

**St. Pancratius Church**  
**Office of Family Ministries**

This is what our children should know in preparation for the Sacrament of First Holy Communion.....

- At the child's level, he or she should be able to talk about something they have learned about God and about Jesus.
- Talk about the Holy Family (Jesus, Mary, Joseph) and the Holy Trinity (Father, Son, Holy Spirit).
- At the child's level, he or she should be able to share a favorite Bible story and why it is their favorite.
- At the child's level, he or she should be able to say what prayer is and talk about when/how they pray.
- Child should know all the prayers from the First Communion Prayer Sheet.

**RECONCILIATION**

- Sin (choosing to go against God's law, God's will, separation from God) versus a mistake
- God's mercy/forgiveness
- Understand an Act of Contrition (what is this prayer about?)
- Understand how and why we go to Confession

**EUCCHARIST**

- Know what they are receiving in the Eucharist
- Be able to talk about what we do at Mass and why it is important to attend
- Be able to explain how receiving the Eucharist helps us and the world
- Know how to receive Communion