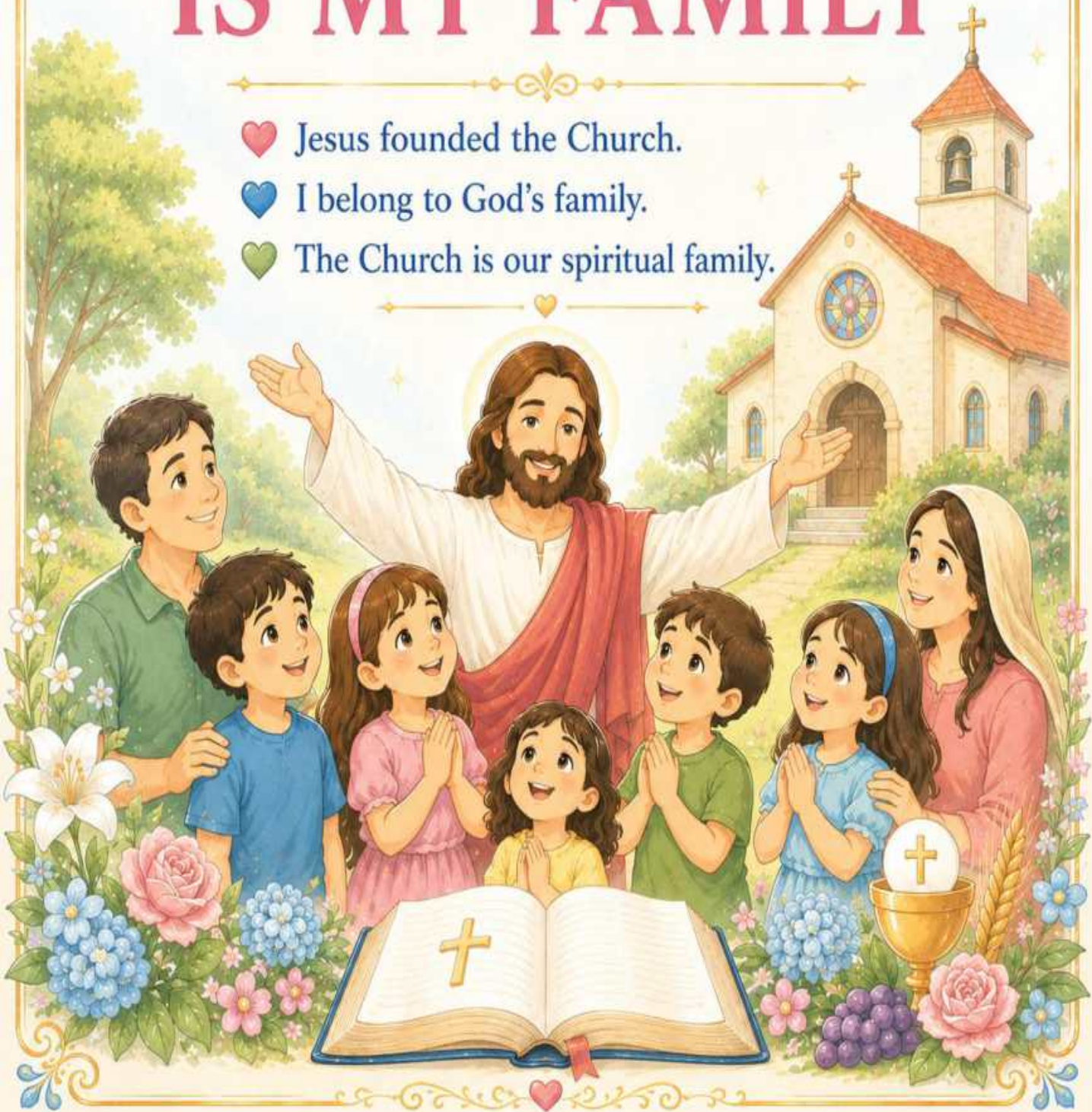


WEEK 3



THE CHURCH IS MY FAMILY

- ♥ Jesus founded the Church.
- ♥ I belong to God's family.
- ♥ The Church is our spiritual family.



WEEK 3

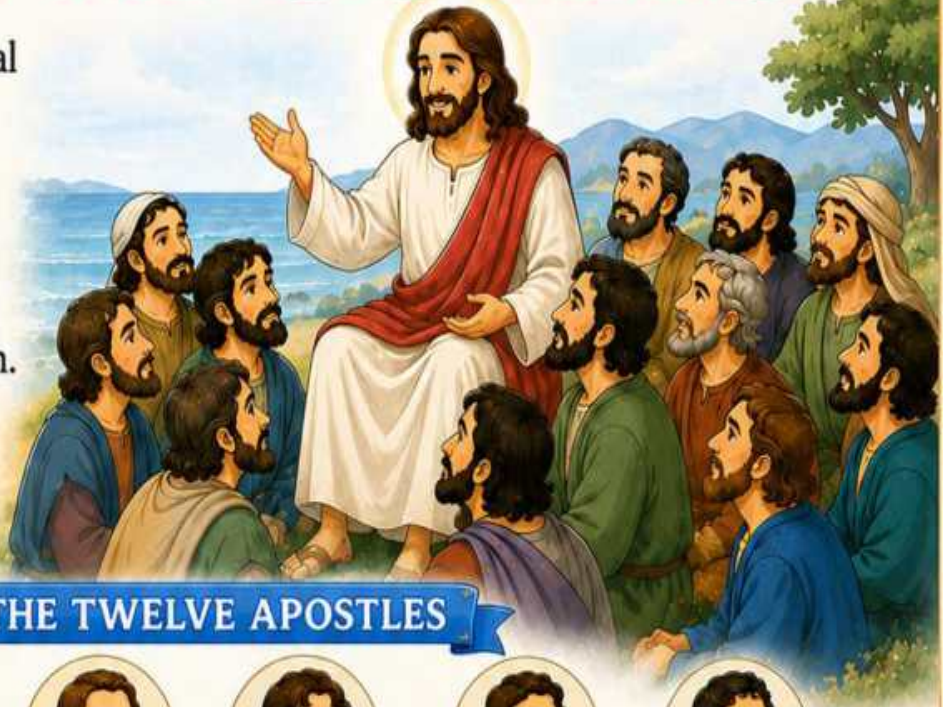


JESUS CHOSE THE APOSTLES

Jesus chose twelve special followers called Apostles.

They helped Jesus teach people about God.

The Apostles became the first leaders of the Church.



THE TWELVE APOSTLES



Peter



Andrew



James
(son of Zebedee)



John



Philip



Bartholomew



Thomas



Matthew



James
(son of Alphaeus)



Thaddeus
(Jude)



Simon
the Zealot



Judas
Iscariot

BIBLE VERSE



*"You are Peter,
and upon this rock
I will build my Church."*

(Matthew 16:18)

I LEARN

- ✓ Jesus founded the Church.
- ✓ Peter was the first leader.
- ✓ The Apostles spread the Good News.

WEEK 3



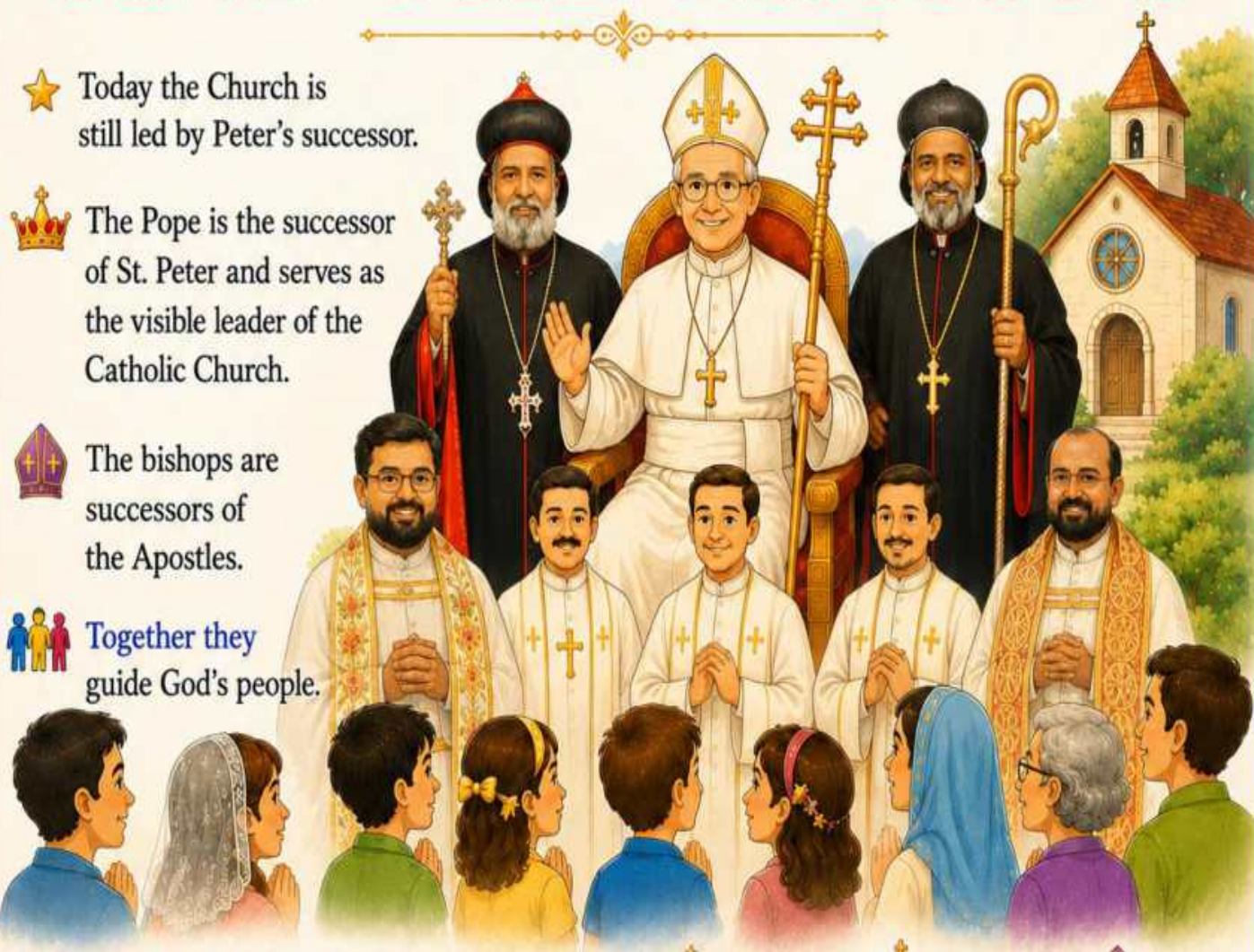
THE POPE AND THE BISHOPS

★ Today the Church is still led by Peter's successor.

👑 The Pope is the successor of St. Peter and serves as the visible leader of the Catholic Church.

👤 The bishops are successors of the Apostles.

👨👩👦 Together they guide God's people.



I LEARN

- ✓ Jesus is the true head of the Church.
- ✓ The Pope is the successor of St. Peter and serves as the visible leader.
- ✓ **Bishops** continue the work of the Apostles.



JESUS

The true Head



THE POPE

Successor of Peter



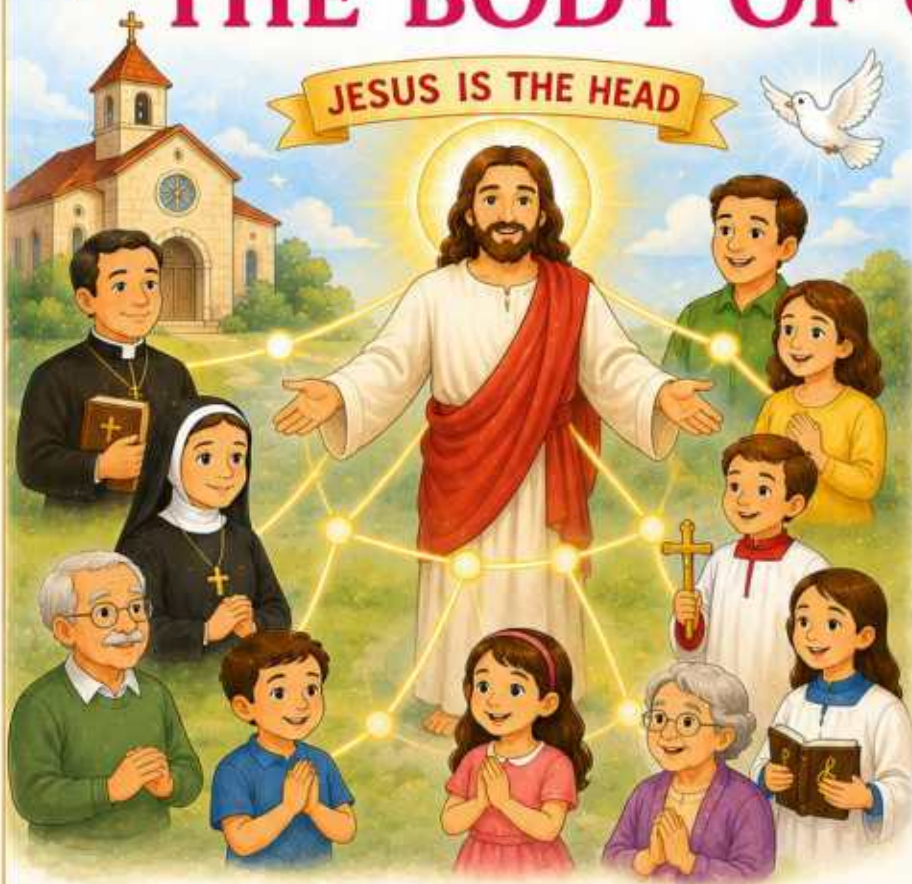
BISHOPS

Successors of the Apostles

WEEK 3

THE CHURCH IS THE BODY OF CHRIST

JESUS IS THE HEAD



THE CHURCH IS THE BODY OF CHRIST

Jesus is the Head.

We are members of His Body.

Just as our body has many parts, the Church has many members.

Each person has a special role.

JUST LIKE OUR BODY



Hands help.



Feet walk.



Ears listen.



Eyes see.



The heart gives life.

Just like the parts of our body work together, all members of the Church work together to serve Jesus.

I LEARN +

- We belong to Jesus.
- We belong to one another.
- We help build God's Church.



BIBLE VERSE



"You are the Body of Christ, and each one of you is a part of it."

(1 Corinthians 12:27)

MY PRAYER



Dear Jesus,
Thank You for making me a member of Your Church. Help me love others, serve others, and grow closer to You every day. Amen.

ACTIVITY

DRAW YOURSELF AS A MEMBER OF GOD'S FAMILY.



My Name: _____

WEEK 3



THE FOUR MARKS OF THE CHURCH

The Church is:

1 ONE

One family united in Jesus.



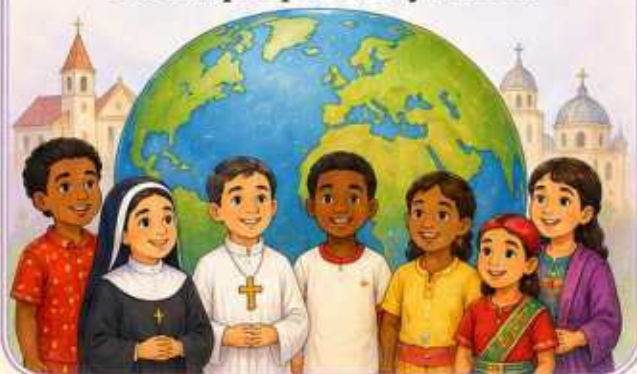
2 HOLY

Made holy by God.



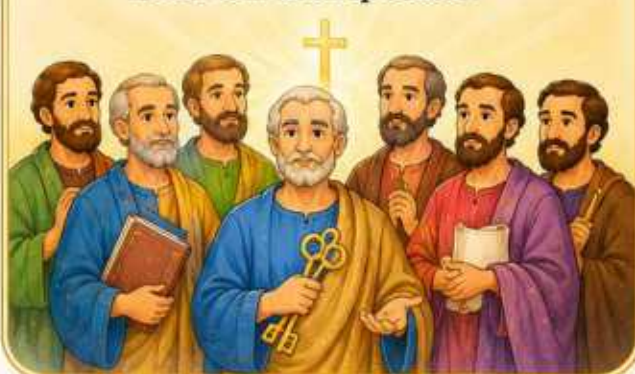
3 CATHOLIC

For all people everywhere.



4 APOSTOLIC

Built on the Apostles.



MEMORY VERSE



“There is one Lord,
one faith, one Baptism.”

(Ephesians 4:5)

WEEK 3

PENTECOST: THE BIRTHDAY OF THE CHURCH



WHAT HAPPENED AT PENTECOST?

After Jesus ascended into Heaven, the Holy Spirit came upon the Apostles.

 Tongues of fire appeared.

 The Holy Spirit filled them.

They began preaching about Jesus.

This day is called **Pentecost**.

Many people were baptized.

The Church began to grow.

I LEARN

- ☒ Pentecost is the birthday of the Church.
- ☒ The Holy Spirit guides the Church.
- ☒ The Apostles shared the Good News with everyone.

MEMORY VERSE

"You will receive power when the Holy Spirit comes upon you."
(Acts 1:8)



COLOR AND FIND

Color:



The Holy Spirit Dove



The Tongues of Fire



The Apostles

ACTIVITY



THINK ABOUT IT

The Holy Spirit helps us to:

- ☐ Pray
- ☐ Love others
- ☐ Make good choices
- ☐ Follow Jesus

(Answer: All of them!)

MY PRAYER

Come, Holy Spirit,
fill my heart with
Your love.
Help me follow Jesus,
serve others,
and share His
Good News.
Amen.





WEEK 3

OUR SYRO-MALANKARA CATHOLIC CHURCH



The Catholic Church is one big family made up of many traditions around the world.



We belong to the Syro-Malankara Catholic Church.



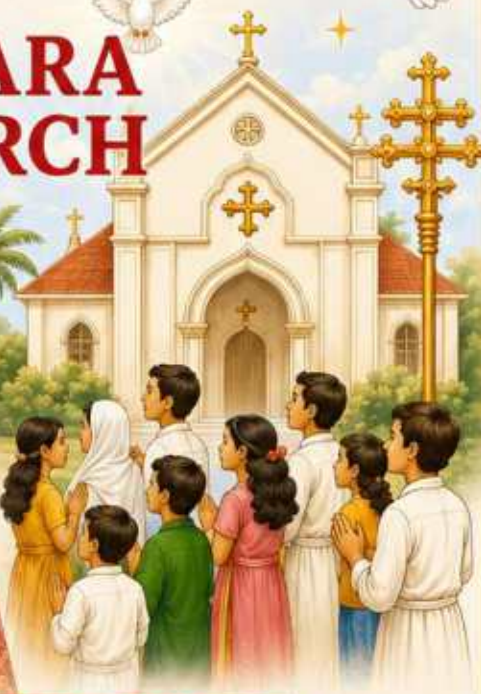
We follow the beautiful West Syriac tradition.



We pray special prayers that have been passed down through many generations.



These prayers help us grow closer to Jesus.



THE FEASTS OF OUR LORD (MARANAYA FEASTS)

1 YALDO

Birth of Jesus
December 25



2 DENHO

Baptism of Jesus
January 6



3 MAYALTHO

Entrance of Our Lord
into the Temple
February 2



4 QYOMTHO

Easter
(Resurrection
of Jesus)



5 SULOKO

Ascension of Jesus
40th day after Easter



6 PENTECOST

50th day
after Easter



7 M'THALE

Transfiguration
of Jesus
August 6



ACTIVITY

MATCH THE FEAST WITH THE PICTURE

- 1 Yaldo – Birth of Jesus (Dec 25)
- 2 Denho – Baptism of Jesus (Jan 6)
- 3 Mayaltho – Entrance of Our Lord into the Temple (Feb 2)
- 4 Qyomtho – Easter (Resurrection of Jesus)
- 5 Suloko – Ascension of Jesus (40th day after Easter)
- 6 Pentecost – (50th day after Easter)
- 7 M'Thale – Transfiguration of Jesus (Aug 6)



Birth of Jesus



Baptism of Jesus



Entrance into the Temple



Resurrection



Ascension



Holy Spirit Comes



Transfiguration

I LEARN

- ✓ I belong to the Syro-Malankara Catholic Church.
- ✓ Our Church follows the West Syriac tradition.
- ✓ We celebrate special feasts throughout the year.



MEMORY VERSE

“Let the
children come
to Me.”
(Mark 10:14)

MY PRAYER

Dear Jesus,
Thank You for my
Syro-Malankara Church.
Help me love You,
pray faithfully,
and celebrate our beautiful
feasts with joy. Amen.



OTHER IMPORTANT FEASTS OF THE CHURCH

The Feasts to be observed like the Feasts of Our Lord

1. March 25 – Suboro

(Feast of the Annunciation)

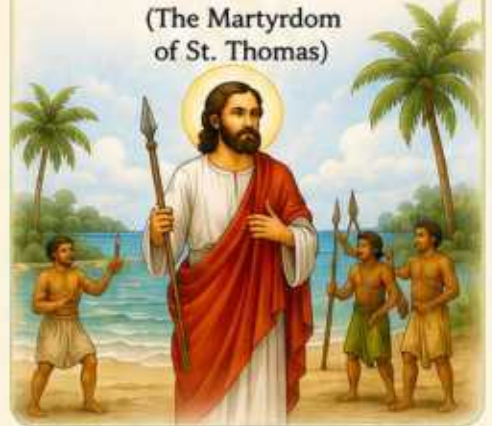


2. June 29 – Feast of Sts. Peter and Paul



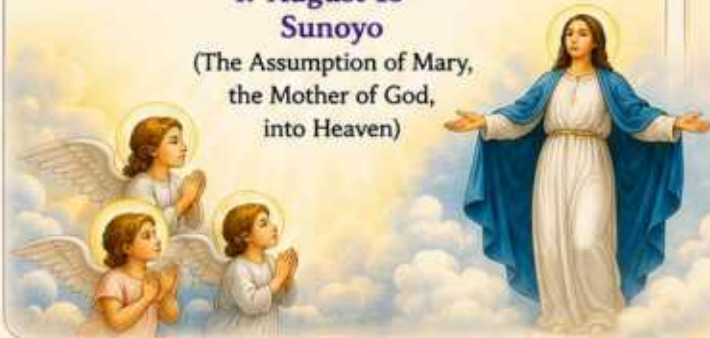
3. July 3 – Dukrono

(The Martyrdom of St. Thomas)

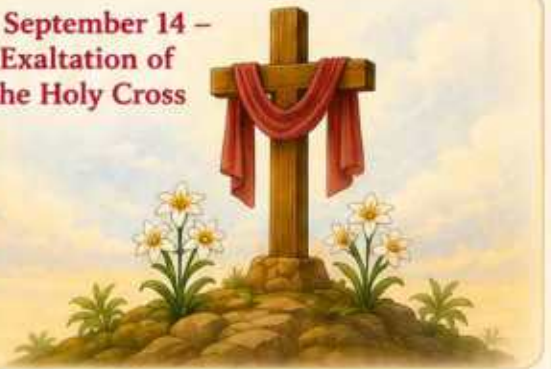


4. August 15 – Sunoyo

(The Assumption of Mary, the Mother of God, into Heaven)



5. September 14 – Exaltation of the Holy Cross



ACTIVITY

A. MATCH THE FEAST WITH THE PICTURE

- 1 March 25 – Suboro
- 2 June 29 – Sts. Peter and Paul
- 3 July 3 – Dukrono
- 4 August 15 – Sunoyo
- 5 September 14 – Exaltation of the Holy Cross



B. TRUE OR FALSE

1. Suboro is celebrated on March 25. ☐
2. St. Thomas is one of the Apostles. ☐
3. Sunoyo means Mary goes to Heaven. ☐
4. The Holy Cross is a sign of our faith. ☐
5. Feast of Sts. Peter and Paul is in July. ☐

I LEARN

- ✓ These feasts help us remember Jesus, Mary and the Saints.
- ✓ They teach us to love God and follow His way.
- ✓ We celebrate these feasts with prayer and joy.



MEMORY VERSE

“Rejoice, full of grace,
the Lord is with you.”

(Luke 1:28)



MY PRAYER

Dear Jesus,
Thank You for the feasts
of our Church.
Help me love You more
and follow You
every day.
Amen.





WEEK 3

THE LITURGICAL SEASONS

The Church has seven special seasons.



1 Suboro
(Annunciation)



2 Yaldo-Denaha



3 Great Lent



4 Qyomtho



5 Pentecost



6 Transfiguration



7 Sleebo



ACTIVITY

Color the Liturgical Seasons Wheel.



I LEARN

- ✓ The Church celebrates special seasons each year.
- ✓ These seasons help us grow closer to Jesus.
- ✓ Each season reminds us of important events in the life of Jesus.

MEMORY VERSE



"Everything has its season."

(Ecclesiastes 3:1)



MY PRAYER

Dear Jesus,
Thank You for the seasons of our Church.
Help me to live each season with faith, love and joy.
Amen.



WEEK 3

INTERESTING FACTS TO KNOW



Our Daily Prayer Journey with Jesus

The Syro-Malankara Catholic Church has special prayer times called the Liturgy of the Hours. These prayers help us remember important moments in the life of Jesus throughout the day.



THE ORDER OF THE LITURGY OF THE HOURS

1	2	3	4	5	6	7
RAMSO (6:00 PM)	SUTHORO (9:00 PM)	LILIO (12:00 AM-3:00 AM)	SAPRO (6:00 AM)	THIRD HOUR (9:00 AM)	SIXTH HOUR (12:00 NOON)	NINTH HOUR (3:00 PM)
The institution of the Eucharist	Prayer in the Garden of Gethsemane	The trial of Jesus by Caiphas, Annas and Herod	Trial of Jesus before Pontius Pilate	The carrying of the cross to Golgotha	The crucifixion of Jesus	The death of Jesus

Update

DAILY SPECIAL THEMES OF COMMEMORATION

	SUNDAY	- The resurrection of our Lord
	MONDAY & TUESDAY	- Repentance
	WEDNESDAY	- Blessed Virgin Mary
	THURSDAY	- The Commemoration of the Apostles, fathers and Teachers of the Church
	FRIDAY	- The Exaltation of the Cross and the Commemoration of the Martyrs.
	SATURDAY	- The Commemoration of the dead.

ACTIVITY

A. MATCH THE DAY

Sunday	•	• Resurrection of Jesus	
Wednesday	•	• Blessed Virgin Mary	
Friday	•	• Holy Cross and Martyrs	
Thursday	•	• Apostles and Teachers	
Saturday	•	• Faithful Departed	

B. THINK ABOUT IT

- Which day of the week do I go to Church?

- Which prayer time would I like to pray with my family?



I LEARN

- ✓ God wants me to:
- ✓ Respect others
- ✓ Tell the truth
- ✓ Share
- ✓ Be thankful



MY PRAYER

Dear Jesus,
Thank You for giving us special times to pray.
Help me remember You throughout the day.
Teach me to pray faithfully and love You more. Amen.



WEEK 3

PRAYER TO LEARN

THE NICENE-CONSTANTINOPLE CREED

What Do We Believe?

The Nicene-Constantinople Creed is a very important prayer of the Church. It teaches the truths of our Catholic faith. When we pray this Creed, we proclaim: "I believe."

1 We believe in God the Father.

God is our loving Father and Creator.



2 We believe in Jesus Christ.

Jesus is the only Son of God.



3 Jesus Was Born of the Virgin Mary.

The Holy Spirit came upon Mary. Jesus became man for us.



4 Jesus Died for Us.

Jesus suffered, died, and was buried.



5 Jesus Rose Again.

On the third day Jesus rose from the dead.



6 Jesus Ascended into Heaven.

Jesus returned to His Father in Heaven.



NICENE-CONSTANTINOPLE CREED

- ◆ We believe in God, the Father almighty, maker of heaven and earth, of all things visible and invisible.
- ◆ We believe in one Lord Jesus Christ, the Only Begotten Son of God, eternally begotten of the Father before all ages. Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, † and by the Holy Spirit, He was born of the Virgin Mary and became incarnate. † For our sake He was crucified † under Pontius Pilate, He suffered, died and was buried. On the third day He rose again according to His holy will and ascended into heaven and is seated at the right hand of the Father. He will come again in great glory to judge the living and the dead and His Kingdom will have no end.
- ◆ We believe in the Holy Spirit, the Lord, the giver of life to all, who proceeds from the Father and who with the Father and the Son is adored and glorified. He has spoken through the prophets and apostles.
- ◆ We believe in the one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins. I look forward the resurrection of the dead and the life of the world to come. Amen.

7 Jesus Will Come Again.

Jesus will return in glory.



8 We Believe in the Holy Spirit.

The Holy Spirit gives us life and guides the Church.



9 We Believe in the Church.

We belong to one holy catholic and apostolic Church.



10 We Believe in the Forgiveness of Sins.

God forgives us when we repent.



11 We Believe in the Resurrection

One day God will raise us to new life.



12 We Believe in Life Everlasting.

We hope to live forever with God in Heaven.



I LEARN

- ✓ The Nicene-Constantinople Creed teaches the truths of our faith.
- ✓ We believe in the Father, Son, and Holy Spirit.
- ✓ We belong to the one holy catholic and apostolic Church.
- ✓ We look forward to eternal life with God.



MEMORY VERSE

"I am the resurrection and the life."
(John 11:25)



MY PRAYER

Dear Jesus,
Thank You for the gift of our faith.
Help me to believe, trust and follow You every day.
Amen.



WEEK 4

SIN AND VIRTUES

Choosing God's Way



God created us to love Him.



Sin hurts our friendship with God.



Jesus helps us choose what is good.

I LEARN



God wants me to choose what is right.



Jesus forgives my sins.



Virtues help me become holy.



WHAT IS SIN?

Sin is choosing our own way instead of God's way.



Sin can happen through:



Thoughts



Words



Actions



Failing to do what is right

TWO KINDS OF SIN

1 ORIGINAL SIN

- ★ Original Sin came from Adam and Eve's disobedience.
- ★ We are born without sanctifying grace.
- ★ Baptism washes away Original Sin.



2 ACTUAL SIN

Actual Sin is a sin that we commit ourselves.



MEMORY VERSE

"If we confess our sins,
He is faithful and just
to forgive us."

(1 John 1:9)



THINK & DRAW

Look at the pictures below. Which ones show God's way? Color the 😊 and which ones show my way? Color the 😞





ACTUAL SIN

VENIAL SIN

Small sins that hurt our friendship with God.

Examples:



Being impatient



Saying unkind words



Being disrespectful

Venial sins do not separate us from God.



MORTAL SIN

Serious sins committed deliberately and with full knowledge and consent.



Mortal sin completely breaks our friendship with God.



We should always turn back to God through repentance.



I LEARN

- ✓ Small sins are called venial sins.



- ✓ Serious sins are called mortal sins.



- ✓ God always wants us to return to Him.



MEMORY VERSE



"If we confess our sins,
He is faithful and just
to forgive us."

(1 John 1:9)

ACTIVITY

Look at the pictures below. Write V for venial sin or M for mortal sin in the circle.





THE SEVEN CAPITAL SINS

AND THE SEVEN VIRTUES

CAPITAL SIN

VIRTUE

1



Pride



Humility

2



Greed



Generosity

3



Lust

(illicit sexual desire)



Purity

4



Envy



Kindness

5



Gluttony



Self-Control

6



Anger



Patience

7



Laziness



Diligence

REMEMBER

Virtues help us
choose God's way.



Sharing

Helping

Being patient

ACTIVITY

Match each capital sin (left) with the
virtue that helps us overcome it (right).

Draw a line.

1 Pride



• Humility

2 Greed



• Generosity

3 Lust



• Purity

4 Envy



• Kindness

5 Gluttony



• Self-Control

6 Anger



• Patience

7 Laziness



• Diligence

GROWING IN VIRTUE



God wants us to choose what is good and right.



Pride

Thinking I am better than everyone.



Humility

Knowing that every good gift comes from God.



Greed

Wanting more and more.



Generosity

Sharing with others.



Envy

Being unhappy because someone has something good.



Kindness

Being happy for others.



ACTIVITY

1 Sharing a toy



Greed

Generosity

2 Helping a friend



Kindness

Envy

3 Giving to someone in need



Greed

Generosity

THEOLOGICAL AND CARDINAL VIRTUES

THEOLOGICAL VIRTUES

♥ Faith



Trusting in God
and believing in Him.

★ Hope



Believing that God
will always take care
of us and give us
eternal life.

♥ Charity (Love)



Loving God above all
things and loving our
neighbors as ourselves.

These help us grow closer to God.

CARDINAL VIRTUES

Prudence



Making good
choices.

Justice



Being fair
and treating
everyone justly.

Fortitude



Being brave and
doing what is right,
even when it is hard.

Temperance



Having self-control
in our words,
actions and desires.

I LEARN

God helps us
grow in virtue
every day.



THE GIFTS AND FRUITS OF THE HOLY SPIRIT



THE SEVEN GIFTS



1 Wisdom



2 Understanding



3 Counsel



4 Fortitude



5 Knowledge



6 Piety



7 Fear of the Lord

THE NINE FRUITS OF THE HOLY SPIRIT

according to the Epistle to the Galatians



1 Love



2 Joy



3 Peace



4 Patience



5 Kindness



6 Generosity



7 Faithfulness



8 Gentleness / calmness



9 Self-control

ADDITIONAL THREE FROM CCC



10 Modesty



11 Chastity



12 Goodness



NOTE

According to **Galatians 5:22-23**, there are **9** fruits of the Holy Spirit and In **Catechism of the Catholic Church**, **12** fruits are listed.

9 Fruits according to the Bible (Galatians 5:22-23): love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

3 Additional 3 from CCC: modesty, chastity, goodness.

MEMORY VERSE

"The fruit of the Spirit
is love, joy, peace..."
(Galatians 5:22)



WORKS OF MERCY

CORPORAL WORKS OF MERCY



Feed the hungry



Give drink to the thirsty



Clothe the naked



Welcome those in need



Visit the sick



Visit prisoners



Pray for and remember the dead

SPIRITUAL WORKS OF MERCY



Teach the truth



Give good advice



Comfort the sad



Pray for others



Forgive others



Be patient



Help people know God

THREE SPECIAL GOOD WORKS



Prayer



Fasting



Almsgiving

MY PRAYER



Dear Jesus,
 Help me avoid sin.
 Help me grow in virtue.
 Fill me with the Holy Spirit.
 Teach me to love You and others every day.
 Amen.



WEEK 5



THE SEVEN SACRAMENTS

Jesus Gives Us His Grace



BAPTISM



CHRISMATION



HOLY EUCHARIST



RECONCILIATION



ANOIDING OF THE SICK



HOLY ORDERS



MATRIMONY



Jesus loves us and wants to share His life with us.



God's life in our soul is called **Grace**.



We receive God's grace through the Sacraments.

MEMORY VERSE



"Go therefore and make disciples of all nations, baptizing them..."

(Matthew 28:19)



I LEARN

- ✓ Jesus gave us the Sacraments.
- ✓ Sacraments help us receive God's grace.
- ✓ The Sacraments help us grow closer to Jesus.



WHAT IS A SACRAMENT?



A Sacrament is:



A **visible** sign



That gives us
invisible grace



Instituted by **Jesus**



Celebrated by
the **Church**



God's **grace** fills our hearts
and helps us become **holy**.

I LEARN



- ✓ **Grace** is God's life within us.
- ✓ Jesus gives us grace
through the **Sacraments**.

ACTIVITY

Draw a heart and write ways God's grace helps you.





THE SEVEN SACRAMENTS

The Church celebrates Seven Sacraments.

SACRAMENTS OF INITIATION



Baptism



Chrismation
(Confirmation)



Holy
Eucharist

SACRAMENTS OF HEALING



Reconciliation



Anointing of
the Sick

SACRAMENTS OF SERVICE/VOCATION



Holy Orders



Matrimony

ACTIVITY

Match each sacrament to its group.



Baptism



Chrismation (Confirmation)



Holy Eucharist



Reconciliation



Anointing of the Sick



Holy Orders



Matrimony

SACRAMENTS
OF INITIATION

SACRAMENTS
OF HEALING

SACRAMENTS OF
SERVICE/VOCATION



SACRAMENTS OF INITIATION



BAPTISM

- Washes away Original Sin.
- Makes us children of God and fills us with the Holy Spirit.
- Makes us members of the Church.



CHRISMATION (CONFIRMATION)

- Seals and strengthens the gift of the Holy Spirit.
- Strengthens us to witness for Jesus.



HOLY EUCHARIST

- We receive the Body and Blood of Jesus.
- Jesus comes to live in us.

I LEARN



- ✓ Baptism begins our Christian life.
- ✓ Chrismation strengthens us.
- ✓ Eucharist nourishes our soul.
- ✓ In the Eastern churches, these three Sacraments are called together the Sacraments of initiation and are given together.





SACRAMENTS OF HEALING



RECONCILIATION

- Jesus forgives our sins.
- We are restored to friendship with God.



ANOINTING OF THE SICK

- Given to those who are seriously sick.
- Brings strength, peace, and comfort.
- God may also restore health according to His will.



ACTIVITY



Circle the Sacrament of Healing:



Baptism



Reconciliation



Eucharist



Anointing of the Sick

SACRAMENTS OF SERVICE



HOLY ORDERS

- Priests, bishops, and deacons receive this sacrament.
- They serve God's people and celebrate the Sacraments.



MATRIMONY

- A man and woman receive God's blessing in marriage.
- They promise to love one another and build a Christian family.

I LEARN



- ✓ Priests serve God's Church.
- ✓ Christian families are a gift from God.



SPECIAL FACTS ABOUT THE SACRAMENTS

Received Only Once



Baptism



Chrismation



Holy Orders

These leave a permanent spiritual mark on the soul.

Forgive Sins



Baptism



Reconciliation

Must Be Received in God's Grace



Eucharist



Anointing of the Sick



Holy Orders



Matrimony



Memory Box

Jesus wants us to receive the Sacraments often and worthily.



WEEK 5 REVIEW

MATCH THE SACRAMENT

	Baptism	•	☐ Strength of the Holy Spirit
	Chrismation	•	☐ Forgiveness of sins
	Eucharist	•	☐ Body and Blood of Jesus
	Reconciliation	•	☐ Priests serve God's people
	Anointing	•	☐ Child of God
	Holy Orders	•	☐ Christian marriage
	Matrimony	•	☐ Comfort for the sick

TRUE OR FALSE

- ☐ Baptism washes away Original Sin.
- ☐ There are seven Sacraments.
- ☐ Eucharist is the Body and Blood of Jesus.
- ☐ Reconciliation forgives sins.
- ☐ Holy Orders is for priests.



MY PRAYER

Dear Jesus,
 Thank You for giving us the Sacraments.
 Help me receive Your grace with faith and love.
 May I always stay close to You
 through the Sacraments.
 Amen.



WEEK 5 – TO LEARN

THE FIVE PRECEPTS OF THE CHURCH



The Church helps us grow closer to Jesus through these important rules.

1

ATTEND HOLY QURBONO



You shall attend Holy Qurbono on Sundays and holy days of obligation.

2

CONFESSION & HOLY COMMUNION



You shall confess your sins at least once a year and receive holy communion at least during the Easter season.

3

FASTING & ABSTINENCE



You shall keep fasting and abstinence on the days fixed by the Church.

4

HOLY MATRIMONY



You shall not celebrate matrimony during the forbidden periods and with the forbidden people.

5

SUPPORT THE CHURCH



You shall contribute to the support of the Church and the priests according to the norms of the Church.

I LEARN

- ✓ The Church guides us to live as faithful Catholics.
- ✓ The Precepts help us grow in holiness.
- ✓ Sacraments and Precepts help us grow in grace and holiness.
- ✓ Following them brings us closer to Jesus.

MEMORY VERSE



**"If you love Me,
keep My
commandments."**

(John 14:15)



ACTIVITY



Match each picture with the correct answer.

- | | | | | |
|---|-----------------------|---|---|--|
| 1 | Baptism | • | • | A Body and Blood of Jesus |
| 2 | Chrismation | • | • | B Forgiveness of sins |
| 3 | Eucharist | • | • | C Strength of the Holy Spirit |
| 4 | Reconciliation | • | • | D Comfort and healing in sickness |
| 5 | Anointing of the Sick | • | • | E Christian marriage |
| 6 | Holy Orders | • | • | F Child of God |
| 7 | Matrimony | • | • | G Priests serve God's people |

MY PRAYER



Dear Jesus,
Help me love Your Church.
Teach me to follow Your ways faithfully.
May I grow in grace and holiness
and always stay close to You.
Amen.



WEEK 6

BAPTISM AND CHRISMATION

Becoming Children of God

Scripture

✝ Matthew 3:13–17

✝ Acts 2:38



Learning Objectives

- Understand Baptism.
- Understand Chrismation.
- Become aware of baptismal promises.



Syro-Malankara Focus

The unity of Baptism,
Chrismation, and
Holy Communion.



Memory Verse

**“You are
God’s children.”**

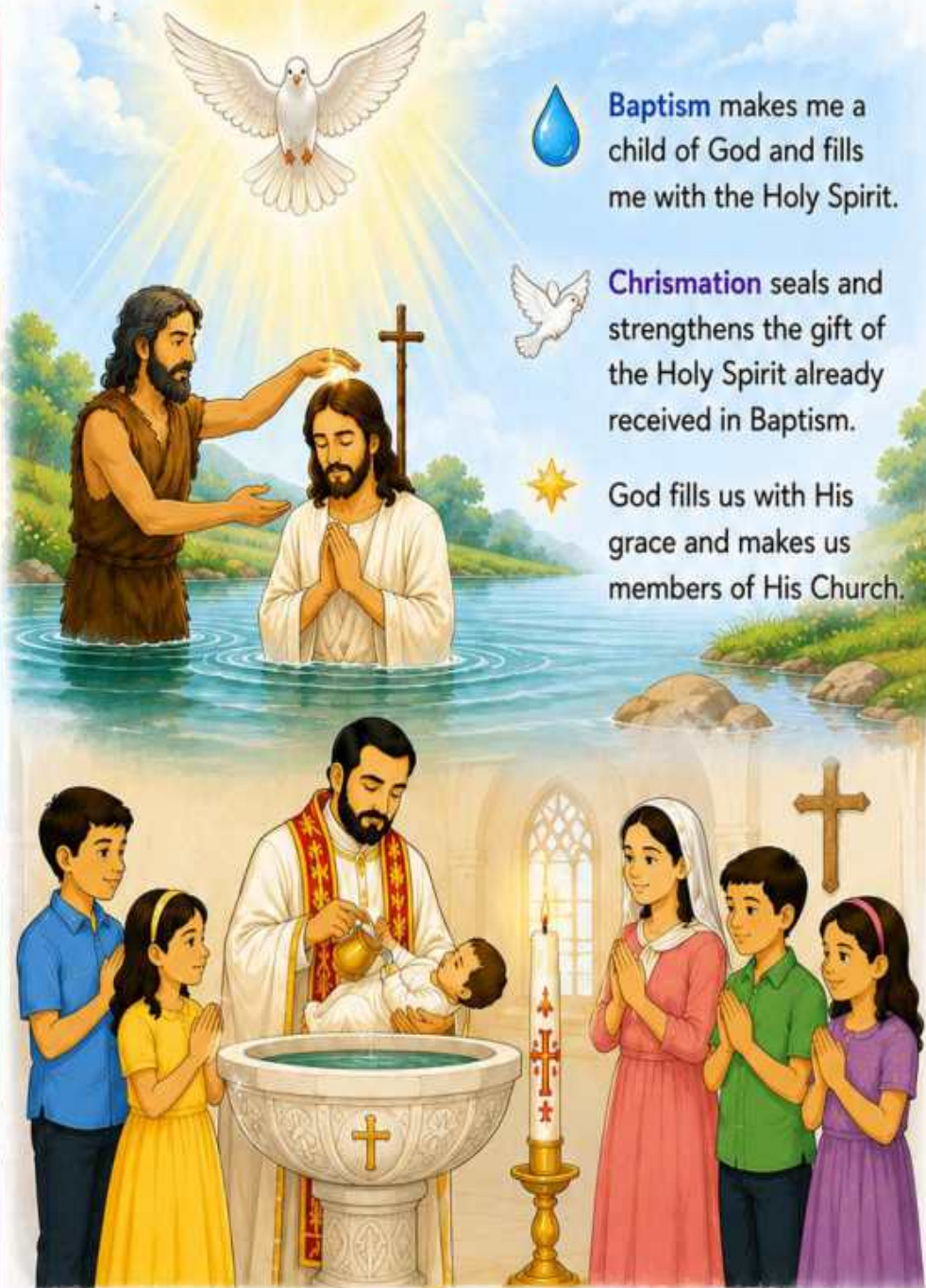
(1 John 3:1)



Activity

Bring Baptism photos.

My Baptism Date: _____



Baptism makes me a
child of God and fills
me with the Holy Spirit.



Chrismation seals and
strengthens the gift of
the Holy Spirit already
received in Baptism.



God fills us with His
grace and makes us
members of His Church.

♥ Baptism makes me a child of God.

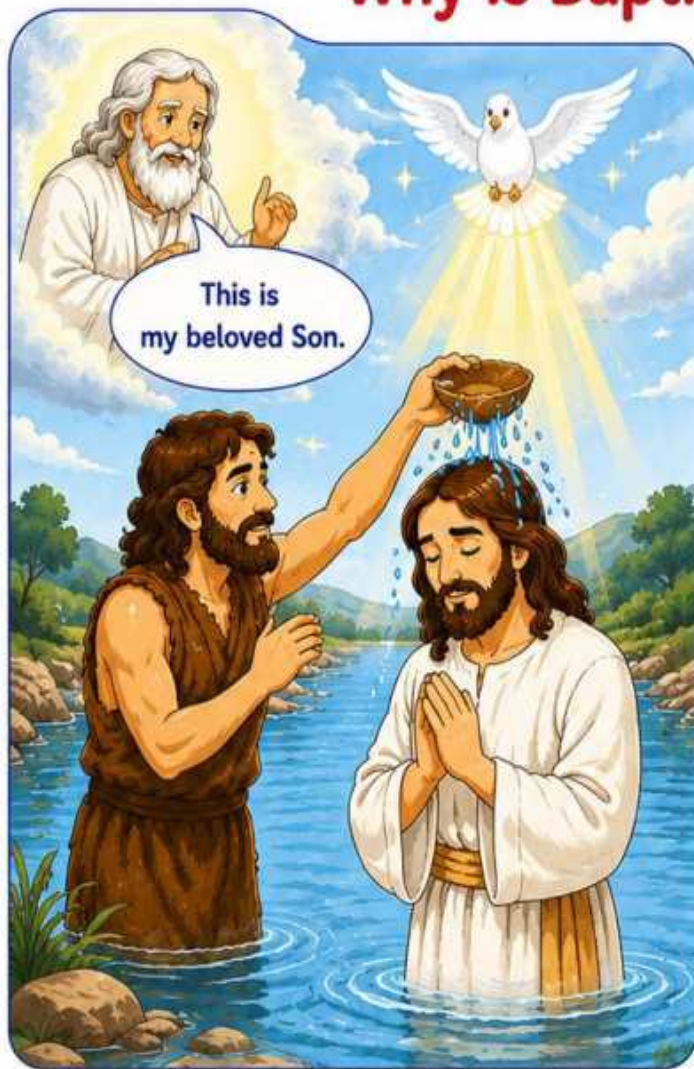
♥ Chrismation gives me the Holy Spirit.

♥ God calls me to live as His disciple.



JESUS' BAPTISM

Why is Baptism Important?



I LEARN

- ✓ Jesus showed us the importance of Baptism.
- ✓ Baptism is necessary because Jesus gave it to us.
- ✓ Through Baptism we become children of God.



JESUS WAS BAPTIZED



Matthew 3:13–17

- ★ Jesus came to John the Baptist at the Jordan River.
- ★ John baptized Jesus.
- ★ The heavens opened.
- ★ The Holy Spirit came down like a dove.
- ★ God the Father said,
"This is my beloved Son."

WHY IS BAPTISM IMPORTANT?

Jesus commanded His Apostles:

"Go therefore and make disciples of all nations, baptizing them..."

(Matthew 28:19)



Jesus also said:

"Whoever believes and is baptized will be saved."

(Mark 16:16)

MEMORY VERSE



"See what love the Father has given us, that we should be called children of God."

(1 John 3:1)



WHAT IS BAPTISM?

Baptism is the First Sacrament.



THROUGH BAPTISM:



Original Sin is washed away.



We become children of God.



We receive Holy Spirit and God's grace.



We become members of the Church.



We begin a new life in Christ.



Baptism is the gateway to all the other Sacraments.

EFFECTS OF BAPTISM

- ✓ Forgives Original Sin.
- ✓ Makes us God's children.
- ✓ Receives Holy Spirit.
- ✓ Gives us sanctifying grace.
- ✓ Makes us members of Christ's Church.
- ✓ Opens the door to the other Sacraments.



THINK ABOUT IT

How can I live as God's child today?



Pray



Help others



Be kind



Forgive



I REMEMBER

Baptism makes me a child of God.
God loves me and I belong to Him forever!



THE LITURGY OF BAPTISM

DURING BAPTISM



The child is **called by name**.



The **Sign of the Cross** is made.



The priest anoints with **holy oil**.



Water is poured in the name of the Father, Son, and Holy Spirit.



A PERMANENT SEAL



Baptism leaves a **permanent spiritual seal** on our souls.

This means:



We belong to Jesus **forever**.



We are members of His Church **forever**.



This seal can **never** be removed.



Baptism can be received **only once**.

ACTIVITY

Number these in order:

☐


Sign of the Cross

☐


Water

☐


Holy Oil

☐


Calling by Name



Thank You, Jesus,
for making me
Your child!



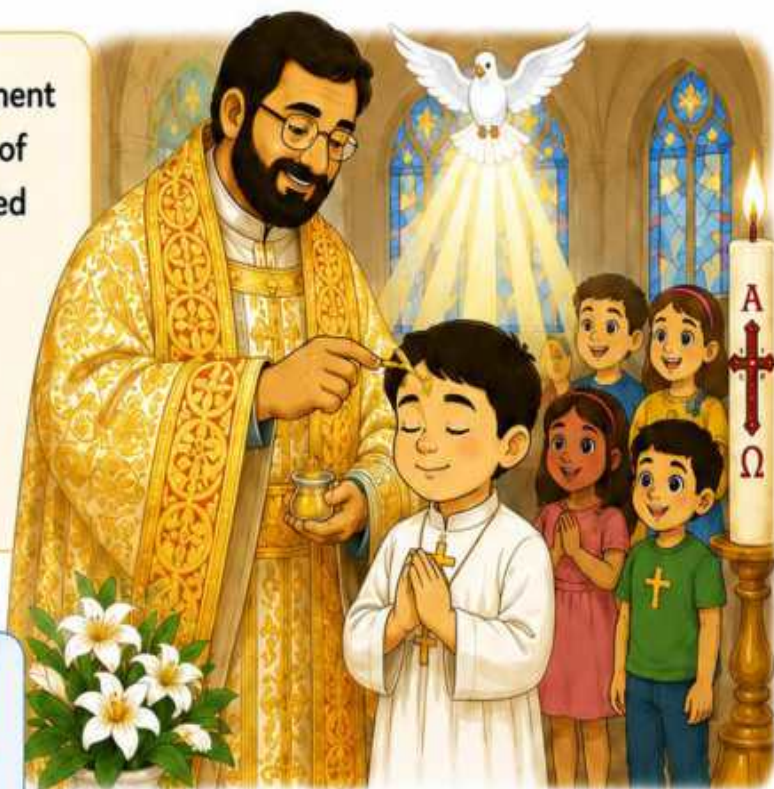
WHAT IS CHRISMATION?



Chrismation is the Sacrament that strengthens the gift of the **Holy Spirit** we received in Baptism.



The priest anoints us with **Holy Myron** (Holy Oil).



THROUGH CHRISMATION



The gift of the **Holy Spirit** we received in Baptism is strengthened and sealed.



Our faith becomes **stronger**.



We are called to be **witnesses** of Jesus.



We become **more closely united** with the Church.

I LEARN



The Holy Spirit **strengthens** me.



Jesus wants me to be His **witness**.



THE LITURGY OF CHRISMATION



Holy Myron is used.



We are **crowned** as God's beloved children.



We receive **strength** to follow Jesus.



We are sent to **share** the Good News.

"Come, Holy Spirit,
fill the hearts of
Your faithful and
kindle in them the
fire of Your love."



OUR SYRO-MALANKARA CATHOLIC TRADITION



In the Syro-Malankara Catholic Church, babies receive **three Sacraments** together:

BAPTISM



We are washed clean from sin, receive the Holy Spirit, and become children of God.

CHRISMATION



Chrismation seals the gift of the Holy Spirit we received in Baptism and strengthens us in our faith.

HOLY EUCHARIST



We receive Jesus in the Holy Eucharist and unite with Him.



These are called the **Sacraments of Initiation** because they begin our Christian life.



God gives us His grace from the very beginning of our lives.



DID YOU KNOW?

These three Sacraments are received together **only once** at the beginning of our Christian journey in the Syro-Malankara Catholic Church.

ACTIVITY

Draw or color:



Water



Dove

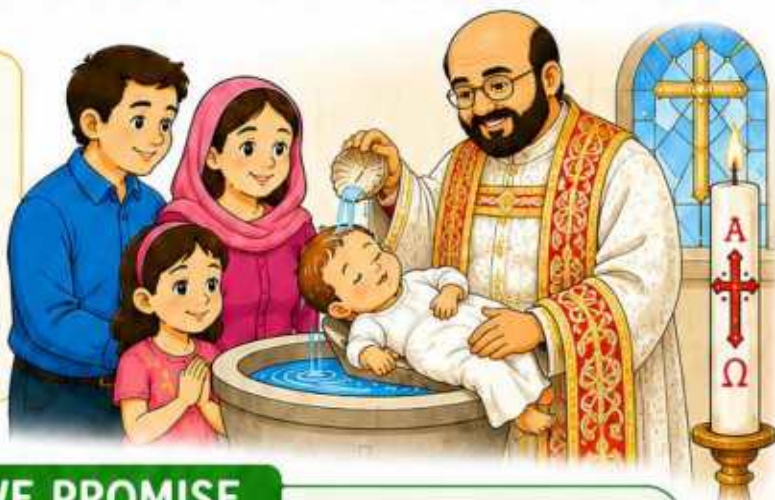


Holy Eucharist

OUR BAPTISMAL PROMISES

At Baptism, our parents and godparents made promises for us.

As we grow, we **choose to live** those promises ourselves.



WE PROMISE

 To reject Satan.

 To reject sin.

 To believe in God the Father.

 To believe in Jesus Christ.

 To believe in the Holy Spirit.

 To live as faithful followers of Jesus.

ACTIVITY

How can I keep my Baptism promises?

☐ Pray every day.



☐ Obey my parents.



☐ Tell the truth.



☐ Love everyone.



Go to Church.

MY PRAYER

Dear Jesus,

Thank You for making me Your child.

Help me keep my Baptism promises every day.

Amen.



➤ Week 6 - To Learn ➤



Six Sins against the Holy Spirit

These are serious ways people can turn away from God's grace:

- 1 Despair:** Losing hope and believing God cannot or will not forgive us.
- 2 Presumption:** Thinking we can be saved without God's grace, or that God must forgive us no matter what we do.
- 3 Resisting the truth:** Refusing to accept God's truth even when we know it is right.
- 4 Envy of others' grace:** Being jealous and angry when we see God's blessings in other people's lives.
- 5 Obstinacy in sin:** Stubbornly refusing to turn away from sin and ask for forgiveness.
- 6 Final impenitence:** Dying without repentance, refusing God's mercy until the very end.



Four Sins crying to Heaven for Vengeance

These are very serious sins that hurt other people:

- 1 Wilful murder** – Deliberately killing an innocent person.
- 2 Sin of impurity against nature** – Committing serious sins against God's plan for human life and love.
- 3 Oppression of the poor, widows & orphans** – Treating them unfairly.
- 4 Defrauding laborers of their wages** – Cheating workers by not paying them the wages they have earned.



Review



Review everything you have learned in Weeks 1–6.



Memorize all the prayers from the first six weeks.



WEEK 7



RECONCILIATION

JESUS FORGIVES US

Theme

Reconciliation – Jesus the Healer



Jesus never stops loving us.



Sometimes we sin and hurt our friendship with God.



Jesus welcomes us back with love and forgiveness.

Scripture



John 20:21–23



Luke 15

(The Lost Sheep & The Prodigal Son)

Memory Verse



"If we confess our sins,
He is faithful and just
to forgive us."

(1 John 1:9)

I LEARN



Jesus forgives my sins.



Jesus gave the Church the
Sacrament of Reconciliation.



God always welcomes me back.





JESUS GAVE US

the sacrament of RECONCILIATION



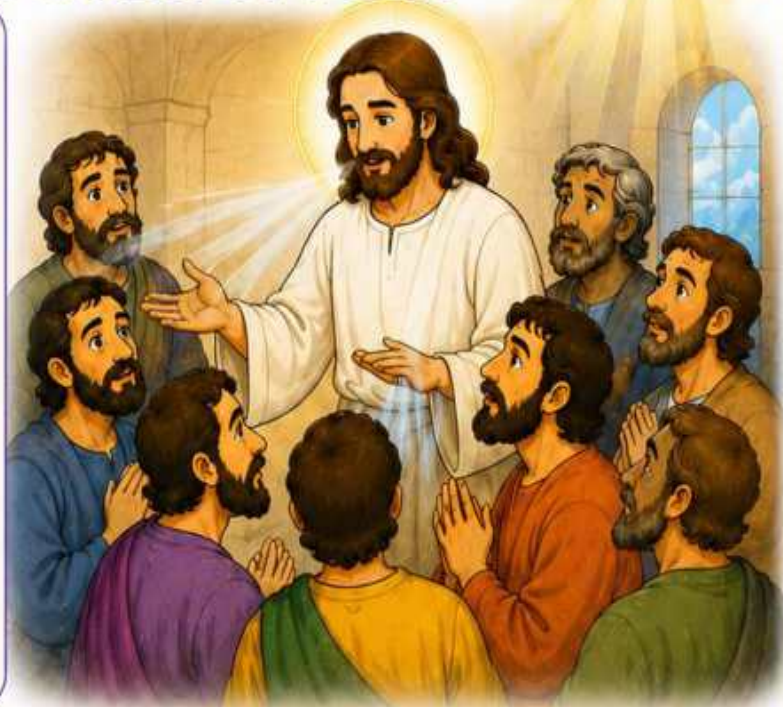
After Jesus rose from the dead,
He appeared to His Apostles.
He breathed on them and said,

**"Receive the Holy Spirit.
If you forgive the sins of any,
they are forgiven."
(John 20:22-23)**

Jesus gave His Apostles the
power to forgive sins.



Today, bishops and priests
continue this mission
in the Church.



Why do we need Reconciliation?



God forgives our sins.



We become friends
with God again.



Our hearts
become peaceful.



Jesus gives us strength
to do what is right.



I LEARN



Jesus is always ready to forgive me.





HOW DO I MAKE A GOOD CONFESSION?

Five Steps

1 Examine my conscience

Think about my words...
my actions...
and the good things
I failed to do.



2 Be truly sorry

Tell Jesus,
"I am sorry."



3 Decide not to sin again

Try my best to make
better choices.



4 Confess my sins to the priest

The priest listens with kindness.
He forgives in Jesus' name.



5 Do my penance

Pray or do the good
work the priest gives.



Jesus is always ready to forgive me
and help me start again!



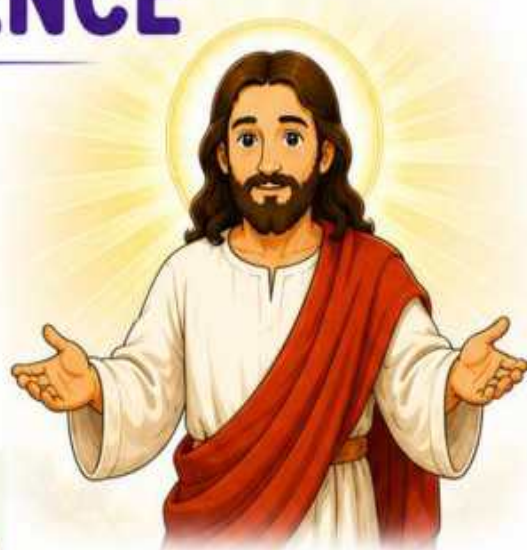


EXAMINATION OF CONSCIENCE

Ask yourself:



Did I love God?



Did I pray?



Did I obey my parents?



Was I kind?



Did I hurt anyone?



Did I forgive others?



Did I tell lies?



Did I help others?



Remember



Sin is not only doing something wrong.

Sometimes sin is not doing the good we should do.

Activity

Draw a happy heart after saying:

"I'm sorry, Jesus."



I'm sorry, Jesus.





WHY DO WE CONFESS TO A PRIEST?

- ♥ Jesus gave His apostles the authority to forgive sins.



- ♥ The priest stands in the place of Christ and also represents the Church.



- ♥ When the priest forgives our sins,



God forgives us.



Our friendship with the Church is restored.



Effects of Reconciliation



God forgives our sins.



We receive God's grace to help us avoid sin in the future.



Peace returns to our hearts.



Jesus gives us strength to resist temptation.



We grow closer to God.



In the Sacrament of Reconciliation, the priest has three important roles:



He is a **Judge**:

He helps us understand what is good and evil in our thoughts, words, and deeds.



He is a **Teacher**: He gives us advice on how to resist temptations and guides us to live a holy life pleasing to God.



He is a **Healer**: Through the power of Jesus, he heals our heart, mind, and soul, bringing us peace and restoring us to friendship with God.



I LEARN

Jesus always wants me to come back to Him.





GOD ALWAYS WANTS TO FORGIVE US

Is there an unforgivable sin?



Jesus teaches us that God is always ready to forgive us when we are truly sorry.



The only sin that cannot be forgiven is the sin we refuse to be sorry for.

If we close our hearts to God's mercy and never ask for His forgiveness, we cannot receive the forgiveness He wants to give us.



Remember



God never stops loving us.



Jesus is always waiting for us to come back to Him.



No matter what we have done, we should never be afraid to say, **"Jesus, I am sorry."**

I LEARN

- ✓ God always wants to forgive me.
- ✓ I should never be afraid to say, "I'm sorry."
- ✓ Reconciliation fills my heart with peace.
- ✓ Jesus gives me strength to live a holy life.



The Gifts of Reconciliation

When we receive the Sacrament of Reconciliation with a sincere heart:



God forgives our sins.



Our friendship with God and with others is restored.



Peace returns to our hearts.



Jesus gives us strength to resist temptation and choose what is right.



We grow closer to God every day.

Memory Verse



"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."
(Ephesians 4:32)

Activity



Jesus Is Waiting

Draw a path leading to Jesus. Along the path, write or draw three good choices you can make this week.



- ☐ Pray every day
- ☐ Tell the truth
- ☐ Forgive someone
- ☐ Help at home
- ☐ Share with others
- ☐ Be kind

My Prayer



Dear Jesus,
Thank You for loving me so much.
Help me to be sorry whenever I sin.
Fill my heart with Your peace and give me the strength to choose what is right every day.
Amen.





MY FIRST CONFESSION



Before Confession



Pray quietly.



Ask Jesus to help
you remember your sins.



Be honest.



Trust Jesus.



During Confession



1. Make the Sign of the Cross.



2. Say the Maudyonoso Prayer.



3. Tell the priest that this is your first Confession.
(If it is not your first Confession, tell him how
long it has been since your last Confession.)



4. Confess your sins honestly and clearly.



5. When you have finished, say,
"Father, please forgive me for these sins
and any sins I may have forgotten."



6. Listen carefully to the priest's advice.



7. Receive your penance.



8. Pray the Act of Contrition.



9. Receive the priest's absolution and blessing.

After Confession



Thank Jesus.



Do your penance.



Try your best to
live a holy life.



Prayer

Dear Jesus,
I am sorry for all my sins.
Help me to love You more,
to obey You,
and to choose what is right every day.
Amen.





WEEK 7 - PRAYERS TO LEARN



PRAYER BEFORE CONFESSION (MAWDYONEETHO)

Before God, Father, Son, and Holy Spirit, and before the Blessed Ever-Virgin Mary, Mother of God, and before all the saints and holy angels, and before the noble priesthood by which you loose and bind, O priest of God, I confess my sins.

I am sinner! I am a grave sinner!

On account of my sins I mourn. I wholeheartedly renounce my sins and seek refuge in the grace and mercy of Christ Jesus the Lord. I entreat you: Father, grant me absolution of my sins and bless me.

Here the penitent lists his sins, according to number and kind.

The penitent ought not hide any sin out of fear but should confess all his/her sins openly to the priest.

And afterwards, the penitent concludes, saying:

For these and all the sins of my past life, especially those I have named here and those I have forgotten, and the sins of my past, especially (...), I ask pardon of God, penance, and absolution from you.



ACT OF CONTRITION

O my God, I am heartily sorry for having offended thee, 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 thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life. Amen.





WEEK 8

THE LAST SUPPER AND THE SACRIFICE OF CHRIST

Jesus Gives Us the Holy Eucharist



Jesus loved us until the very end.



At the Last Supper, Jesus gave us His Body and Blood.



The sacrifice of the Last Supper was completed on Calvary.



Every Holy Qurbano remembers and makes present Jesus' one sacrifice.

SCRIPTURE



Luke 22:14–20



1 Corinthians 11:23–26

MEMORY VERSE

“Do this in memory of Me.”

(Luke 22:19)



I LEARN



Jesus gave us the Holy Eucharist.



The Last Supper and Calvary are closely connected.



Holy Qurbano is Jesus' gift of love.





THE LAST SUPPER



Jesus celebrated the Passover with His Apostles.



He took bread.



He blessed it.



He broke it.



He gave it to His disciples and said,

"This is My Body."



Then He took the cup and said,

"This is My Blood."



Jesus told them,

"Do this in memory of Me."



I LEARN



Jesus gave us the Holy Eucharist at the Last Supper.





THE LAST SUPPER AND CALVARY



The Last Supper and the Cross are one great **mystery of love.**



At the Last Supper,

Jesus offered His **Body** and **Blood.**



On Calvary,

Jesus offered **Himself** on the Cross.



The sacrifice Jesus began at the Last Supper was **completed** on Calvary.



REMEMBER



One Jesus



One Sacrifice



For the **whole world**





WHY DID JESUS DIE FOR US?



Jesus died because
He loves us.



Jesus died to save us
from sin, death, and Satan.



Jesus died and rose again
to send us the Holy Spirit,
so that we might become
the beloved children of the
Father and live in His grace.



Through His sacrifice,



Our sins are forgiven.



We receive
new life.



We become
God's family.



Heaven is
opened for us.

MEMORY VERSE

"God so loved
the world that
He gave His
only Son."

(John 3:16)



ACTIVITY

Draw a cross and write:
"Thank You, Jesus."



WEEK 8

THE FIRST HOLY QURBONO



At the Last Supper,

Jesus gave His Apostles a special command:

"Do this in memory of Me."



From that day,

the Church has celebrated the Holy Qurbano all over the world.



Today,

our bishops and priests continue what Jesus commanded them to do – to celebrate the Eucharist in His memory and make Him present among us.



I LEARN



Jesus wanted His Church to celebrate the Holy Qurbano.



We thank Jesus every time we attend Holy Qurbano.





WEEK 8 – TO LEARN



This week we learned how Jesus gave us the **Holy Eucharist** at the Last Supper.

He offered His Body and Blood for us.

The same sacrifice was completed on Calvary.

Every Holy Qurbano makes present

His one sacrifice of love.



INSTITUTION OF THE HOLY EUCHARIST

Luke 22:19–20



Then He took bread, gave thanks, broke it, and gave it to them, saying,

“This is My Body, which is given for you; do this in memory of Me.”

In the same way also He took the cup after supper, saying, “This cup is the new covenant in My Blood, which is shed for you.” (Luke 22:19–20)



MEMORY VERSE

**“Do this in
memory of Me.”**
(Luke 22:19)



REVIEW



Review Weeks 1–8.

Let's remember what we learned and grow closer to Jesus.



Memorize all the prayers from Weeks 1–8.

Let's keep Jesus in our hearts through prayer every day.





WEEK 8 – TO PRAY



ANIMA CHRISTI



Soul of Christ, sanctify me.



Body of Christ, save me.



Blood of Christ, inebriate me.



Water from the side of Christ, wash me.



Passion of Christ, strengthen me.



O Good Jesus, hear me.



Within your wounds hide me.



Permit me not to be separated from you.



From the wicked foe, defend me.



At the hour of my death, call me and bid me come to you



That with your saints, I may praise you for ever and ever. Amen.



THE CHAPLET OF THE SACRED HEART OF JESUS

• On the large beads say:

O Sweetest Heart of Jesus, I implore that I may ever love Thee more and more.

• On the small beads say:

Sweet Heart of Jesus, be my love.

• At the end of each decade, say:

Sweet Heart of Mary, be my salvation.

• Upon completing the Chaplet, say:

O Divine Heart of Jesus, Have mercy on us.

O Immaculate and stainless Heart of Mary, pray for us.

May the Sacred Heart of Jesus Christ, be loved everywhere.

O Most Sacred Heart of Jesus that suffered the pain of death, be kind to those who die today.

May the Heart of Jesus in the Most Blessed Sacrament, be blessed, adored and praised with grateful affection, at every moment in all the Tabernacles of the world, even to the end of time.



On the large beads say:
O Sweetest Heart of Jesus, I implore that I may ever love Thee more and more.

On the small beads say:
Sweet Heart of Jesus, be my love.

At the end of each decade, say:
Sweet Heart of Mary, be my salvation.



WEEK 9



THE HOLY EUCHARIST

JESUS THE BREAD OF LIFE



Jesus wants to stay with us forever.



Jesus gives Himself to us in Holy Communion.



In the Holy Eucharist, Jesus is truly present.

SCRIPTURE



John 6:22–58

MEMORY VERSE

“I am the Bread of Life.”

(John 6:35)



I LEARN



Jesus is truly present in the Holy Eucharist.



Holy Communion brings me closer to Jesus.



Jesus gives me strength to live a holy life.





JESUS, THE BREAD OF LIFE



After feeding
the five thousand,
Jesus taught
the people:



**"I am the
Bread of Life."**



Jesus said:



**"Whoever eats
this bread will live
forever."**



Jesus was speaking
about the
Holy Eucharist.



I LEARN



Jesus gives us
heavenly food.



Jesus feeds
our souls.

MEMORY VERSE

**"I am the
Bread of Life."**

(John 6:35)





JESUS IS TRULY PRESENT

The **Holy Eucharist** is
the greatest gift Jesus gave us.

When the priest prays
during the **Holy Qurbano**,
the bread and wine become
the Body and Blood of Jesus.

This is called the
Real Presence.



JESUS IS TRULY PRESENT—



His Body



His Blood



His Soul



His Divinity



Even though the bread and wine
still look the same,
they have become **Jesus Himself.**



REMEMBER

We do not receive ordinary bread.
We receive Jesus.



WEEK 9



HOLY EUCHARIST

THE SOURCE AND SUMMIT OF CHRISTIAN LIFE



The **Holy Eucharist** is
the greatest prayer of the Church.

It is:



Thanksgiving
to God



Jesus'
holy sacrifice



Spiritual food
for our souls



The center
of Christian life



DID YOU KNOW?



Eucharist means
Thanksgiving



The Syriac word
Holy Qurbano

means

Holy Offering or
Holy Sacrifice



The Holy Eucharist



IN MEMORY
OF HIM



WE OFFER
TO GOD



HE GIVES HIMSELF
TO US

I LEARN



Holy Qurbano completes all the Sacraments
because it gives us **Jesus Himself**.





WHY DO WE RECEIVE HOLY COMMUNION?



Jesus comes into our hearts
because He loves us.

Jesus gives us the Holy Eucharist
so we can share His life and be
with Him forever in heaven.

WHEN WE RECEIVE HOLY COMMUNION,



Jesus lives in us.



We become closer
friends with Him.



Jesus gives us
strength to do good.



Our souls grow
in grace.



We become more
like Jesus.



Thank You,
Jesus,
for coming
into my heart!



ACTIVITY



Draw yourself thanking
Jesus after Holy Communion.



WEEK 9



HOW SHOULD I RECEIVE JESUS?

BEFORE HOLY COMMUNION



Pray.



Be free from serious sin.



Listen carefully during Holy Qurbana.



Come with reverence.

AFTER HOLY COMMUNION



Thank Jesus.



Speak to Him quietly.



Ask Him to help you become holy.



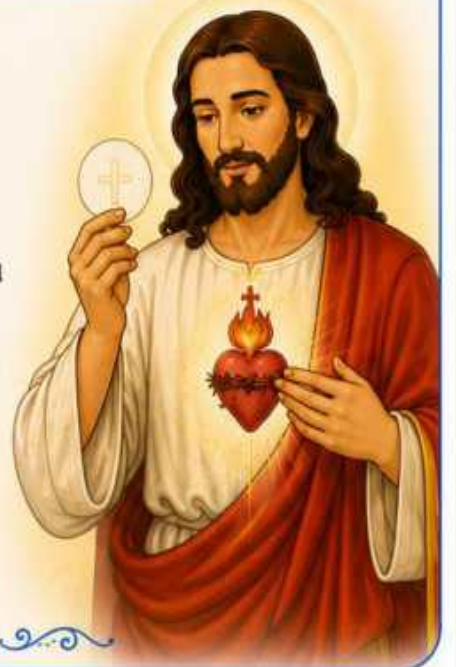
MY PRAYER

Dear Jesus,

Thank You for coming
into my heart.

Help me always receive You
with love,
faith,
and reverence.

Amen.



WEEK 9



EUCCHARISTIC ADORATION

Sometimes Jesus is placed in the **Monstrance** for us to adore Him.

**DURING EUCCHARISTIC
ADORATION,**



We quietly pray.



We thank Jesus.



We listen to Him
in our hearts.



We do not have to say many words.

Jesus is happy when we spend **time with Him**.



The more time you spend with Jesus in the Blessed Sacrament, the more He fills your heart with His love and peace.



ACTIVITY



Visit your church with your family and spend **five quiet minutes** with Jesus.



THANKSGIVING AFTER RECEPTION OF HOLY EUCHARIST



CONFESSION OF FAITH

My dear Lord Jesus, you have come to my heart. You are truly benevolent. Even though I cannot see you with my eyes, I firmly believe that you have truly arrived within me. Lord, bless me.



PRAYER OF ADORATION

O Lord and my God, I prostrate before you. Since you, my Savior have willed to come to my unworthy soul, I adore and worship you. My Creator, may you be praised always.



PRAYER OF PRAISE

My beloved Lord Jesus, I praise you with my whole heart. How great is your mercy and your love toward me!

How blessed are you, O Jesus Christ, who is present in the Holy Eucharist! You, who love all sinners and me, is greatly blessed.

May everyone praise you with all the praises. Praise the Lord, all creation. Praise the Lord, all nations. Praise the Lord, all heavenly hosts. Praise him forever, for his mercy is boundless.

O my soul, praise the Lord. All that is in me, bless his Holy Name. O my soul, praise the Lord. Do not forget his blessings.



PRAYER OF LOVE

My loving Lord, because of the abundance of your love for me, you have deigned to become incarnate, to suffer great Passion by shedding your blood and experience death by crucifixion, to come into my heart through the Holy Eucharist and become my food, and to be with me. O most sweet Lord Jesus, I love you. With all my heart I love you. I desire to love you more and more each day. Help me.



PRAYER OF SUBMISSION

O Lord Jesus, who is the giver of all goodness, I submit myself into your holy hands. In to your grace-filled sacred heart, I lay down myself. I offer myself to you so that I may be preserved from ever being away from your loving heart.



Remember to tell Jesus,
"I love you, Jesus."



The Holy Eucharist

THANKSGIVING AFTER RECEPTION OF HOLY EUCHARIST (CONTINUATION)



PETITION

"Ask and you shall receive"

My Savior, you know well the things that are needed by my soul. Bless me as you are cognizant and as you will. Purify my body and soul. Forget my ungratefulness and grant me perfect contrition regarding my sins and a firm heart to never sin anymore. Grant me a confirmed faith, strong hope, zealous love, and detachment from worldly passions. Bless me so that, I may not commit even the least of sins that are disliked by you, but that I may gain fervently the virtues of humility, patience, obedience, brotherly love, and other virtues and that I may live always according to your holy will and gain a blessed death.



Protect your Holy Church. Bless the Pope, the head of the Holy Church. May all the bishops and priests of the Holy Church be conformed to your Sacred Heart. Grant repentance to all sinners.



O God, who is not known or loved by many, grant that all may know you and love you. My Jesus, my refuge, grant me the grace so that I may love you at least to the extent that I hurt you. If I will ever not love you, may my life be taken immediately.



Oh Jesus, who was forsaken by all on the Cross, do not forsake at the time of my death. O Lord, establish your throne in my heart. Jesus, my God, I love you above all things.



PRAYER

O good and most sweet Jesus, I kneel before your holy presence. "As I see before my eyes now the prophecy of Prophet David, who said "they have pierced by hands and my feet. I can count all my bones", and as I contemplate in my mind of your five holy wounds with great grief and sorrow, I plead to you, with the greatest earnestness, to impress in my heart the living revival of the virtues of faith, hope and love, a perfect contrition regarding my sins, and a firm heart sufficient to atone them.

1. Our Father ...

1. Hail Mary ...

1. Glory be ...



PRAYER TO JESUS, THE KING OF THE UNIVERSE

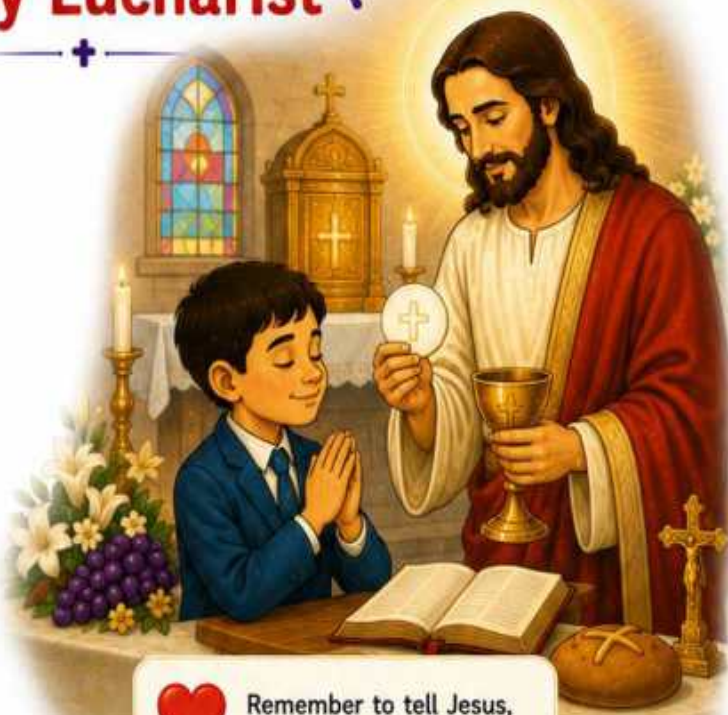
Lord Jesus, I confess you as the king of the whole world. All that is made for you. Exercise all your authority in me. I promise to renounce devil and all his price, to renew my baptismal promises, and to live as a true Christian. Above all, I vow to do all that is possible by me for the success of the authority of God and his Holy Church.

O divine heart of Jesus, I submit to you my weak deeds so that all may accept your holy kingship and thus your reign of peace may be established throughout the world.

1. Our Father ...

1. Hail Mary ...

1. Glory be ...



Remember to tell Jesus,
"I love you, Jesus."

THE EUCHARIST IS:



The source and summit
of Christian life.



Jesus' true Body
and Blood.



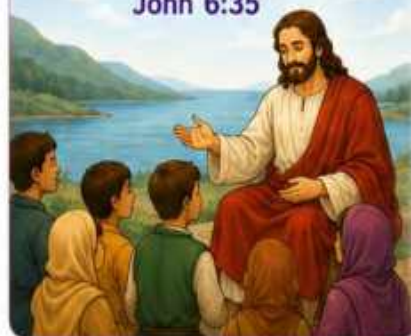
Our heavenly food.



The greatest gift
of Jesus.

SCRIPTURE

John 6:35



MEMORY VERSE

"I am the Bread of Life."

(John 6:35)



REVIEW



Review Weeks 1-9.



Memorize all the prayers
from Weeks 1-9.



HOLY QURBONO

✠ *Heaven on Earth* ✠



Holy Qurbono is the greatest prayer of the Church.



During Holy Qurbono, heaven and earth worship God together.



The angels and saints join us in praising God.



Jesus becomes truly present in the Holy Eucharist.



SCRIPTURE



Luke 24:13–35
(The Road to Emmaus)



MEMORY VERSE



**“They recognized Him
in the breaking of
the bread.”**
(Luke 24:35)

I LEARN



Holy Qurbono is Heaven on Earth.



Jesus is truly present.



I worship God with the whole Church.



WHAT IS HOLY QURBONO?



Holy Qurbono is the greatest worship of the Church.

The word Qurbono means



Holy Offering



Holy Sacrifice



Gift to God

During Holy Qurbono, we remember everything God has done to save us.



Did You Know?

The Holy Qurbono is called the **"Sacrament of Sacraments."**

It is the greatest celebration of the Church.



I LEARN



Holy Qurbono is God's greatest gift to us.





THE FOUR PARTS OF HOLY QURBONO

The Holy Qurbono has four main parts.

1

Thuyobo

(Preparation Service)



The priest prepares bread and wine on the altar.



We prepare our hearts to meet Jesus.



2

Thulmodo

(Teaching-Liturgy of the Word)



We listen to God's Holy Word.



3

Debho

(Anaphora-Sacrifice)



Bread and wine become the Body and Blood of Christ.



4

Methuso

(Holy Communion)



We receive Jesus with faith and love.



+ ACTIVITY +

Number the four parts in the correct order.





THUYOBO

✦ Preparing to Meet Jesus ✦

Before the Holy Qurbano begins, the priest prepares everything carefully.



1 The First Part



Bread and wine are prepared.

This reminds us of **Melchizedek**, who offered bread and wine.



Melchizedek



Genesis 14:17–20
Melchizedek was the king of Salem and priest of God Most High. He offered bread and wine.

2 The Second Part



The priest wears the beautiful sacred vestments.



He offers incense and prayers.

This reminds us of **Aaron**, the High Priest.



Aaron



Aaron was the High Priest chosen by God to offer sacrifices for the people (Exodus 28).



I LEARN

Before we meet Jesus, we prepare our hearts with prayer.



When we prepare with prayer, we are ready to meet Jesus in the Holy Qurbano.



THE LITURGY OF THE WORD (THULMODO)

God speaks to us
through the **Bible**.

We listen carefully
because
God is speaking to us.



We hear



Old/New Testament

From the New Testament,
we hear.



Acts or Catholic Epistles or Revelation

From the Acts or Catholic
Epistles or Revelation,
we hear.



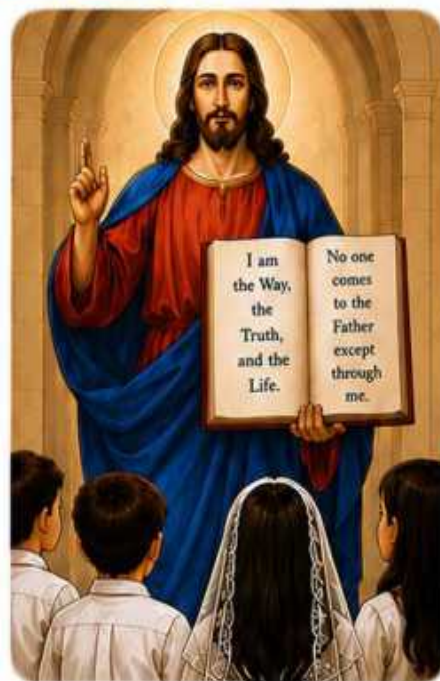
Epistles of Paul

From the Epistles of Paul,
we hear.



Holy Gospel

From the Holy Gospel,
we hear.



At the end of this part,
together we pray
the Nicene Creed.



THE NICENE CREED

- ♦ We believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
- ♦ We believe in one Lord Jesus Christ,
the only Son of God,
begotten from the Father before all ages,
God from God,
Light from Light,
true God from true God,
begotten, not made;
of the same essence as the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven;
he became incarnate by the Holy Spirit
and the Virgin Mary,
and was made human.

- He was crucified for us under Pontius Pilate;
he suffered and was buried.
The third day he rose again,
according to the Scriptures.
He ascended to heaven
and is seated at the right hand of the Father.
He will come again with glory
to judge the living and the dead.
His kingdom will never end.
- ♦ We believe in the Holy Spirit,
the Lord, the giver of life.
He proceeds from the Father and the Son,
and with the Father and the Son
is worshiped and glorified.
He spoke through the prophets.
- ♦ We believe in one holy catholic and apostolic church.
We affirm one baptism for the forgiveness of sins.
We look forward to the resurrection of the dead,
and to life in the world to come. Amen.





DEBHO (THE ANAPHORA)

The Holy Offering

This is the **holiest** part of the Holy **Qurbono**.

The priest prays and asks the **Holy Spirit** to come.

The bread and wine become the **Body** and **Blood** of Jesus.

This is called the **Holy Eucharist**.



The priest takes bread and gives thanks to God.



The priest takes wine and gives thanks to God.



By the power of the Holy Spirit...



the bread becomes the Body of Jesus and the wine becomes the Blood of Jesus.



REMEMBER

Jesus is truly present.



This is the greatest mystery of our faith!
This is a profound mystery of our faith!



METHUSO (HOLY COMMUNION)

Now **Jesus**
comes to us.

We receive

♥ **Jesus Himself.**

After Communion,
we quietly **thank Jesus**
for coming into
our hearts.



REMEMBER



Jesus is with us
in Holy Communion.

ACTIVITY

Draw yourself
thanking Jesus.





SPECIAL THINGS WE SEE IN CHURCH

Thronos (The Altar)



The table of sacrifice.



Madbaha (Sanctuary)



The holy place where the sacred mysteries are celebrated.



The Veil



Reminds us of the holiness and mystery of heaven.



Incense



Our prayers rise to God like sweet-smelling incense.



I LEARN



Everything in church helps us worship God.





HOLY QURBONO TELLS THE STORY OF JESUS



Every Holy Qurbono reminds us of God's plan of salvation.



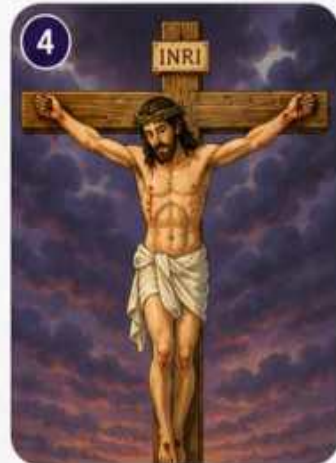
Creation



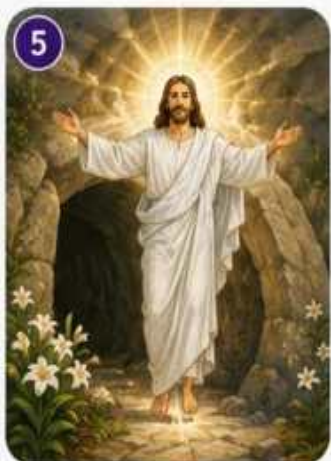
Jesus is born



Jesus teaches



Jesus dies for us



Jesus rises again



Jesus ascends into heaven



The Holy Spirit comes



Jesus will come again



REMEMBER

Every Holy Qurbono tells the story of God's love.





HEAVEN AND EARTH WORSHIP TOGETHER



During Holy Qurbano,



Angels
worship God.



The Church
on earth
worships God.



Jesus
is present
among us.



Heaven and earth become one family praising God.



I LEARN

When I attend
Holy Qurbano,
I join the worship
of heaven.





WEEK 10 – TO LEARN

The Four Parts of the Holy Qurbono

1 Thuyobo (Preparation)



2 Thulmodo (The Liturgy of the Word)



3 Debho Anaphora (Holy Offering)



4 Methuso (Holy Communion)



Memory Verse

*“They recognized Him
in the breaking of the bread.”*
(Luke 24:35)



Review



Review Weeks 1–10.



Memorize all the prayers
from Weeks 1–10.





PREPARING TO RECEIVE JESUS



Soon you will receive
Jesus in Holy Communion.



We prepare our hearts
with love, prayer, and reverence.



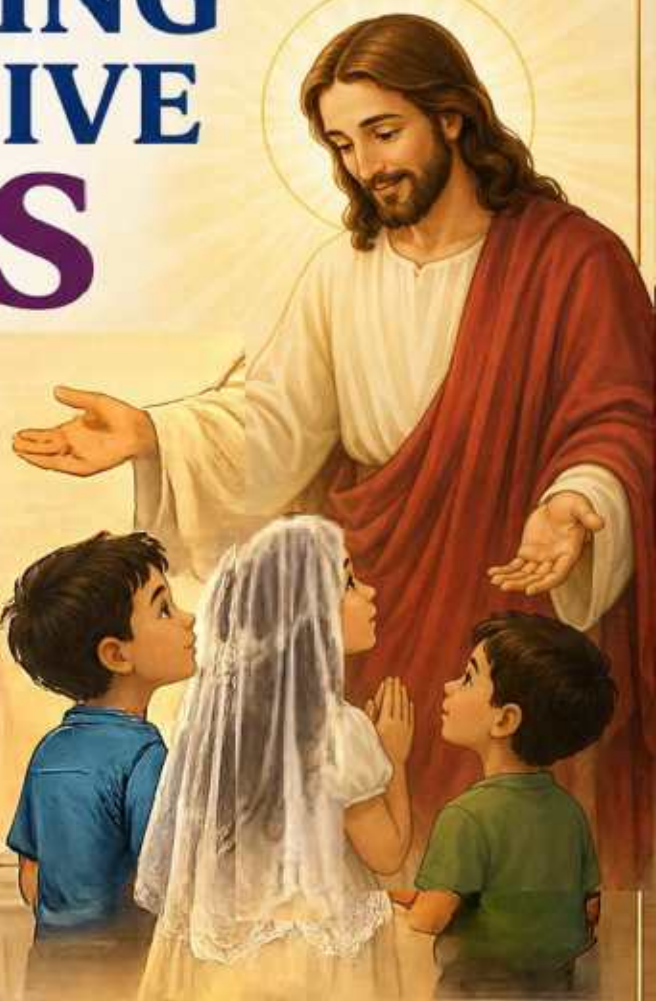
Jesus is waiting to
come into our hearts.

Scripture



Matthew 5:8

“Blessed are the pure
in heart, for they
shall see God.”



I LEARN

- ✓ Jesus deserves
my best preparation.
- ✓ I prepare my heart
with prayer and love.
- ✓ I receive Jesus
with reverence.





PREPARING MY HEART

Before receiving Holy Communion,
I prepare my heart for Jesus.



According to our Syro-Malankara Catholic Tradition, Sunday begins on Saturday at 6 PM. Our preparation for the Sunday Eucharist begins the previous evening.

How we prepare:



Observe a digital fast: Put away phones, computers, and screens.



Avoid worldly distractions: Do not go out for parties or movies.



Study the Catechism: Read and reflect on the catechism book.



Pray: Spend time in prayer, thanking Jesus and preparing your heart.



By keeping Saturday evening holy, we ready ourselves to meet Jesus in the Eucharist on Sunday.



Rest early: Go to bed early to be fresh for Mass.



I can prepare by:



Praying



Forgiving others



Going to Confession when needed



Listening to God's Word



Loving everyone

Remember
Jesus wants
a loving heart.



I LEARN

I prepare my heart
because Jesus is coming to me.





✠ EUCHARISTIC FASTING ✠



Before receiving Holy Communion, we fast for at least **one hour** before Communion.



This helps us prepare our hearts and minds for Jesus.



Water and medicine do not break the fast.



Why do we fast?



To show our love for Jesus.



To prepare ourselves reverently.

Remember

Our hearts should also fast from sin.

ANGER
LYING
SELFISHNESS
HATE



LOVE
KINDNESS
PATIENCE
OBEDIENCE





HOW DO I RECEIVE HOLY COMMUNION?

1 Walk quietly.



2 Fold your hands.



3 Bow with reverence.



4 Open your mouth respectfully.



5 Receive Jesus carefully.



6 Do not chew but let it dissolve in your tongue.



7 Return to your place quietly.



8 Pray silently.



Remember



Jesus is truly present in the Holy Communion. Receive Him with love and reverence.



Activity

Practice receiving Holy Communion.





JESUS IS NOW IN MY HEART



When we receive Holy Communion, Jesus Christ comes into our hearts and lives within us.

This is a special time to



Thank Jesus.



Speak to Him quietly.



Ask Him to help me become holy.



My Prayer



Dear Jesus,
Thank You for coming into my heart.
Stay with me always.
Help me love You every day.
Amen.





REVERENCE IN CHURCH



God's house is holy.
Inside church we should:



Pray quietly.



Listen carefully.



Walk respectfully.



Think about Jesus.



Remember

Church is God's special house.



Activity

Circle the good church behaviors.





MY FIRST HOLY COMMUNION DAY

On my First
Holy Communion Day,
I will



Pray with joy.



Receive Jesus
with love.



Thank Him with
all my heart.



Promise to follow
Him always.



I LEARN



My First Holy Communion
is one of the happiest
days of my life.





WEEK 11 – TO LEARN

Preparing to Receive Jesus

Before Holy Communion



Pray



Be free from
serious sin



Fast for
one hour



Receive Jesus
reverently

After Holy Communion



Thank Jesus



Pray quietly



Live as
His disciple

Scripture



 **Matthew 5:8**

*"Blessed are the pure in heart,
for they shall see God."*



Review



Review
Weeks 1–11.



Memorize
all the prayers
from Weeks 1–11.





WEEKS 12 & 13

REVIEWING AND CHECKING YOUR KNOWLEDGE



Let's take time to look back and remember what we have learned from Week 1 to Week 11.
Think, pray, and fill in what you remember.

WEEKS

1-11

REVIEW WHAT I LEARNED



I CAN EXPLAIN:

- ☐ Who is God?
- ☐ Who is Jesus?
- ☐ The Holy Trinity
- ☐ The Marks of the Catholic Church
- ☐ The Seven Sacraments
- ☐ The Holy Mass
- ☐ Our Prayers
- ☐ The Commandments
- ☐ How to live as a good Christian

THE MARKS OF
THE CATHOLIC CHURCH

ONE

1

CATHOLIC

HOLY



APOSTOLIC

What is the most important thing I learned?



What I learned from Week 1 to Week 11:

-
-
-
-
-
-
-
-



THE LITURGICAL SEASONS IN THE SYRO-MALANKARA CATHOLIC CHURCH



Season of
Annunciation



Season of
Yaldo-Denho



Season of
Great Fast



Season of
Qyomtho



Season of
Pentecost



Season of
Transfiguration



Season of
Cross

IMPORTANT FEASTS OF OUR LORD



YALDO
(Birth of
Our Lord)



DENHO
(Baptism of
our Lord)



MAYALTHO
(Presentation
of Our Lord)



QYOMTHO
(Resurrection)



SULOLO
(Ascension)



PENTECOST
(Coming of
Holy Spirit)



M'THALE
(Transfiguration)

WEEK

13

CHECKING MY KNOWLEDGE



Let's see how much we remember!



1. What are the four Marks of the Catholic Church?
2. How many Sacraments are there? Name them.
3. What happens in the Holy Mass?
4. What is the meaning of Confession?
5. Name the liturgical seasons in our Church.
6. Name seven important Feasts of our Lord.
7. How can I prepare myself to receive Jesus in Holy Communion?
8. What is the Real Presence of Jesus in the Eucharist?

What do I still want to learn more about?



Next Week is Retreat Week (Week 14)

A special time to pray, reflect,
and prepare our hearts to receive
Jesus for the first time.





COME, LORD JESUS

Retreat and Immediate Preparation



Jesus is calling me to His table.



I prepare my heart to receive Him.



I want to love Jesus with all my heart.

SCRIPTURE



Revelation 3:20

"Behold, I stand at the door and knock."

MEMORY VERSE

"Come, Lord Jesus."

(Revelation 22:20)

I LEARN

- ✓ Jesus loves me.
- ✓ Jesus wants to live in my heart.
- ✓ I am ready to receive Him.



*Jesus is waiting for me in the Holy Eucharist.
I prepare my heart with love and joy.*





GOD LOVES ME



God created me
because He loves me.



I am precious to Him.



He knows my name.



He always watches
over me.



SCRIPTURE



Isaiah 43:1

*"I have called you
by name;
you are Mine."*

ACTIVITY

Draw yourself in God's loving hands.



God's love is always with me.



I am His child.



JESUS SAVES ME



Jesus died on the Cross
because He loves me.



He forgives my sins.



He opens heaven
for me.

SCRIPTURE



John 3:16

*"For God so loved the world
that He gave His only Son,
that whoever believes in Him
should not perish
but have eternal life."*



I LEARN



Jesus is
my Savior.





JESUS FEEDS ME WITH HIMSELF



Jesus gives Himself
in the Holy Eucharist.



Soon I will receive Him
for the first time.

SCRIPTURE



John 6:35

*"I am the
Bread of Life."*



REMEMBER

Jesus is
waiting for me.





RECONCILIATION



Before receiving Jesus,
I ask His forgiveness.



I confess my sins.

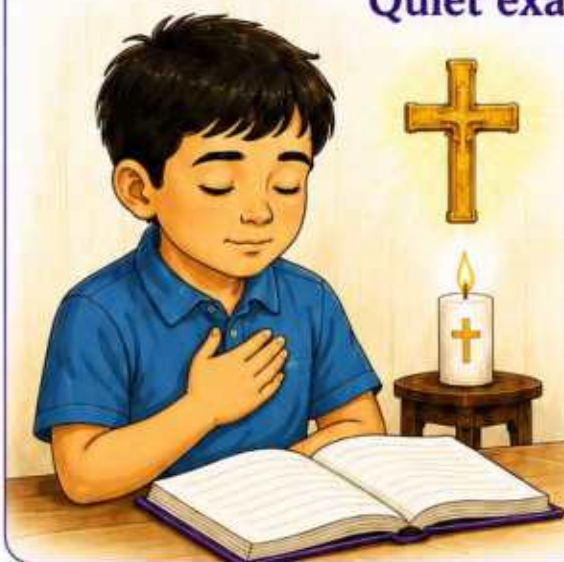


Jesus fills my heart
with peace.



★ ACTIVITY ★

Quiet examination of conscience.



- ♥ Did I pray every day? _____
- ♥ Did I obey my parents and teachers? _____
- ♥ Did I love others? _____
- ♥ Did I speak the truth? _____
- ♥ Did I do my best to be kind and helpful? _____
- ♥ Am I sorry for my sins? _____
- ♥ Will I try to be a better child of God? _____



*Jesus forgives me. He gives me peace.
I want to be close to Him always.*





EUCCHARISTIC ADORATION



Jesus is truly present in the Blessed Sacrament.



Today I spend time quietly with Jesus.

REMEMBER



Sometimes the best prayer is simply being with Jesus.



★ ACTIVITY ★

Five minutes of silent prayer.



Jesus, I adore You in the Blessed Sacrament.
Thank You for always staying with me.





RENEWAL OF MY BAPTISMAL PROMISES



Today,
I renew
the promises
made at my Baptism.



I choose
Jesus.



I reject
sin.



I promise
to follow Jesus
all my life.



★ PRAYER ★



“I belong to Jesus.”



*Jesus loves me. I choose Him today
and I will follow Him always.*





CONSECRATION

TO THE

SACRED HEART OF JESUS

Dear Sacred Heart of Jesus,

*Today I give You
my heart,
my family,
my thoughts,
my words,
and everything I am.*

*Help me
love You,
follow You,
and never leave You.
Stay with me always.*

Amen.



*Sacred Heart of Jesus,
I trust in You.
Stay in my heart forever.*

MY FIRST HOLY COMMUNION PRAYER

Dear Jesus,

Today,

on _____

I am receiving my first
Sacrament of Reconciliation,
and on _____

I will receive You.

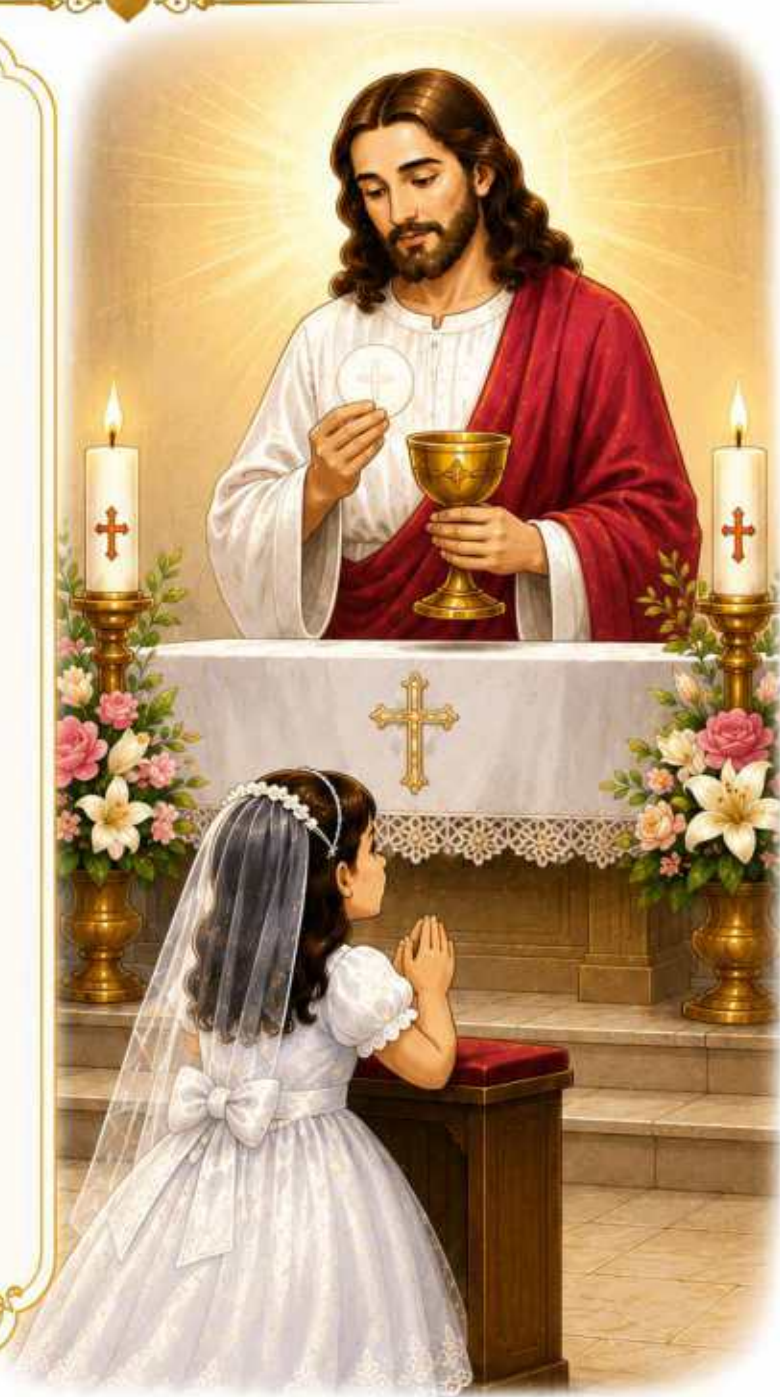
Thank You
for loving me.

Help me
always remain close to You.

Never let me
be separated from You.

I love You,
Jesus.

Amen.



Jesus, You are my best Friend.
I am so happy to receive You
in my heart.





WEEK 14 REVIEW

I AM READY

☐


I made a good Confession.

☐


I know my prayers.

☐


I practiced receiving Holy Communion.

☐


I will fast before Holy Communion.

☐


I will pray quietly.

☐


I will thank Jesus after Communion.

☐


I will always follow Jesus.



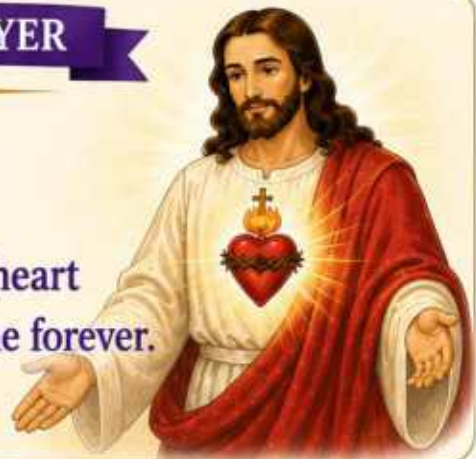
MEMORY VERSE

"Come, Lord Jesus."

(Revelation 22:20)

MY PRAYER

Jesus,
I am ready.
Come into my heart
and stay with me forever.
Amen.



WEEK 15



MY FIRST SOLEMN HOLY COMMUNION DAY



*I am the Bread
of Life.*

*Whoever comes
to Me will never
be hungry.*

John 6:35



*Thank You, Jesus,
for this beautiful day.
Stay with me always.*



WEEK 15



MY HOLY COMMUNION MEMORY



PLACE YOUR
PHOTO HERE



Date: _____



I received Holy Communion from:



Those who prepared me:



Church: _____



A special memory from this day:



Other important information:

Thank You, Jesus,
for coming to me
in Holy Communion.
Stay with me always.
Amen.





APPENDIX



"Let all that you do be done in love."

— 1 Corinthians 16:14



PARENT FORMATION SESSIONS

PARENTS: THE FIRST TEACHERS OF FAITH

“ Parents are the primary and first educators of their children in the ways of faith. Through their words, example, and family prayer, they help prepare their children to encounter Jesus in the Holy Eucharist. **”**

— Catechism of the Catholic Church, 2223

The preparation for First Solemn Holy Communion is not only a journey for children but also a renewal of faith for the entire family. While the parish and catechists provide instruction, parents have the unique privilege and responsibility of nurturing their child's relationship with Jesus every day.

A child's faith is often shaped more by what they witness at home than by what they hear in the classroom. When parents pray together, participate in Holy Qurbano faithfully, and live Christian values, they become the first and most effective witnesses of Christ to their children.

1 BUILDING A DOMESTIC CHURCH



- Making Christ the center of family life
- Family prayer and Scripture reading
- Creating a Catholic home environment

2 TEACHING CHILDREN TO PRAY



- Praying together as a family
- Introducing spontaneous and traditional prayers
- Helping children develop a personal relationship with Jesus

3 SUNDAY HOLY QURBANO: THE HEART OF FAMILY LIFE



- The importance of weekly participation in Holy Qurbano
- Preparing spiritually before attending
- Living the Eucharist throughout the week

4 RAISING CHILDREN IN THE DIGITAL AGE



- Technology and Christian values
- Safe and responsible use of media
- Encouraging a healthy balance between screen time and family life

5 RECONCILIATION AND FAMILY SPIRITUAL GROWTH



- Helping children understand sin and forgiveness
- Encouraging regular confession
- Practicing forgiveness within the family

6 LIVING THE EUCHARIST AT HOME



- Becoming a Eucharistic family
- Serving others with love and compassion
- Living Christ's presence in everyday life

FAMILY COMMITMENT

As parents, we promise to:



Pray daily with our child.



Read and discuss the weekly lesson together.



Attend Sunday Holy Qurbano faithfully.



Help our child memorize the assigned prayers.



Encourage regular participation in the Sacrament of Reconciliation.



Help our child prepare to receive Jesus with love, reverence, and joy.

“Train children in the right way, and when old, they will not stray.”

— Proverbs 22:6



SESSION 1

BUILDING A DOMESTIC CHURCH

*"As for me and my household,
we will serve the Lord."*

(Joshua 24:15)



The family is often called the Domestic Church because it is the first place where children experience God's love. Home is where faith is first learned, celebrated, and lived.



MAKING CHRIST THE CENTER OF FAMILY LIFE

Every Catholic home should reflect the presence of Christ. Families can do this by:

- ♥ Displaying a crucifix and sacred images.
- ♥ Keeping a family Bible in a place of honor.
- ♥ Celebrating feast days and liturgical seasons.
- ♥ Blessing meals together.
- ♥ Speaking about God naturally in daily conversations.



Children learn that Jesus is not only present in church but also in everyday family life.



A place for God



God's Word in our home



Celebrate together



Bless our food



FAMILY PRAYER AND SCRIPTURE READING

Daily family prayer strengthens family unity and deepens faith. Suggestions include:

- Morning and evening prayers
- Reading a short passage from the Bible
- Praying the Rosary together
- Offering spontaneous prayers for family members and others in need



Even ten minutes of daily prayer can have a lasting impact on a child's spiritual growth.



Morning
Prayers



Evening
Prayers



Pray the
Rosary



Pray for
others



*"Your word is a lamp to my feet
and a light to my path."*

— Psalm 119:105



CREATING A CATHOLIC HOME ENVIRONMENT

Parents create an atmosphere of faith by:

- Practicing kindness and forgiveness.
- Respecting one another.
- Living according to Gospel values.
- Participating actively in parish life.



Children imitate what they see far more than what they hear.



Kindness and
Forgiveness



Respect and
Love



Live Gospel
Values



Active in Parish
Life



LET US PRAY TOGETHER

Lord Jesus, bless our family and make our home a Domestic Church.
Help us to love You, serve You, and grow together in faith every day.
May Your presence be in our hearts, in our home, and in all that we do. Amen.



SESSION 2

TEACHING
CHILDREN TO PRAY*"Lord, teach us to pray."*

(Luke 11:1)

Prayer is a loving conversation with God.
Parents are the first teachers of prayer.



1 PRAYING TOGETHER AS A FAMILY



Family prayer teaches children
that God is part of everyday life.

Parents should:

- ♥ Pray before meals.
- ♥ Pray before bedtime.
- ♥ Pray before making important decisions.
- ♥ Pray for those who are sick and suffering.



Before Meals



Before Bedtime

Before Important
DecisionsFor the Sick
and Suffering

2 TEACHING TRADITIONAL AND PERSONAL PRAYER



Children should gradually learn:

- ♥ The Sign of the Cross
- ♥ Qaumo
- ♥ Our Father
- ♥ Hail Mary
- ♥ Glory Be
- ♥ Act of Contrition
- ♥ Prayer before and after Holy Communion



Encourage children to speak to Jesus
in their own words as well.

The Sign of
the Cross

Qaumo



Our Father



Hail Mary



Glory Be

Act of
ContritionPrayer before
Holy CommunionPrayer after
Holy Communion

3 DEVELOPING A PERSONAL RELATIONSHIP WITH JESUS



Help children understand
that Jesus is their closest friend.

Encourage them to:

- ♥ Thank Jesus.
- ♥ Ask for forgiveness.
- ♥ Pray for others.
- ♥ Speak honestly to Him about their joys and struggles.

Thank
JesusAsk for
forgivenessPray for
othersSpeak honestly
to Jesus

*Prayer becomes meaningful when children
know that Jesus listens with love.*



SESSION 3

SUNDAY HOLY QURBONO: THE HEART OF FAMILY LIFE

"Do this in memory of Me."

(Luke 22:19)

The Holy Qurbono is the center of Christian life. It is our greatest act of worship.



1 WEEKLY PARTICIPATION

Sunday is the Lord's Day. Families should:

- ♥ Attend Holy Qurbono every Sunday.
- ♥ Arrive early for prayer.
- ♥ Participate actively through singing and responses.
- ♥ Avoid unnecessary activities that replace Sunday worship.



Children who see their parents value Holy Qurbono will naturally value it themselves.



Attend every Sunday



Arrive early for prayer



Participate through singing and responses



Avoid unnecessary activities

2 PREPARING FOR HOLY QURBONO

Parents can help children prepare by:

- ♥ Reading the Gospel before coming to church.
- ♥ Dressing respectfully.
- ♥ Maintaining silence before Holy Qurbono.
- ♥ Explaining what will happen during the celebration.



Read the Gospel before church



Dress respectfully



Maintain silence before Holy Qurbono



Explain what will happen during the celebration

3 LIVING THE EUCHARIST DURING THE WEEK

Receiving Jesus should transform daily life. Families are encouraged to:

- ♥ Practice charity.
- ♥ Forgive quickly.
- ♥ Help neighbors.
- ♥ Serve those in need.



Practice charity



Forgive quickly



Help neighbors



Serve those in need



The Eucharist continues after we leave the church.



"Let all that you do be done in love."

— 1 Corinthians 16:14

SESSION 4

RAISING CHILDREN IN THE DIGITAL AGE

"Whatever is true, honorable, just, pure, lovely... think about these things."

(Philippians 4:8)

Technology is a blessing when used wisely.



1 TECHNOLOGY AND CHRISTIAN VALUES



Parents should teach children to use technology in ways that honor God.

Discuss:

- ♥ Respect for others online.
- ♥ Avoiding harmful content.
- ♥ Speaking kindly on social media.



Respect for others online.



Avoiding harmful content.



Speaking kindly on social media.

2 SAFE AND RESPONSIBLE MEDIA USE



Parents should:

- ♥ Monitor internet use.
- ♥ Set reasonable screen-time limits.
- ♥ Use parental controls when appropriate.
- ♥ Encourage age-appropriate content.



Monitor internet use.



Set reasonable screen-time limits.



Use parental controls when appropriate.



Encourage age-appropriate content.

3 BUILDING HEALTHY FAMILY HABITS



Balance technology with:

- ♥ Family meals
- ♥ Outdoor activities
- ♥ Reading
- ♥ Prayer
- ♥ Parish events
- ♥ Family conversations



Family meals



Outdoor activities



Reading



Prayer



Parish events



Family conversations

Children need relationships more than screens.



Help us, Lord, to use technology wisely and to keep You at the center of our family life. Amen.



SESSION 5

RECONCILIATION AND FAMILY SPIRITUAL GROWTH

"Be kind to one another, forgiving one another, as God has forgiven you."

(Ephesians 4:32)

The Sacrament of Reconciliation restores our friendship with God.



1 TEACHING CHILDREN ABOUT SIN

Help children understand:

- ♥ Sin separates us from God.
- ♥ God always welcomes us back.
- ♥ Confession is an encounter with God's mercy.

♥ Avoid creating fear; instead, emphasize God's love and forgiveness.



Sin separates us from God.



God always welcomes us back.



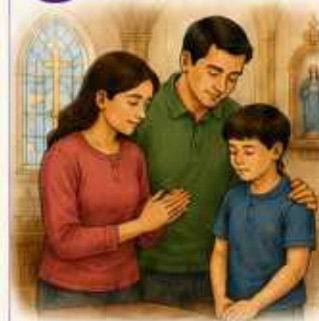
Confession is an encounter with God's mercy.

2 ENCOURAGING REGULAR CONFESSION

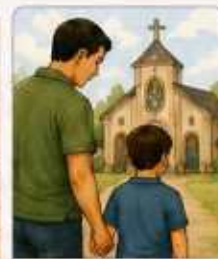
Parents should:

- ♥ Go to Confession regularly.
- ♥ Take children to Confession before major feasts.
- ♥ Prepare together using an examination of conscience.

♥ Children who see their parents receiving the sacrament learn its importance.



Go to Confession regularly.



Take children to Confession before major feasts.



Prepare together using an examination of conscience.

3 PRACTICING FORGIVENESS AT HOME

Families should model forgiveness by:

- ♥ Saying "I'm sorry."
- ♥ Offering forgiveness generously.
- ♥ Resolving conflicts peacefully.



Say "I'm sorry."



Offer forgiveness generously.



Resolve conflicts peacefully.

♥ The family becomes the first school of mercy.



Lord Jesus,
help our family to seek Your mercy,
to forgive one another,
and to grow together in love and holiness.
Amen.



SESSION 6

LIVING THE EUCHARIST AT HOME

"Whoever eats this bread will live forever."

(John 6:51)

Holy Communion is not simply a moment during Holy Qurbano; it is a way of life.



1 BECOMING A EUCHARISTIC FAMILY



A Eucharistic family:

- ♥ Loves one another.
- ♥ Prays together.
- ♥ Shares generously.
- ♥ Welcomes guests.
- ♥ Serves joyfully.



Loves one another.



Prays together.



Shares generously.

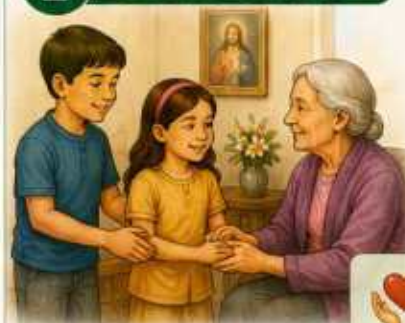


Welcomes guests.



Serves joyfully.

2 SERVING OTHERS



Parents can teach children to:

- ♥ Visit the elderly.
- ♥ Help those in need.
- ♥ Share with the poor.
- ♥ Volunteer in parish activities.



Service is a natural fruit of receiving Jesus.



Visit the elderly.



Help those in need.



Share with the poor.



Volunteer in parish activities.

3 LIVING CHRIST'S PRESENCE EVERY DAY



Families should strive to:

- ♥ Speak kindly.
- ♥ Show patience.
- ♥ Practice gratitude.
- ♥ Make peace quickly.
- ♥ Reflect Christ's love in all they do.



Speak kindly.



Show patience.



Practice gratitude.



Make peace quickly.



Reflect Christ's love in all they do.



The Eucharist strengthens us to become the hands and feet of Christ in the world.



FAMILY COMMITMENT

As parents preparing our child
for First Solemn Holy Communion,
we promise to:

- ☐ Pray daily with our child.
- ☐ Attend Sunday Holy Qurbano faithfully.
- ☐ Read and discuss the weekly lesson together.
- ☐ Encourage regular participation in the Sacrament of Reconciliation.
- ☐ Help our child memorize the assigned prayers.
- ☐ Be an example of Christian faith through our words and actions.
- ☐ Prepare our child to receive Jesus with love, reverence, and joy.
- ☐ Continue nurturing our child's faith long after First Holy Communion.



*“Train children in the right way,
and when old, they will not stray.”*

— Proverbs 22:6



CLOSING PRAYER



Heavenly Father, thank You for entrusting our child to our care.
Grant us the wisdom to teach by our example, the patience to guide
with love, and the faith to lead our family closer to You.
May our home become a true Domestic Church where Jesus is loved,
prayer is cherished, forgiveness is practiced,
and the Holy Eucharist remains the center of our lives.
Through the intercession of the Blessed Virgin Mary and St. Joseph,
strengthen our family to walk faithfully with Christ each day. Amen.



Pray Together



Attend Holy
Qurbano



Read God's Word



Go to Confession



Memorize
Prayers



Be a Good
Example



Receive Jesus
with Love



Keep the Faith
Every Day



SYRIAC WORDS

USED IN

HOLY MASS

AND ITS MEANING



ܢܚܝܠܐ ܕܗܝܠܐ
ܕܥܬܒܐ ܕܚܝܬܐ ܕܟܬܝܣܬܐ

*"Peace be with you
and with your spirit."*

(Rite of Peace)





SYRIAC WORDS USED IN THE HOLY MASS

AND THEIR MEANINGS



† Aaloho	+	God
† Amen	+	Let it be so
† Barekmor	+	Bless, O Lord
† Hoshana (Oshana)	+	Save us/Glory
† Kyrie-eleison	+	Lord, have mercy on us
† Shub'ho l'aabo o la'bro val rooho qaadheesho	—	Glory to the Father, Son, and Holy Spirit.
† Men'olam vaadaamo l'olam ol'meen Amen	—	from the beginning and forever. Amen
† Moriyo	+	Lord
† Moriyo rahem alayn o adharaayn	+	Lord, have mercy on us and help us.
† Rooha	+	Spirit; Holy Spirit
† Qaadheesh/Qaadheeso	—	Holy one
† Shlomo	+	peace
† Staumenkalos	+	Let us stand well/attentively



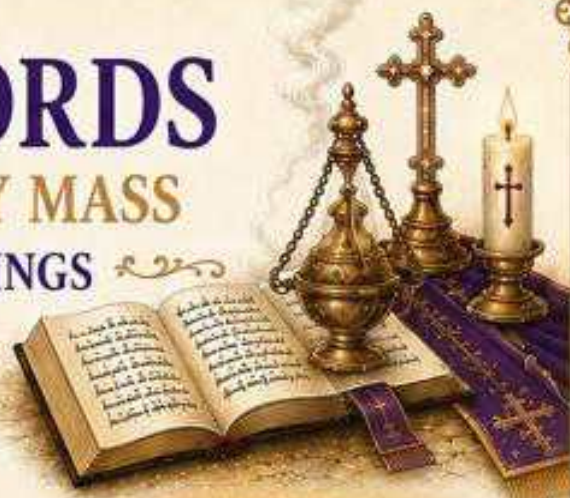


SYRIAC WORDS

USED IN THE HOLY MASS

AND THEIR MEANINGS

- ✝ Bovooso/Bovootho — Petition
- ✝ Eniyono — Responsorial Prayer
- ✝ Ethro — Prayer of incense
- ✝ Proemion — Preface
- ✝ Qolo — Voice (hymn)
- ✝ Sedra/Sedro — order, row
- ✝ Qyomtho — Resurrection (Easter)



- ✝ Aboon — Our Father
- ✝ Christ/Messiah — Anointed one
- ✝ Sheeha — Apostle/one who is sent by God
- ✝ Sleetba — Cross



- ✝ Madbaha — Place where the sacrifice is offered
- ✝ Qestruma — within the boundary
- ✝ Hykala — Earth, place where the faithful stand
- ✝ Mondalam — Place where the non-baptized stand
- ✝ Darga — small step before Thronos



*"Be holy,
for I am holy."*

1 Peter 1:16

Saints

*Friends of Jesus
for Our Journey*

*Many Saintly Friends
One Heavenly Goal
To Be with Jesus Always*



St. Tarcisius

Patron Saint of First Holy Communicants

*"The Eucharist is my heaven
on earth."*

— St. Tarcisius



Long ago, during the early years of the Church in Rome, Christians were often persecuted for their faith. They gathered in secret to celebrate the Holy Eucharist. Among them was a young boy named Tarcisius, who loved Jesus in the Blessed Sacrament with all his heart.

1 A Boy Who Loved Jesus



Tarcisius loved Jesus, especially in the Holy Eucharist. He often served the Christians and desired to do something special for Jesus.

2 A Brave Mission



One day, the priest asked Tarcisius to take the Blessed Sacrament to Christians imprisoned for their faith. It was a dangerous journey, but Tarcisius said, "Yes!"

3 I Will Protect Jesus



On the way, some boys stopped him and demanded to know what he was carrying. Tarcisius refused to show them. He knew he was carrying Jesus.

4 He Gave His Life for Jesus



The boys became angry and beat him. But Tarcisius did not give up the Blessed Sacrament. He protected Jesus until his last breath.

5 His Greatest Treasure



Tarcisius gave his life rather than let anyone dishonor Jesus in the Eucharist. His love and courage inspire us to cherish and protect this greatest treasure.

For My First Holy Communion

Dear friends, St. Tarcisius reminds us:
Jesus in the Eucharist is our greatest treasure.



Prepare your heart with prayer and a good life.



Receive Jesus with faith, love and reverence.



Thank Jesus after Communion and talk to Him often.



Stay close to Jesus every day.

As St. Tarcisius loved Jesus so much, may we always love and adore Him in the Holy Eucharist.

Prayer to St. Tarcisius

St. Tarcisius,
you loved Jesus in the Holy Eucharist with all your heart.
Help me to prepare well for my First Holy Communion.
Teach me to receive Jesus with faith, love and reverence.
Help me always to treasure the Holy Eucharist and remain close to Jesus throughout my life.
Pray for me.
Amen.

OUR PATRON AND FRIEND

St. Tarcisius is the Patron Saint of First Holy Communicants because he shows us how much we should love Jesus in the Eucharist.

Let us always be brave in our faith and faithful to Jesus!



*"He protected
Jesus in the Eucharist
with his life.
Let us protect Jesus
with our love."*

JESUS IN THE HOLY EUCHARIST IS OUR GREATEST TREASURE!

Blessed Imelda Lambertini

Patron Saint of First Holy Communicants

A Little Girl with a Great Love for Jesus

"I wish to receive Jesus."
– Blessed Imelda Lambertini

Blessed Imelda Lambertini was born in 1322 in Bologna, Italy, to a wealthy family. From a very young age, she loved Jesus very much. She often prayed, helped the poor, and visited a nearby convent to pray with the nuns.



1 Little With Great Love



Imelda loved Jesus deeply. She prayed every day, helped the poor, and spent time with the nuns in the convent.

2 A Big Desire



When Imelda was five years old, she asked her parents for Holy Communion. But the Church rule said children had to be older before they could receive it.

3 She Kept Praying



Even when she was nine, she entered a convent, but she still could not receive the Eucharist. Imelda prayed and prayed.

4 A Miraculous Sign



On the eve of the Feast of the Ascension, when Imelda was eleven years old, a bright Host (consecrated bread) floated in the air above her head after Holy Mass.

5 Jesus' Gift to Imelda



The nuns and the priest saw the miracle and knew it was Jesus' sign that Imelda was ready. The priest gave her First Holy Communion right there.

6 Full of Joy



Imelda received Jesus in the Holy Eucharist with great love and joy. Her heart was full of happiness because Jesus had finally come to her.

7 Called Home to Jesus



Moments later, the nuns found her dead of pure happiness—her soul had gone home to Jesus. She was only 11 years old.

8



Blessed Imelda is the patron saint of First Communicants. She shows us that no one is too young to love Jesus and that He can answer our prayers in wonderful ways.

What we can learn from Imelda



Love Jesus with your whole heart.



Be patient and pray for what you want most.



Be ready to share your joy with others.



The Eucharist is a special gift from Jesus that makes us happy and strong.

Let us pray with Imelda
Jesus, I love You so much.
I desire to receive You in
Holy Communion.
Come into my heart
and never leave me.
Amen.



Feast Day
May 13

Patron Saint of
First Holy Communicants



Jesus in the Holy Eucharist is our greatest treasure!

SAINT CARLO ACUTIS

The Eucharist Is My Highway to Heaven

Patron Saint of Computer Programmers,
Youth, Internet

Saint Carlo Acutis (1991–2006) is the first millennial saint. He loved Jesus in the Holy Eucharist more than anything. He used his gifts and talents to bring others closer to Jesus.



1 A Boy Who Loved Jesus



Carlo was born on May 3, 1991, in London, England, and grew up in Milan, Italy. He loved soccer, animals, computers, and video games. But most of all, he loved Jesus.

2 His Love for the Eucharist



Carlo went to daily Mass whenever he could and spent time in Eucharistic Adoration. He said, **"The Eucharist is my highway to heaven."**

3 First Holy Communion



Carlo received his First Holy Communion when he was only 7 years old. From that day, Jesus became his very best friend.

4 A Heart for Others



Carlo was kind and generous. He helped the poor, defended friends who were lonely or bullied, and always tried to do what Jesus would do.

5 Using Technology for God



Carlo loved computers and was very talented with technology. He used the internet to spread goodness, truth, and the love of Jesus.

6 The Eucharistic Miracles Project



He created a website about Eucharistic Miracles from many countries. He wanted everyone to know that Jesus is really present in the Holy Eucharist!

7 Suffering with Love



At the age of 15, Carlo became very sick with leukemia. He offered his sufferings to Jesus and Mary, saying, "I offer all my suffering for the Pope and for the Church."

8 Called Home to Heaven



Carlo died on October 12, 2006, at the age of 15. He is now in heaven with Jesus, whom he loved so much. He was canonized on September 7, 2025.

WHAT WE CAN LEARN FROM SAINT CARLO ACUTIS

- Love Jesus in the Holy Eucharist more than anything.
- Go to Mass and make time for prayer every day.
- Be kind, help others, and treat everyone with love.
- Use your talents and technology to do good and bring others closer to Jesus.
- Heaven is our true home. Work for holiness every day!

"The Eucharist is my highway to heaven."

— Saint Carlo Acutis



PRAYER TO SAINT CARLO ACUTIS

Saint Carlo Acutis,
you loved Jesus in the Holy Eucharist
and made it the center of your life.
Help me to love Jesus more each day,
to go to Mass faithfully,
and to spend time with Him
in prayer and Adoration.
Teach me to use my gifts
to do good and make others happy.
Pray for me,
that I may become a saint
and one day live with Jesus in heaven.
Amen.



Feast Day:
May 12

Saint Carlo Acutis, pray for us!
Jesus in the Holy Eucharist is our greatest treasure!



APPENDIX

Prayers After Holy Communion

PRAYER AFTER HOLY COMMUNION

Dear Jesus,

Thank You for coming into my heart
in the Holy Eucharist.

Thank You for loving me and
always staying with me.

Help me to love You with all my heart,
to obey my parents and teachers,
to be kind to everyone,
and to choose what is right.

Forgive my sins and make me
more like You each day.

Stay with me always,
guide me on the path to heaven,
and help me bring Your love to others.
Amen.



LOVE
JESUS



OBEY



BE KIND



CHOOSE
WHAT IS RIGHT



FOLLOW
JESUS



Remember to tell Jesus,
"I love you, Jesus."

PRAYER AFTER HOLY COMMUNION (ST. THOMAS AQUINAS)



I thank You, Lord, almighty Father, everlasting God, for having been pleased, through no merit of mine, but of Your great mercy alone, to feed me, a sinner, and Your unworthy servant, with the precious Body and Blood of Your Son, our Lord Jesus Christ.



I pray that this Holy Communion may not be for my judgment and condemnation, but for my pardon and salvation. Let this Holy Communion be to me an armor of faith and a shield of good will, a cleansing of all vices, and a rooting out of all evil desires.



May it increase love and patience, humility and obedience, and all virtues. May it be a firm defense against the evil designs of all my visible and invisible enemies, a perfect quieting of all the desires of soul and body.



May this Holy Communion bring about a perfect union with You, the one true God, and at last enable me to reach eternal bliss when You will call me.



I pray that You bring me, a sinner, to the indescribable feast where You, Your Son and the Holy Spirit, are to Your saints true light, full blessedness, everlasting joy, and perfect happiness.



Through the same Christ our Lord. Amen.

