

Session 5: Your First Communion

We will be using the Blessed program through Dynamic Catholic for sacrament preparation.

Go to: <https://dynamiccatholic.com/blessed/program-view> (start with Session 5).

The program consists of a series of videos and a workbook that are designed to be used together for a comprehensive Sacrament preparation. The videos are approximately 3 – 5 minutes in length; please sign after your child has watched a video. The outline below will help you work through the content with your child. The videos are intended to reinforce the learning done in the workbook. Please complete both the workbook and the videos concurrently; a “to do” list can be found below to help you work through both the book and the videos.

<u>To Do</u>	<u>Student Signature</u>	<u>Parent Signature</u>
<input type="checkbox"/> Opening Prayer: Workbook, page 143		
<input type="checkbox"/> Watch Video 5.1: This Is a Special Day		
<input type="checkbox"/> Watch Video 5.2: You’re Growing Up		
<input type="checkbox"/> Discuss: What are some things you can do now that you couldn’t do as a little child?		
<input type="checkbox"/> Watch Video 5.3: Preparation Matters		
<input type="checkbox"/> Read: Fasting (page 150)		
<input type="checkbox"/> Discuss: What are some things you can fast on to get closer to Jesus? (not just food)		
<input type="checkbox"/> Watch Video 5.4: The Eucharist Empowers Us to Do Great Things		
<input type="checkbox"/> Watch Video 5.5: From the Bible: The Visitation		
<input type="checkbox"/> Video 5.6: Your First but Not Your Last		
<input type="checkbox"/> Discuss: Talk with your child about your own first communion (with pictures if you have them).		
<input type="checkbox"/> Complete: “Show What you Know” (page 158)		
<input type="checkbox"/> Complete: “Journaling with Jesus” (page 161)		
<input type="checkbox"/> Video 5.7: Closing Prayer		