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TO RECEIVE JESUS

My first reception of the Sacrament of Reconciliation and solemn Holy Communion

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George Cardinal Alencherry
Major Archbishop of the Syro-Malabar Church

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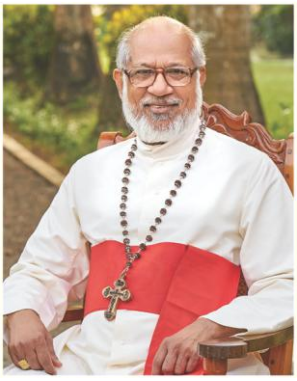
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MESSAGE

I feel extremely happy to submit this book titled **"To Receive Jesus"** (Eesoye Sweekarikkan), for the use of the members of the Church. This book has been prepared and published jointly by the Liturgical and Catechetical Commissions of our Church in line with the suggestions and guidelines of the Synod. The necessity of such a book has been strongly felt for preparing and guiding those members of our Church who intend to receive the holy sacraments of First Confession and ceremonial First Holy Communion. Those who completed Baptism, Confirmation and Holy Communion together need to be trained or prepared for their First Confession and Holy Communion and those who received only Baptism in the beginning need to be prepared for Confession, Holy Communion and Confirmation. In both cases, this book which is being published as per the directions of the Church Synod, will be a useful one.

This book is a suitable guide not only for those children who wish and prepare to know, to love and to receive Jesus of Divine Mercy but also for their trainers and parents.

I take this opportunity to acknowledge the hard work and sacrifices of the concerned Bishops Commissions, professionals and experts in the fields of Catechism and Liturgy and their associates for publishing such a useful book. I register our grateful appreciation to each one of them and pray for God's blessings upon them.

+ Cardinal George Alanchery
Major Arch Bishop, Syro Malabar Church

Mount St. Thomas, Kakkanad,
Christmas, 2016

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FOREWORD

With immense happiness the Catechetical Commission publish the English translation of *Eesoye Sweekarikkan* the book published in cooperation with the Commission for Liturgy aiming to enable our children to participate in the Holy Mass and to receive Holy Communion with deepened faith and awareness. This book would help children understand in depth the relevance and significance of Holy Communion and Confirmation, even though some of them might have received these sacraments along with baptism. The Syro-Malabar Synod was of the opinion that the book should also be useful for those children who have not received these sacraments along with baptism but preparing to receive all the three of them.

This book will help to prepare the children for their first confession by teaching them very clearly the meaning and relevance of the sacrament called confession. Besides confession and communion, this book shares for the children's basic knowledge about God, Church and sacraments which are sources of divine life. Another significant attraction of this book is that each chapter is attached with a prayer required to be by-hearted by children.

I extend our special appreciation to Fr. Jimmy Poochakkatt, the secretary to the Commission for Catechesis, who played lead role in the preparation of this book. Also my sincere thanks to the Catechetical centre of the Diocese of Chicago and Mrs. Mary Sebastian, our resource person and member of Kuwait Syro-Malabar Catechetical team who have cooperated and contributed to this great task. I very gratefully remember here Rev. Sr. Deena Maria the office Secretary and Mr. John Paul who prepared the computer lay out. May the Jesus of Divine Mercy bless all those who participated and contributed to this noble task. We submit this book **"To Receive Jesus"** for the use of people of the church particularly for the use of those who are getting ready for First Confession and ceremonial Holy Communion and for the use of those who are entrusted in training them.

Mar Jacob Manathodath
Catechetical Commission Chairman

Mar Thomas Elavanal
Liturgy Commission Chairman

Mount St. Thomas, Kakkanad,
Christmas, 2016.

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TO RECEIVE JESUS

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Lesson - 1

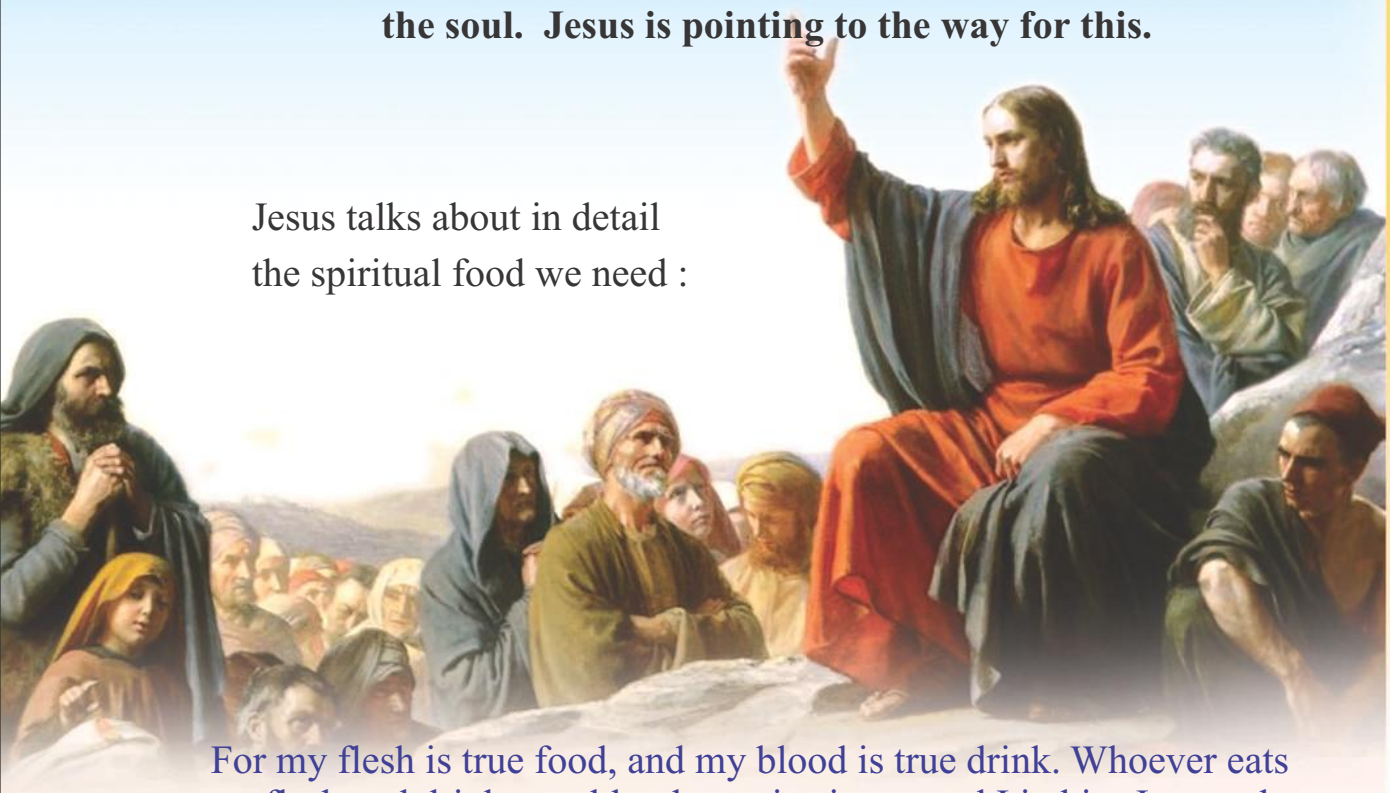
Holy Mass : Greatest Gift and Greatest Blessing



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Jesus
said to them:
"I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.
(John 6 :35)

One of the basic needs of life is food. Food is necessary for to sustenance and growth of life. However, apart the body we have souls. We need to maintain the growth and health of the soul. Jesus is pointing to the way for this.



Jesus talks about in detail
the spiritual food we need :

For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him.Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.

This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever. These things he said while teaching in the synagogue in Capernaum. *The Words of Eternal Life* (John 6:55-59).

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Jesus gave his body as bread for our life in order for us to have a spiritual life as well as for us to have a healthy soul.

When we receive Holy Communion our spiritual life grows.
We are able to live in unity with Jesus Christ.
We are able to grow in the love for our neighbors.
We get the strength and courage to do good for others.

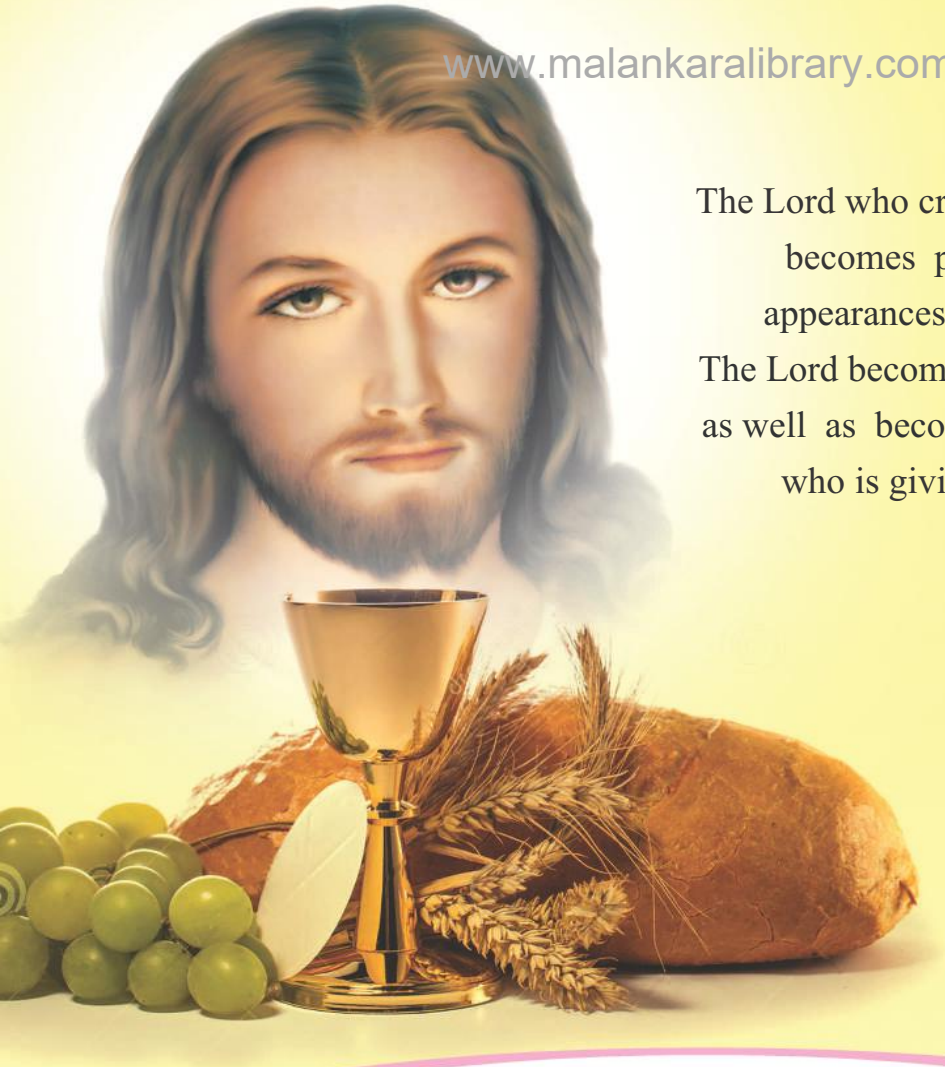
The teaching on the Sacrament of Holy Communion by the Catholic Church is as follows:



In the Sacrament of Holy Communion , Jesus Christ is whole and entire both under the appearance of bread and under the appearance of wine and it is given to us for the spiritual nourishment.



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The Lord who created the entire world, becomes present under the appearances of a small bread . The Lord becomes visible for us to see as well as become food from heaven who is giving himself to us.

Holy Communion is the symbol of God's immense love for the mankind

This the Lord's biggest gift. His priceless gift to us . Holy Church teaches: Holy Communion is a sublime gift from the Lord.

It is impossible to describe the immense mercy of God who came into the world as a man and transforms to a small bread. It is a blessing to receive this immense gift.

Holy Communion is not our right but it is God's, gift and present to us. We need to realize this truth.

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Our body tends to weaken if we don't eat food for a long time. One may become sick. It may even lead to death. Similarly if we don't eat the food of the soul, Our Soul will weaken, will become sick and may even cause death. Hence we should identify the Lord in the form of a bread and we should be receiving that Lord.

When we enter the church, first of all we should notice the Lord in the form of host residing in the tabernacle. We should worship the Lord who is keenly waiting and watching us. We should genuflect and praise Jesus in the Most Blessed Sacrament.
We can recite the following prayer for this



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It is for us that Jesus resides in the Tabernacle. He is eagerly waiting to dwell in our hearts. Jesus comes in the form of a host on our tongue. We receive this immense gift when we receive Holy Communion with full preparation.



Through the reception of Holy Communion Jesus becomes our's and we become Jesus's.

For Jesus to come into our soul and body we should prepare ourselves through learning and prayer.

In Holy Communion we receive the body and blood of Jesus.

In the Holy Mass, the bread and wine turns into the body and blood of Jesus.

In every Holy Communion, the Living Lord comes into us.

Through the reception of Holy Communion we establish a very personal relationship with Jesus.

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St. Teresa of Lisieux used to go to Church all the time when she was a student.
This is what the saint says about that;



" I watch Jesus ; He watches me as well."

We should learn to praise and worship the Jesus who is present in the Holy Eucharist.
We should learn to thank the lord.
Pray that the lord will come into our hearts.
We should prepare to receive the Holy Communion by our prayer and doing good deeds.

We have seen Jesus in the host ever since we were little kids. We have longed to receive Jesus on our tongues. We have curiously watched others receiving Holy Communion.

We have prayed for Jesus to come into our hearts as well. Let us prepare for the beautiful day when this prayer will be answered.

Aspirations prayer:
Jesus, I love You .



St. Augustine
who is a Doctor of Church says;

"All earthly food dissolves in our body. But when we receive Holy Communion, We dissolve in Jesus."

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Let us learn:

Sign of the Cross (short)

In the name of the Father and of the Son + and of the Holy Spirit. *Amen.*

Sign of the Cross (long)

By the sign of the Cross + from our enemies + deliver us O Lord + in the name of the Father and of the Son and of the Holy Spirit. *Amen.*

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.*

Our Father

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 evil. *Amen.*

Hail Mary

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

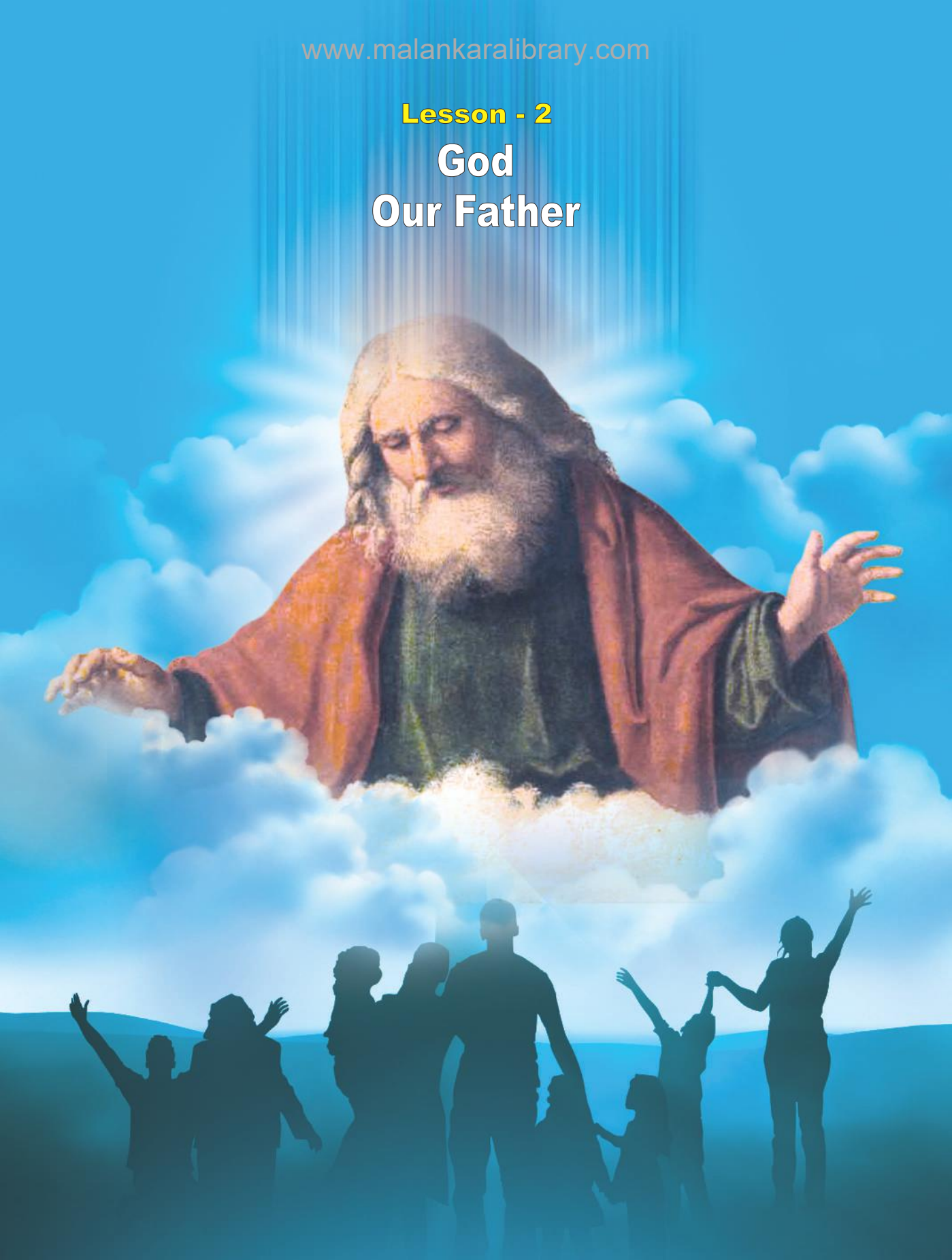
Exercise:

Identify all the descriptions on Holy Communion
from this lesson.

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Lesson - 2

God
Our Father



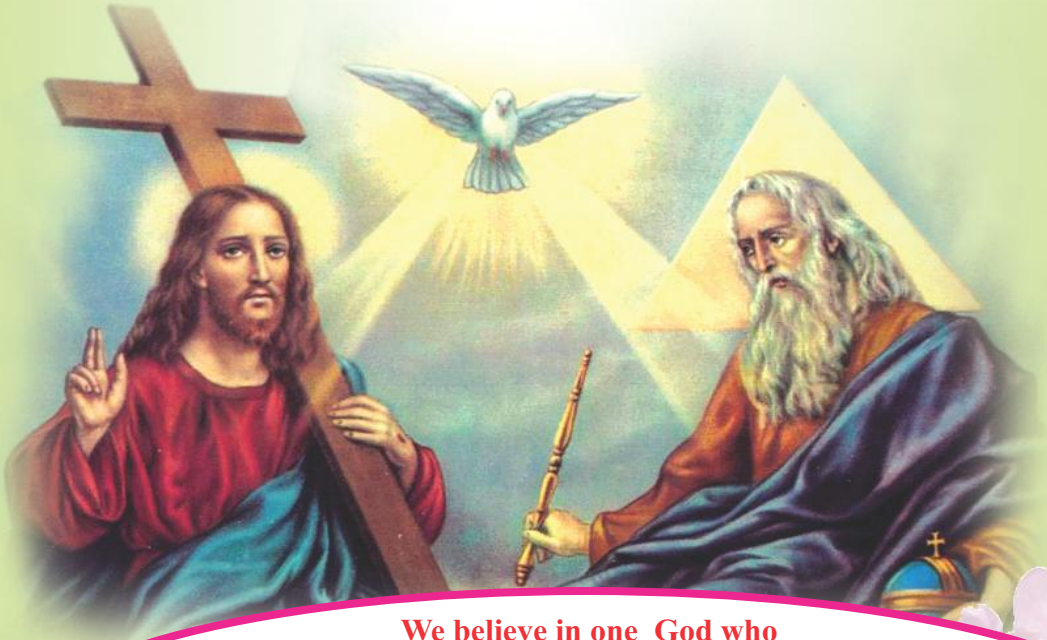
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Who created us ?

God created us

God created heaven and earth and all things contained in them. God keeps all created things in existence. God through His providence, protects and guides all that he has created. God was not created by any one. God has no beginning and no end. God always existed and will always exist.

All men have a material body. Whatever we see has a shape. But God does not have a material body. God is everywhere present in created space. God is immense and absolutely immeasurable. God is almighty. He is infinitely just and merciful. God is omnipotent and omnipresent.



We believe in one God who is almighty and merciful.
In God there are Three Persons, the Father, the Son and the Holy Spirit
The three persons, The father, The Son and The Holy Spirit is called the Holy Trinity.

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God who created everything is our Father. Jesus is the Son of God. God's spirit is Holy Spirit. Each of the Three Persons possesses the one (numerical) Divine Essence. We do not confess three Gods, but one God in three persons. The Trinity is one. We believe in this Holy Trinity.

The first person in the Holy Trinity is God the Father. We should praise, worship, adore and love God our Father. The first book is the Bible is the 'The Book of Genesis'. The first verse in the Book of Genesis is as follows.

'In the beginning God created heaven and earth' (Genesis 1:1)

God created man in his own image likeness. We are all children of God the Father. God created the world, the universe, and everything in them for us his children. God immensely loves the world. This world and everything in them is a symbol of his immense love. Hence we should also love God our Father.



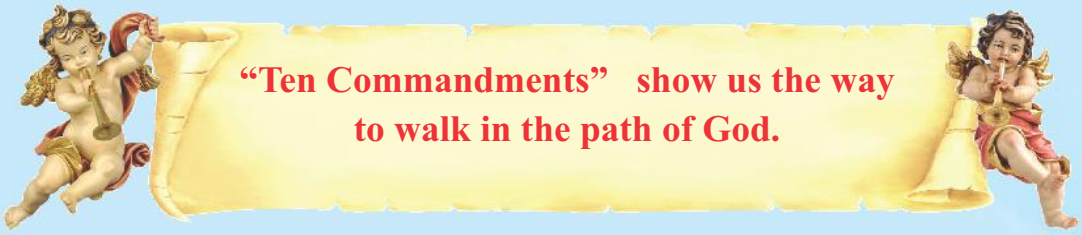
God sent his only Son to the world so that we will have eternal life. Jesus taught us to call God " Our Father". Jesus taught us the beautiful prayer "Our father in heaven". Like the way we talk to our earthly father, let us pray to our father through this prayer. Let us offer the prayer "Our father in heaven" daily.



God the Father had Adam and Eve live in the beautiful garden of Eden. They lived happily in the garden of Eden in the presence of God. The biggest happiness in man's life is to live in the presence of God. God wishes for this as well

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that all the children of God live in his presence.
Children of God should love and obey the God the Father. God gave rules for this.
God gave these rules through Moses. These rules are known as the "Ten Commandments".



We should believe in God. We should believe and worship only one true God. We should keep holy the LORD's Day. We should honor our father and mother. We should not do any harm to anyone. We should lead a life without sin. This is the summary of the Ten Commandments. In short through Ten commandments the Lord God shows us the way to love and serve God and mankind.

St. John the Apostle says : 'See what love the Father has bestowed on us that we may be called the children of God. Yet so we are. The reason the world does not know us is that it did not know him ' (1 John 3:1). St. Paul reminds us : 'and I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty.' (2 Cor 6:18). The Prophet Jeremiah reveals the expectation of God from Man : "You would call me, "My Father," I thought, and you would never turn away from me" (Jeremiah 3:19)

In the Book of Psalms and Proverbs we see description of the characteristics of God. as a father who has compassion on his children.

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so the LORD has compassion on those who fear him ' (Psalms 103:13). 'For whom the LORD loves he reproves ,as a father, the son he favors' (Proverbs 3:12)

Since God is our father and we are his children we should always love God. We should always praise and glorify him. In Heaven, Angels always praise and glorify God.

Let us recite this Aspirations prayer regularly.

Holy, Holy, Holy Lord God Almighty is Holy.

God the father is our creator and sustainer. Let us depend on God. Like the little kids who hold on their father's hand and walk, let us walk closely with God our heavenly father.

Let us pray this Aspirations prayer.

'My God is My All'



Let us learn :

1. **Self-Existent**
2. **Summum Bonum, Goodness**
3. **Immanent**
4. **Immutable**
5. **Infinite**

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' Ten Commandments'

(Exodus 20 :2-17)

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord God in vain
3. Remember to keep holy the Lord's Day
4. Honor your father and your mother
5. You shall not kill
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods

The Ten Commandments can be concluded into two great commandments. (Luke 10:27)

1. You must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind.
2. You must love your neighbor as yourself.

Exercise:

Write a short prayer to praise and worship the Lord

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Lesson - 3

Jesus : Savior and Friend



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The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, “Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born for you who is Messiah and Lord (Luke 2:9-11).



God the father who loves us gave his son Jesus for our salvation.

The biggest gift that God the father gave the world is his son Jesus.

God the father wishes to be with us always.

For this he sent his beloved son to our midst.

So Jesus is the Son of God who became man.

God wanted to save the mankind who moved away from God by sin. For this God the Father sent his son Jesus to the world. St John says that God did this because he loved the world. 'For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life' (John 3:16) . Jesus

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told the crowd that followed him why he has come to the world : 'I came so that they might have life and have it more abundantly' (John 10:10).

Jesus lived in a humble house in Nazareth with his mother Mary and foster father Joseph. The young Jesus was obedient to his parents and the gospel writer states like this : 'And Jesus advanced [in] wisdom and age and favor before God and man' (Luke 2:52) . Till the age of thirty, Jesus lived a life of hard work and prayer. After that Jesus started his public life. Jesus preached the good news to all. Jesus healed the sick, drove out demons and helped all.

Under Pontius Pilate , Jesus suffered and died. Even on the cross, when Jesus was suffering he prayed to the father for all those who hurt him. Jesus surrendered his soul into the hands of his father and died.

Jesus suffered and died for
the forgiveness of our sins.



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However Jesus overcame death and rose on the third day. He appeared to his disciples. On the fortieth day, Jesus ascended into heaven. This is the summary of the Salvation History.

Jesus gave salvation to all , by the forgiveness of our sins through his death on the cross and resurrection from the dead.

Jesus, Son of God the father is our Saviour and our friend. Once kids were brought by their parents to Jesus to be blessed. His disciples scolded them And people were bringing children to him that he might touch them, but the disciples rebuked them. When Jesus saw this he became indignant and said to them, "Let the children come to me; do not prevent them, for the kingdom of God belongs to such as these. Amen, I say to you, whoever does not accept the kingdom of God like a child will not enter it." Then he embraced them and blessed them, placing his hands on them. (Mark 10:13-16). This incident shows very clearly how much Jesus loved children.

Jesus love for us, is greater than love of our parents, Relatives and teachers.

We have heard the story of Zacchaeus. Jesus came to Jericho and intended to pass through the town. Now a man there named Zacchaeus, who was a chief tax collector and also a wealthy man, was seeking to see who Jesus was; but he could not see him because of the crowd, for he was short in stature. So he ran ahead and climbed a sycamore tree in order to see Jesus, who was about to pass that way. When he reached the place, Jesus looked up and said to him, "Zacchaeus, come down quickly, for today I must stay at your house." And he came down quickly and received him with joy (Luke 19:1-6).

Jesus wishes to come to our house. He wishes to come to our school and playground.

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Jesus wants to dwell in our hearts.

Haven't you seen
the picture of Jesus
knocking at a door ?
Imagine that
door is the door
to our hearts.
Why is Jesus knocking ?
Just for us to
open the door.
Only then Jesus can come
into our hearts.
When we hear
Jesus knocking
at the door,
if we open the door, Jesus will come and stay in our hearts immediately.

Jesus says : "Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me " (Rev 3:20)

Let us prepare to receive Jesus who is our savior and children's friend in our hearts. Let us recite the following Aspirations prayer :

"My Jesus, Come into my hearts".

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Let us learn :

Angelus

The angel of the Lord declared unto Mary;
And she was conceived by the Holy Spirit.
1 Hail Mary……..

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

And the Word was made flesh;
And dwelt among us.
1 Hail Mary …….

Pray for us, Oh! Holy Mother of God.
That we may be made worthy of the promises of Christ.

Let us pray

Pour forth, we beseech You Oh ! 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 the glory of His resurrection; through the same Christ our Lord. *Amen*

3 Glory be ……..

Holy Week Prayers

(From Holy Wednesday evening to Holy Saturday evening)

Christ humbled himself and became obedient to the point of death – even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name.

1 Holy Father .....

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Let us pray

We beseech you. Oh Lord, mercifully look down upon this your family, for whom our Lord Jesus Christ delivered himself freely into the hands of his enemies, and suffered the torments of death upon the cross; who lives and reigns for all eternity. *Amen*

The Queen of Heaven

(From Easter Sunday to Trinity Sunday)

Queen of heaven, rejoice	*Alleluia*
For He whom you did merit to bear	*Alleluia*
Has risen as he said	*Alleluia*
Pray for us to God	*Alleluia*
Rejoice and be glad Oh! Virgin Mary	*Alleluia*
For the Lord is truly risen	*Alleluia*

Let us Pray

Oh! God, who gave joy to the world through the resurrection of Your Son our Lord Jesus Christ, grant that we may obtain through His Virgin Mother Mary, the joys of everlasting life, through the same Christ our Lord. *Amen.*

Exercise :

Create and perform a play on the 'Episode of Jesus blessing the Children'.

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Lesson - 4

Holy Spirit Who Leads the Way

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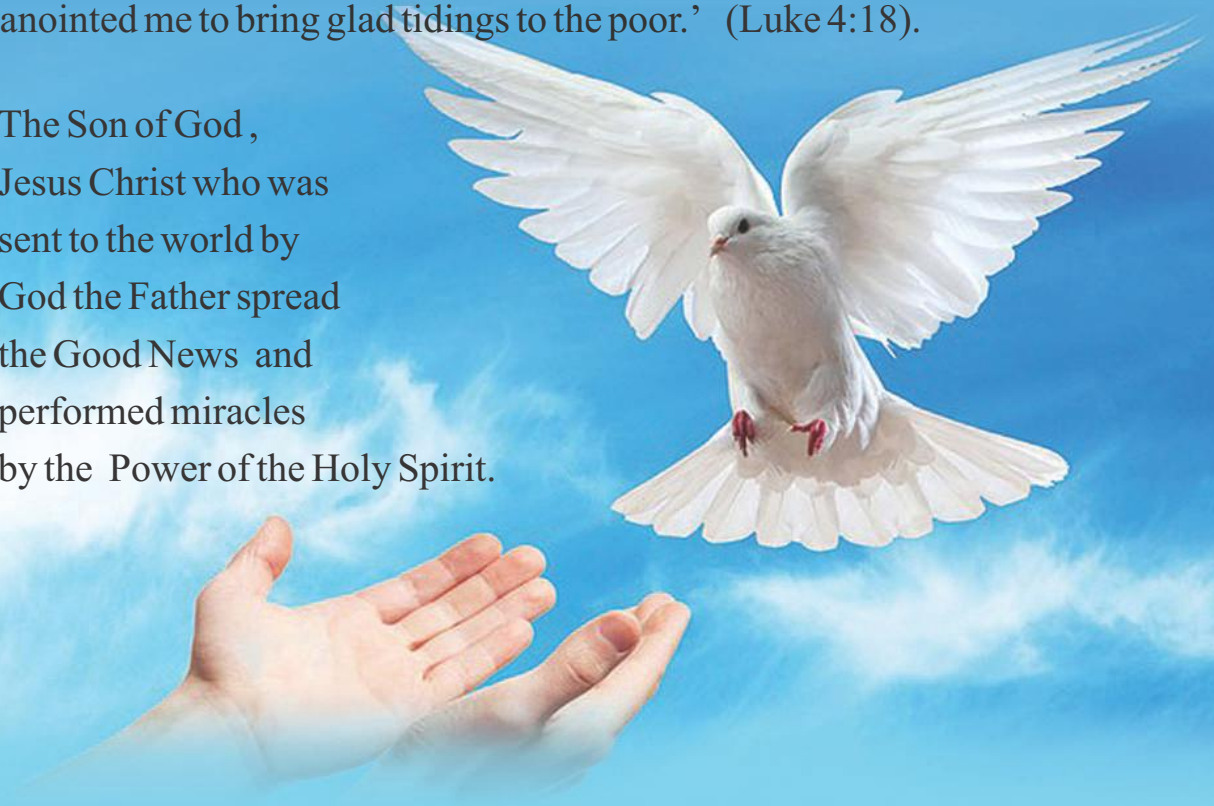


Jesus was baptized by John the Baptist at the age of thirty in River Jordan. When Jesus came up from the water, heaven opened up and the Spirit of God descended in the form of a dove upon Jesus. Also a voice came from the heavens, saying, "This is my beloved Son; with whom I am well pleased"

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At the beginning of his public life, Jesus , anointed with the Holy Spirit said this : 'The Spirit of the Lord is upon me,because he has anointed me to bring glad tidings to the poor.' (Luke 4:18).

The Son of God , Jesus Christ who was sent to the world by God the Father spread the Good News and performed miracles by the Power of the Holy Spirit.



Who is Holy Spirit ?

The Holy Spirit is the third person in the Holy Trinity.

Holy Spirit is truly God , Consubstantial with the Father and the Son. We believe in this Holy Spirit.

Jesus returned to Galilee with the power of the Spirit, and news of him spread throughout the whole region. (Luke 4:14). Jesus chose disciples to join him in the ministry. They were anointed by the Holy Spirit. They were sent to different parts of the world. Jesus promised them the power of the Holy Spirit.

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And I will ask the Father, and he will give you another Advocate to be with you always (John 14:16).

A person who helps is a helper. The helper that Jesus points to us is the Holy Spirit.
The Holy Spirit can provide us the strong help in all circumstances.



The disciples were able to preach the good news with the help of the Holy Spirit; Many continue to preach the good news today with the power of the Holy Spirit.
But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth." (Acts 1:8).

The disciples who received the Holy Spirit was filled with the gifts and the fruits of the Holy Spirit.

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The seven gifts of the Holy Spirit
Wisdom, Understanding, Counsel, Fortitude,
Knowledge, Piety, Fear of the Lord.

The gifts of the Holy Spirit enabled the disciples to grow in holiness, to live in the path of the gospel and to proclaim the good news. The Holy Spirit continues to provide us these gifts through the catholic church .

The person who receive the Holy Spirit will acquire certain visible attributes. These are known as the "fruits" of the Holy Spirit. The twelve fruits are Love, Joy, Peace, Patience, Kindness, Goodness, Generosity, Faithfulness, Gentleness, Modesty, Self Control, Chastity. These attributes were very visible in all disciple and the saints. The twelve fruits are clear sign of the Holy Spirit .





God the father wants all his children to lead a holy life and attain sainthood. The special help to lead a holy life comes from God the Holy Spirit. We should desire and pray for this. We know a number of songs on the Holy Spirit. There are number of songs on the Holy spirit in the many prayer songs. It is good to learn and sing those songs regularly. There are many prayers to the Holy Spirit. We should regularly pray them. We will have the help of the Holy Spirit through these prayers.

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Let us recite the following Aspirations Prayer:

Spirit of the living God, Come and fill me ;

Holy Spirit, Fill me with the love of God.



Let us Pray :

The seven Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord



The twelve Gifts of the Holy Spirit (Gal 5:22-23)

1. Love/Charity	2. Joy	3. Peace
4. Patience	5. Kindness	6. Goodness
7. Generosity	8. Faithfulness	9. Gentleness
10. Modesty	11. Self Control	12. Chastity

Exercise :

Create a Chart outlining the Gifts and Fruits of the Holy Spirit.

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Lesson - 5

Holy Catholic Church our Mother



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The Holy Catholic Church is the community of baptized believers who proclaimed Jesus as the Lord and Savior . We became members of the catholic church when we received baptism . We were transformed as the children of God guided by the Holy spirit.

Jesus chose twelve individuals to join in the proclamation of the Kingdom of God. They were called Disciples or Apostles. They were called to be sent to different parts of the world . On the day of the Pentecost, when Mother Mary and the Apostles were praying together , the Holy Spirit descended on them. St. Peter the Apostle stood up and preached to the crowd that had gathered. Around three thousand people believed in Jesus and received baptism on that day. That was the beginning of the Church.



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The disciples preached the gospel far and wide. Many people who listened to the gospel believed in Jesus. This was the first Christian Community. The Book, "Acts of the Apostles" of the Bible gives details of the first Christian Community. They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Many "signs" and "miracles" happened through the Apostles. The Church grew over centuries. Many people all over the world joined the church with faith.

Catholic Church is a visible society of baptized Christians professing the same faith under the authority of the Pope and in communion with him.



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True members of the Church are those who believe in Jesus and lives according to his words. Christ is the only head of the Church (Mathew 23:10). And Jesus gave the authority to Peter, the prime apostle.

Pope, who is the successor of Peter, is the leader of the Church on the earth. The Holy Spirit guides and instructs the Church through the Pope.

The Cardinals and the Bishops help the Pope lead the Church. Bishops, are the successors of the apostles, who have received the tradition of the apostles through the laying of the hands. The Priests and the religious in the Church help them. Priests are those who are the ambassadors of Jesus Christ (2 Corinthians 5:20) who were laid hands by the Bishops (2 Timothy 1:6) who themselves are the successors of the apostles. The lay faithful joins them to love and serve the Church. The Church teaches the commandments of God.

There are 5 commandments for the faith life and mission of the Church. They are known as the 'Commandments of the Church'.

We are obliged to follow the commandments of God and the Church. As St. Paul the apostle says, Jesus is the head of the Church and we are the body. "…You are Christ's body, and individually parts of it." (1 Corinthians 12:27)

In a human body, every part of it along with the head does different kinds of tasks. Every part of the body does their duties faithfully and works for the growth of the body.

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Each part of the body does their job according to the direction given by the head. St. Paul writes "As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ." (1 Corinthians 12:12).

Church is the mother. We all are her children. The children of the Churchare God's children who stand with the Church. Our citizenship is in heaven. "Our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ." (Philippians 3: 20). Our mother Church gives us all the graces to live in this world in our journey to heaven. The Church provides us the Bible, the word of God. All the Sacraments including the Holy Eucharist is provided in the Church. We are served in the Church through the priests, the representatives of God. Through the Pope, the Church provides the teachings necessary for the time and age.

It is our mother Church who gives birth to us as God's children through Baptism. The Holy Church helps us to live by receiving the graces of God. We are supposed to do two things when we are part of the Church. Firstly, we have to stay close to Jesus Christ. Secondly, we have to live according to the Church. There are various duties for us as members of the Church. Each one of us will be able to do our duties faithfully only when we stay close to Jesus.

When we respect and obey the authorities of the Church, we are serving our mother Church. This enables us to live as God's children.

Let us pray for the grace to love the Church and to take part in her mission.

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Let us recite this prayer repeatedly:

"Oh Jesus, please protect your Holy Church"



Let us learn:

FIVE PRECEPTS OF THE CHURCH

1. You shall attend Holy Mass on Sundays and holy days of obligation.
2. You shall confess your sins at least once a year and receive holy communion at least during the Easter season.
3. You shall keep fasting and abstinence on the days fixed by the Church.
4. You shall not celebrate marriage during the forbidden periods and with the forbidden people.
5. You shall contribute to the support of the Church and the pastors according to the norms of the Church.

FOUR CHARACTERISTICS OF THE TRUE CHURCH

1. The Church is One
2. The Church is Holy
3. The Church is Catholic
4. The Church is Apostolic

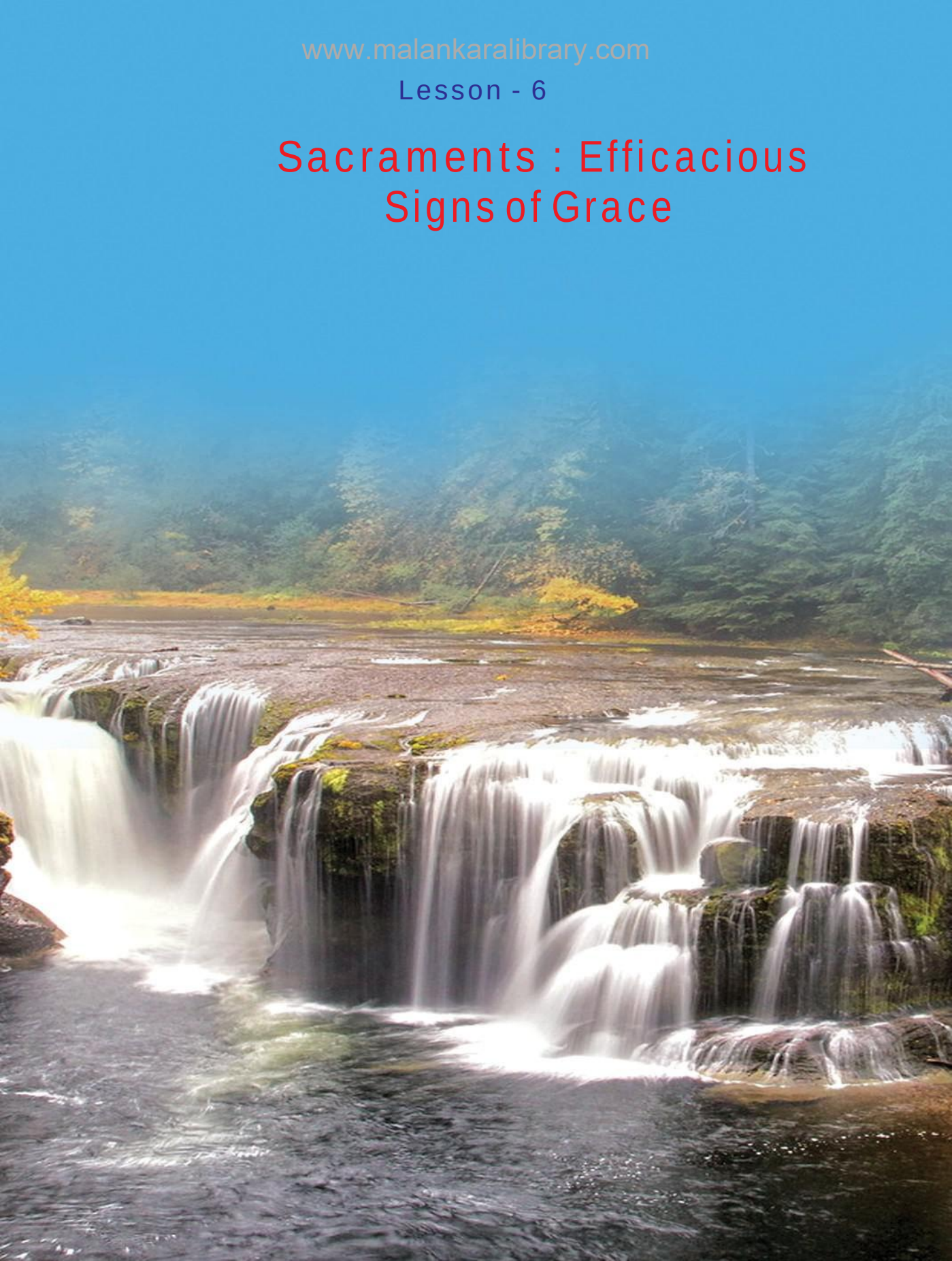
Exercise :

Write down on a chart, the spiritual services we receive from the Church.

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Lesson - 6

Sacraments : Efficacious Signs of Grace



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We all became members of the Church through the Sacrament of Baptism. Through Baptism we became the children of the Church and also became the heirs of God's grace and life. Jesus is the one who gives us the living water. And he has promised that. The living water that Jesus gives is God's life or otherwise the sanctifying grace. Whoever receives it will become the heirs of heaven.

Jesus described this when he was talking to the Samaritan woman: "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." (John 4: 13-14).

What does this mean? Have you seen water being channeled to farms from large bodies of water through canals? For the farm land and gardens, these canals provide life giving water. With that the plants and trees grow and bear much fruits. Likewise through Church Jesus provides us divine life. Sacraments are the ways to divine life.



What are Sacraments?

The Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us.



This definition can be explained as, Sacraments are the ways to provide divine life. Divine life is invisible. But the visible signs of divine life are the Sacraments. We receive holiness and strength through them. Jesus himself established the Sacraments. The priests of the Church administer the Sacraments. The fruits of the Sacraments are received by those who are members of the Church.

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There are 7 Sacraments in the Church: Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the sick, Holy Orders, Marriage

Through each Sacrament Christ bestows that sacrament's particular grace. Hence the fruits that they bore in us are different as well.

The fruits of each of the Sacraments are as follows:

Baptism: Cleanses us from original sin. Makes us children of God.

Confirmation: Fills us with the Holy Spirit and makes us Christians with faith and courage.

Holy Eucharist (Holy Qurbana): Shares with us the holy body and blood of our Lord Jesus Christ and makes us part of the passion, death and resurrection of Jesus.

Reconciliation: Forgives us our sins. Cleanses us from our sins and fill us with the sanctifying grace.

Anointing of the sick: Heals the sick. Gives them strength to bear the suffering. Gives them forgiveness from sins.

Holy orders: Anoints with the Holy Spirit to serve the Church. Gives the graces necessary to serve God.

Marriage: Gives the grace to glorify God through mutual love and self-sacrifice.

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Each sacrament gives us the necessary blessing for every stage in our lives.

Sacraments are categorized into 3:

1. **Sacraments of initiation or entry:** The Sacraments Baptism, Confirmation and Holy Eucharist that connects a person to Jesus and the Church are included in this category. Through Baptism we receive a new life. Through Confirmation we receive strength. Through Holy Eucharist we receive the bread of eternal life.
2. **Sacraments of healing**: Reconciliation and Anointing of the sick are in this category. We receive healing for our soul and body.
3. **Sacraments of communion and mission:** Holy Orders and Marriage fall into this category. They provide the graces to receive the special call from God to live for God's glory.

The word 'Sacrament' in Syriac language means 'sanctifying act'.

In all situations of life, the Sacraments open the doors to holiness for the faithful of the Catholic Church. The Sacraments sanctify us by providing the forgiveness of sins and divine life.

Celebrated worthily in faith, the sacraments confer the grace that they signify. We need to receive the Sacraments with the necessary preparations. We need to approach the Sacraments with great reverence and respect. And thus our lives will become holy.

Let us make this prayer repeatedly:
"Oh Jesus, teach me to love you more through the Sacraments."

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LET US LEARN

The Nicene Creed

I believe in one God, the Father almighty,
maker of heaven and earth, of all things visible and invisible.
I believe in one Lord Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.
God from God, 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 was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures. He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, Catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

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The Apostles Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary, 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 is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy CatholicChurch,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and life everlasting.
Amen.

Exercise:

Share the fruits of the Sacraments with each other in the class.

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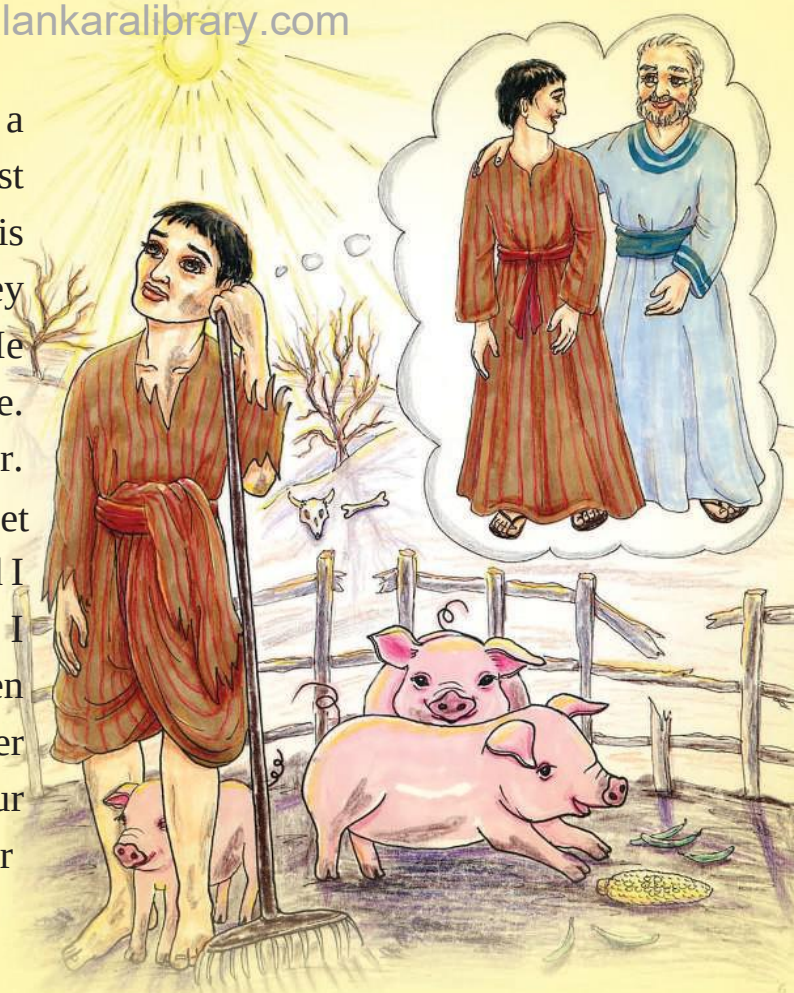
Lesson - 7

Healing through Sacrament of Reconciliation



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Jesus told them a Story; the parable of the lost son. The Youngest son of this story is a sinner. His journey ended up in a swine farm. He was hired to tend the swine. He was dying of hunger. Then he decided. "I shall get up and go to my father and I shall say to him. Father, I have sinned against heaven and against you. I no longer ***deserve*** to be called your son; treat me as one of your servants." (Lk 15:1-19)



The Father received him with the great love forgave him, put new clothes on him, prepared a good banquet for him so as to celebrate his return. The Father accepted him not as a servant, but as his dearest son. In the same way, Jesus is waiting for us to forgive our sins; with this purpose, Jesus instituted the Sacrament of Reconciliation (confession).

One day Jesus was preaching at Capernaum. Then some people brought a paralytic to him. Jesus said to him, "Child, your sins are forgiven". Upon hearing this some Pharisees and scribes asked themselves. "God alone can forgive sins" Jesus knew what they were

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thinking to themselves. He said to the paralytic, "Rise, pick up your mat and go home"(Mk 2:1-12). Thus Jesus convinced people that he has the power to forgive sins.

Jesus gave his apostles the power to forgive sins. Jesus said to them, " ... Whose sins you forgive are forgiven them and whose sins you retain are retained"(Jn 20:23). Thus, Apostles received from Jesus the power to forgive sins; through them bishops who are the successors of apostles received the same power. The Priests received this Power from bishops. Thus in this sacrament, Jesus forgives our sins through priests.



Confession is also known as the sacrament of reconciliation. Through sin man *alienates* himself from God and fellow beings; through confession, man reconciles with God and fellow beings.



Through the sacrament of reconciliation we receive back the holiness that was lost because of sin.

Sacrament of reconciliation leads the way for our sins to be forgiven, to receive strength to overcome temptations and to reconcile with God and fellow beings.

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The priest who sits at the confessional represents Jesus
Hence we confess our sins to Jesus.

We shouldn't feel ashamed, hesitate or scared to confess our sins to Jesus. *Jesus awaits the* return of every sinner. God says "come now, let us set things right. Though your sins be like scarlet, they may become white as snow."(Is 1:18)

Will a priest ever disclose anything a person confesses? Never.
Even if the priest had to die, confessed sins will never be disclosed to others.

A beautiful story which captures the reality of 'the seal of the confessional' is the life of St. John Nepomucene.



St.John Nepomucene was a priest who lived in Behemia. He was the confessor of the wife of King Slaus of Behemia. Slaus asked Father John what his wife had confessed.Fr.John did not reveal her confession despite king's attempted bribes and actual torture. The furious king imprisoned Fr. John, denied him food for days and finally thrown into the river to be drowned.

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St. Therese of infant Jesus wrote about her first confession: " I felt extremely joyful and peaceful after my first confession. I have never felt that much joy before". Why is that? We should have a strong desire not to sin again. We must seek forgiveness through confession of our sins. This sacrament brings healing to body and soul. Hence, we are filled with peace and joy. We should be sorry for offending God through our sins. This is called contrition.

Four things are realized through this sacrament:

-Reconciliation with God

-Reconciliation with fellow human beings;

-Reconciliation with ourselves;

-Reconciliation with nature.

Through this sacrament we seek forgiveness from God and fellow beings and thus reconciliation with God and others is realized.

In our first confession all the sins committed after baptism are forgiven. All the sins committed after a confession should be confessed in the next confession. A good confession brings many blessings to our life. Hence good preparation is essential for the effectiveness of every confession.

With a contrite heart, let's pray, "God our loving father, for the sake of Jesus sorrowful passion, forgive my sins".

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PRAYER BEFORE CONFESSION

I Confess to Almighty God, / and to you, my brothers and sisters, / that I have sinned through my own fault, / in my thoughts and in my words, in what I have done, / and in what I have failed to do. And I ask Bl. Mary, ever Virgin, / and all the angels and saints / and you, my brothers and sisters to pray for me to the Lord, Our God.

Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because I offended you my God, who are all good and deserving of all my love. I firmly resolve, by your grace, to confess my sins, to do penance and never more to offend you and to be careful to avoid the occasions of sin.

Amen.

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CONTRITION

Contrition is sorrow for offending God by our sins and fear of divine punishment.

Contrition is of two kinds: Perfect contrition and Attrition.

PERFECT CONTRITION

Perfect contrition is sorrow for one's sin based on selfless motive of love for God and sorrow for having offended him

ATTRITION

Attrition is sorrow for one's sins based on the fear of punishment.

Perfect contrition is required in order to reconcile with God.

Exercise:

Write down the benefits received through the Sacrament of Reconciliation. Pick four stories of repentance from Holy Bible and read the passage associated with it.

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Lesson - 8

Let Us Prepare
Let Us Confess



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St. Dominic Savio wrote about his first confession: "On the evening of April 7th , 1848, I made my first confession at the parish church after preparing. As soon as I returned home,With a humble heart I knelt down before my parents and asked for forgiveness. With tearful eyes my mother said: "my little child, we forgive you everything. But pray to Jesus constantly so that you may remain in the Divine grace always".

St. Dominic Savio set a good example for us. Confession is not difficult, but it does require preparation. With careful attention to every step a good confession is possible. We should prepare ourselves well for our first confession and also for the confessions there after.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. Pray to the Holy Spirit for the ability to recall and confess all the sins, for true repentance and do the penance assigned by the priest. Also seek the intercession of our Blessed Mother, St. Joseph, our heavenly patron and St. Thomas, our Apostle. Also seek the help and guidance of Guardian Angel.

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Next step will be examination of conscience. Calmly recall our sins. Prayerfully ask yourself what you have done with full knowledge and full consent against God's and the Church's commandments. Have I violated any of the commandments through words deeds, thoughts, or omission? Have I violated any of the five precepts of the church? Have I committed any capital sins? Have I failed to do good for others that I could have?

Next step in preparation for a good confession is repentance. We must be become aware that our sins hurt Jesus. Our sins were the cause for the passion and suffering of Jesus. With deep remorse and sorrow one must repent.



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Next one must take the firm resolution to not sin again. With the resolve not to hurt Jesus through sins and the readiness to die rather than sin, say the Act of Contrition.

Now proceed to the vicinity of the confessional. Kneel down, recite penitential prayer and wait for your turn. When the priest knocks at the window of the confessional, get closer to the confessional. After the priest blesses and greets you, Make the Sign of the Cross and say: "**Bless me father, for I have sinned. My last confession was**…" (give the number of weeks, months or years). Now confess all your sins clearly and audibly in a way only priest can hear. Remember Christ in the person of the priest who hears the sins.

Following your confession of sins, say: "I am sorry for these and all of my sins." Now the priest will give advice that helps you to become a good catholic. At this time priest will also impose a penance. Listen patiently. If anything is unclear, request the priest to repeat. Now the priest will absolve you from all your sins in the name and by the power of Jesus Christ.

Bow your head and receive the blessing. At the end of the blessing say. 'Amen' and "Thank you father". Now you can leave the confessional. Kneel at a convenient place and say the Act of Contrition. Fulfill the penance with attention and devotion. Thank the Lord Jesus for the forgiveness and mercy received through confession. Before you leave make the sign of the cross and bow down before the tabernacle.

When you make a good confession this way, our hearts will be clean for Jesus to dwell. Every confession should not end up being

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a repetition of the same list of sins. Instead through Examination of Conscience review our lives since our last confession, searching our thoughts, words and actions that did not conform to God's command to love. This will enable us to make good confession always.

We experience a newness of the spirit and soul time and again in the Sacrament of confession. So it's important not to go through confession in a hurry or just as a routine. In case of a line in the confessional, keep the order and wait for your turn. Never make false confession. Make every effort not to omit any sins. Perform the penance as soon as possible. In case you happen to overhear the confession of others, it should not be disclosed to others.

Pope Benedict XVI once said this to a group of first communicants, "My dear children, if your dress happens to be dirty, don't you wash it? Like that confession washes away the dirt of the soul". Let us approach confession, the sacrament that restores sanctifying grace with reverence.

Confession is considered complete once the assigned penance is performed. Apart from the penance be steadfast in prayers, works of charity, and sacrifices to live a life free of sin. If our sins caused loss for others, compensate; if we extorted anything, repay. The penance of Zacchaeus (Luke 19:8) is a good example to emulate.

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Lets study

FIVE REQUISITES FOR A GOOD CONFESSION

1) **Examination of Conscience.**
2) **Sorrow for having offended God.**
3) **Resolve to amend one's life.**
4) **Confess all sins, especially grave ones.**
5) **Perform penance the priest assigns.**

SINS AGAINST THE HOLY SPIRIT

1. **Despair that the heaven is unattainable.**
2. **Presumption of God's mercy.**
3. **Resisting truth knowingly.**
4. **Envy at the prosperity of others.**
5. **Obstinacy in sin.**
6. **Final impenitence.**

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THE SINS CRYING TO HEAVEN FOR VENGEANCE

1. **Willful murder.**
2. **Sin of impurity against nature.**
3. **Oppression of the poor, widows & orphans.**
4. **Defrauding workers of their just wages.**

THE CAPITAL SINS AND THEIR CONTRARY VIRTUES

1) Pride	* **Humility**
2) Avarice	* **Generosity**
3) Anger	* **Patience**
4) Gluttony	* **Temperance**
5) Envy	* **Brotherly love**
6) Sloth	* **Enthusiasm**
7) Lust	* **Modesty**

Exercise:

Write a letter to a friend explaining the changes that confession brings to your life.

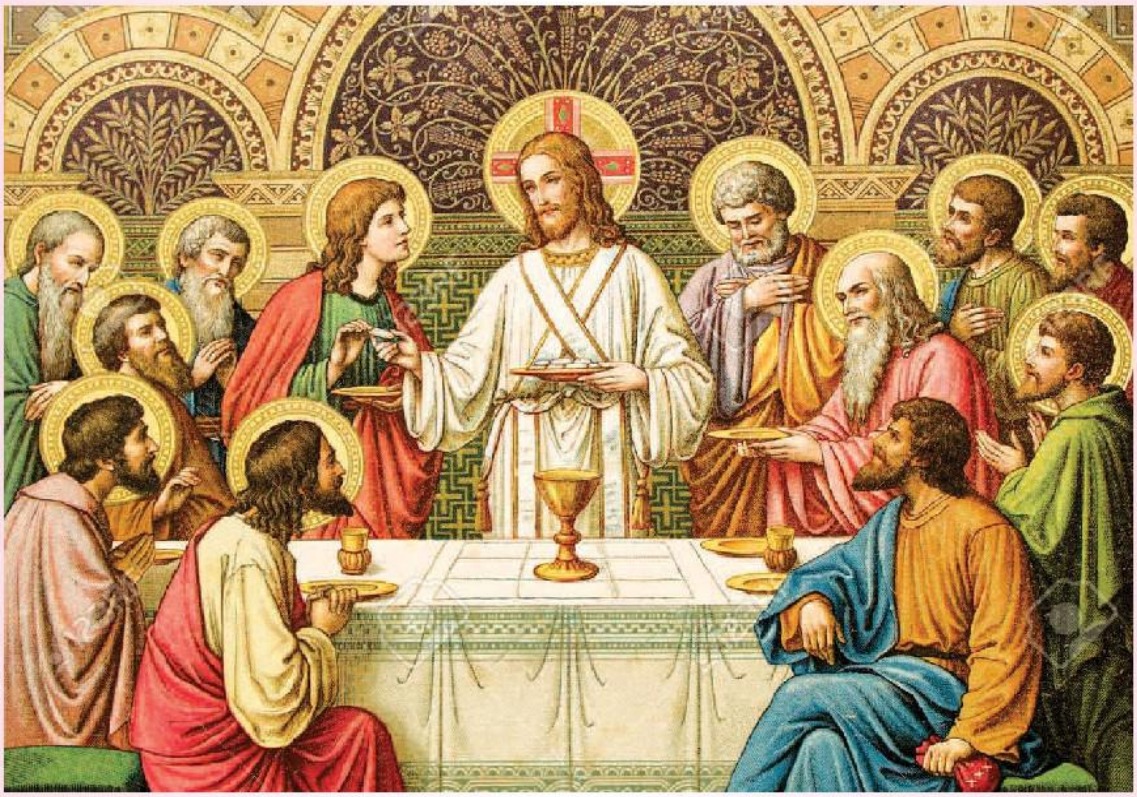
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Lesson - 9

Holy Mass(Qurbana): Sacrifice and feast

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Passover is the most important feast of Jews. Every year they celebrate this festival observing God's commandment. Jesus and the twelve apostles got ready for the Passover meal. They sat down at the table. Jesus took bread, said the blessing, broke it and giving it to his disciples said, "Take and eat, this is my body''. Then he took the cup, gave thanks and gave it to them saying, "Drink from it, all of you, for this is my blood'' (Mt 26:20-29).

This is the way Jesus instituted the Holy Eucharist. After that meal he gave us a commandment; "do this in memory of me". Observing this commandment we have the celebration of the Holy Eucharist. We all part take in this celebration.

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In the last supper, when Jesus blessed the bread of Wheat, it turned into the body of Jesus. When Jesus gave thanks and blessed it, the wine turned into the blood of Jesus. This transformation was effected by the power of the living world of Jesus. Today, when the priest recites the prayer and blesses the bread and wine, in the name of Jesus, it transforms into the body and blood of Christ. It is no more bread and wine. It is the heavenly bread and drink that gives us divine life.

Holy Eucharist is the Sacrament by which our Lord Jesus Christ gives us His body and blood in the form of bread and wine, for the nourishment of our souls. This is The most administered sacrament in the church.

The sacrament of Holy Eucharist is also a Sacrifice. It is the loving Sacrifice Jesus offered to God for our redemption. Holy Mass (Qurbana) is the re-enactment and commemoration of the passion, death, burial and resurrection of Jesus. Jesus offered his life to God for our redemption. In the celebration of the Holy Mass (Qurbana) we join with Jesus for the offering of the same Sacrifice Jesus offered to the heavenly Father. It is realized through medium of a priest.

After instituting the Holy Eucharist on the day of Passover, Jesus suffered and died on the cross on the next day. That was the real sacrifice. In order to continue this sacrifice till the end of the world, Jesus instituted the Holy Eucharist.

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Holy Eucharist is not only a sacrifice and Sacrament but also a banquet. It is a loving banquet Jesus prepared for us human beings. It is the heavenly banquet prepared for us who live in this world. It is to partake in this banquet we go to the Church. What is served there is the food for the nourishment of our souls. Those who attend a banquet will not go back without eating the food. In the same way, those who attend the Holy Mass (Qurbana), should not go back without receiving the holy Eucharist.

We will be strengthened spiritually only when we receive the nourishment for the soul.

As member of the church we have the right and duty to receive the Holy Communion. The more we receive Holy Communion, the more strength we will receive from the Body and Blood of Jesus. It is encouraged to receive Holy Communion regularly, even every day if possible.

When we attend the celebration of the holy Eucharist, which is sacrifice and banquet, together with Jesus we join all the saints and angles in heaven to worship God the Father. St. Francis De Sales says, "As the food becomes one with body, so also, we become one with Jesus through Holy Communion". The Priest represents Christ in the Eucharistic celebration. In the words of St. John Chrysostom, when the priest celebrates Holy Mass (Qurbana), the angels gather around the altar like a choirs and sing hymns of praises in honor of the Holy Eucharist.

The greatest celebration of the church is the Holy Eucharist. It is a celebration of our faith as well. Different actions, rituals, prayers and hymns are essential elements of the Eucharistic celebration.

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There are three different forms for the Eucharistic celebration in the Syro - Malabar Church

1. Simple form
2. Solemn form
3. Most Solemn form (Rasa)

We can see eight parts in the Syro - Malabar Mass (Qurbana), when we study it in detail. They are, Introductory Rites, Liturgy of the word, preparation Rites, Anaphora, Rite of Reconciliation, Rite of Breaking the Bread, Rite of Communion, and Concluding Rites. Only if we understand the meaning of the rituals and prayers of each part, Liturgical Celebration becomes a heavenly experience for us.

To receive the body and blood of Jesus, we should be in a state of grace. We should be well prepared to receive the Holy Communion. Then only it becomes life giving. We should understand well that Jesus gives us His body and blood as food to us. We should be grateful to Jesus for this gift.

Holy Eucharist is the Sacrament of unity. Early Christians participated in it with one mind and one heart. The participation in the holy banquet united them in Jesus. Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart (Acts 2:46).

We should have an intense desire to attend the Holy Mass (Qurbana) with devotion and attention. We must honestly try for that.

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Let's pray frequently

Dear Jesus in the most Blessed Sacrament, shower your mercy up on us.



Lets study

Three main religious virtues

Fasting, Prayer, Charity.

Three Theological Virtues

Faith, Hope, Love (Charity)

Three Evangelical Counsels

1. Voluntary offering of obedience to God
2. Voluntary offering of Chastity to God
3. Voluntary offering of Poverty to God

Exercise:

Write down the things you should do to attend the Holy Mass (Qurbana) actively and devotedly.

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Lesson - 10

Holy Eucharist: Center of Christian Life

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St. Dominic Savio, Patron of Children, made some good resolutions on the day of his First Holy Communion. He wrote them down in his diary:

I, Dominic Savio, received my first Holy Communion at the age of seven. This day, I take the following resolutions.



1. **I will make Confession frequently.**
2. **I will receive Holy Communion frequently**
3. **I will observe Holy Sundays and days of obligation**
4. **Jesus and Blessed Virgin Mary are my friends**
5. **I would prefer to die rather than committing any sin.**

St. Dominic Savio kept these resolutions, and renewed them at times. He lived a better life from the day of his First Holy Communion. He obeyed his parents and teachers. He was very loving to all those around him. He proved, by his deeds, that Jesus was his best friend. Those who knew Dominic appreciated him very much.

St. Don Bosco received First Holy Communion at the age of ten. His mother prepared him well for that day. His mother told him, "on this day of your life. God has possession of your heart. You should

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promise God that you will be a good person until you're the last breath". Don Bosco wrote later, "I have tried my level best to live the advice of my mother. From that day onwards, I have improved my behavior, especially in the case of obedience".

St. Therese of child Jesus, speaks of her first Holy Communion day as the most important day of her life. She writes of her First Holy Communion day: "I became one with Jesus, just as a drop of water becomes one with the ocean."

Holy Eucharist is the source of strength for Christian life. Saints have greatly experienced the fruits of the Holy Eucharist. Thus, their lives were filled with Christian virtues.

St. John Vianney, the patron saint of parish priests, St. Damien, who dedicated his life to serve lepers, St. Maximillian Kolbey, who sacrificed his life at a concentration camp, St. Thomas Aquinas, who is a saint among intellectuals, and an intellectual among saints, St. Thomas More who became a martyr to listening to the voice of his conscience, St. Augustine a well-known saint of the early centuries ..... and many other great people derived strength from the Holy Eucharist. And grew up in spiritually, and helped others for their spiritual growth.

St. Mother Teresa of Calcutta who is revered as the mother of the destitute, says. "It is from the Holy Eucharist we receive the energy every day for our charitable works". St. Augustine teaches, "The food we eat becomes one with our body. But, when we receive Holy Communion, we become one with Jesus". St. Cyril exhorts that we should receive Holy Communion with such a great devotion and attention that even a small particle should not fall on the ground.

St. Mary Magdeline says that the time after we receive the Holy Communion is the most precious moment of our lives. Those are the great moments when we keep an intimate relationship with God, and God showers His love towards us. The energy we receive from it would provide us strength throughout our life.

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Many blessings will flow to those who receive Holy Eucharist. They would be enabled to lead a genuine Christian life. The Catechism of the Catholic Church describes the fruits of the Holy Communion.

1. **It augments our union with Christ** (Jn 6:56) (CCC 1391).
2. **It preserves increases and renews the life of grace received at baptism** (CCC 1392).
3. **It separates us from sin and at the same time it cleanses us from past sins and preserve us from future sins** (CCC1393).
4. **It strengthens the spirit of charity and wipes away venial sins** (CCC 1394).
5. **It preserves us from future mortal sins** (CCC1395).
6. **It makes the church unite to the mystical body of Christ** (CCC1396).
7. **It commits us to the poor** (CCC 1397).
8. **It unites us even now to the church in heaven** (CCC1419).

These effects will help us to grow in virtues. In the Gospel we can see that all who had received Jesus had received His blessings as well. When Jesus was received at Peter's house, his mother-in-law was cured. Zacchaeus wanted only to see Jesus, but Jesus came to his house and blessed his family abundantly.

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When we receive Holy Communion we receive Jesus as bread and Spirit in to our heart. Therefore, we continue our journey with Jesus. He is always with us as our friend, teacher, savior and guide. He will live in us and bless us. Besides, He will bless our families and all the members of ourfamilies.

When Jesus, who comes to us when we receive the Holy Communion, remains in us, we will be able to say, together with St. Paul; "I live, but not I, but Christ lives in me" . Let us pray for that blessing; and let us try honestly for that gift.

Let us pray frequently

"Let there be praise, glory, honor and adoration always to Jesus in the most Blessed Sacrament".



Lets Study

Requisites to receive Holy Eucharist worthily:

1. **Be in the state of grace. Make a good examination of conscience. If any mortal sins are committed, receive the sacrament of reconciliation prior to receiving Holy Communion.**
2. **Attend the celebration of the Holy Eucharist with devotion and attention**
3. **Observe the one hour fast.**

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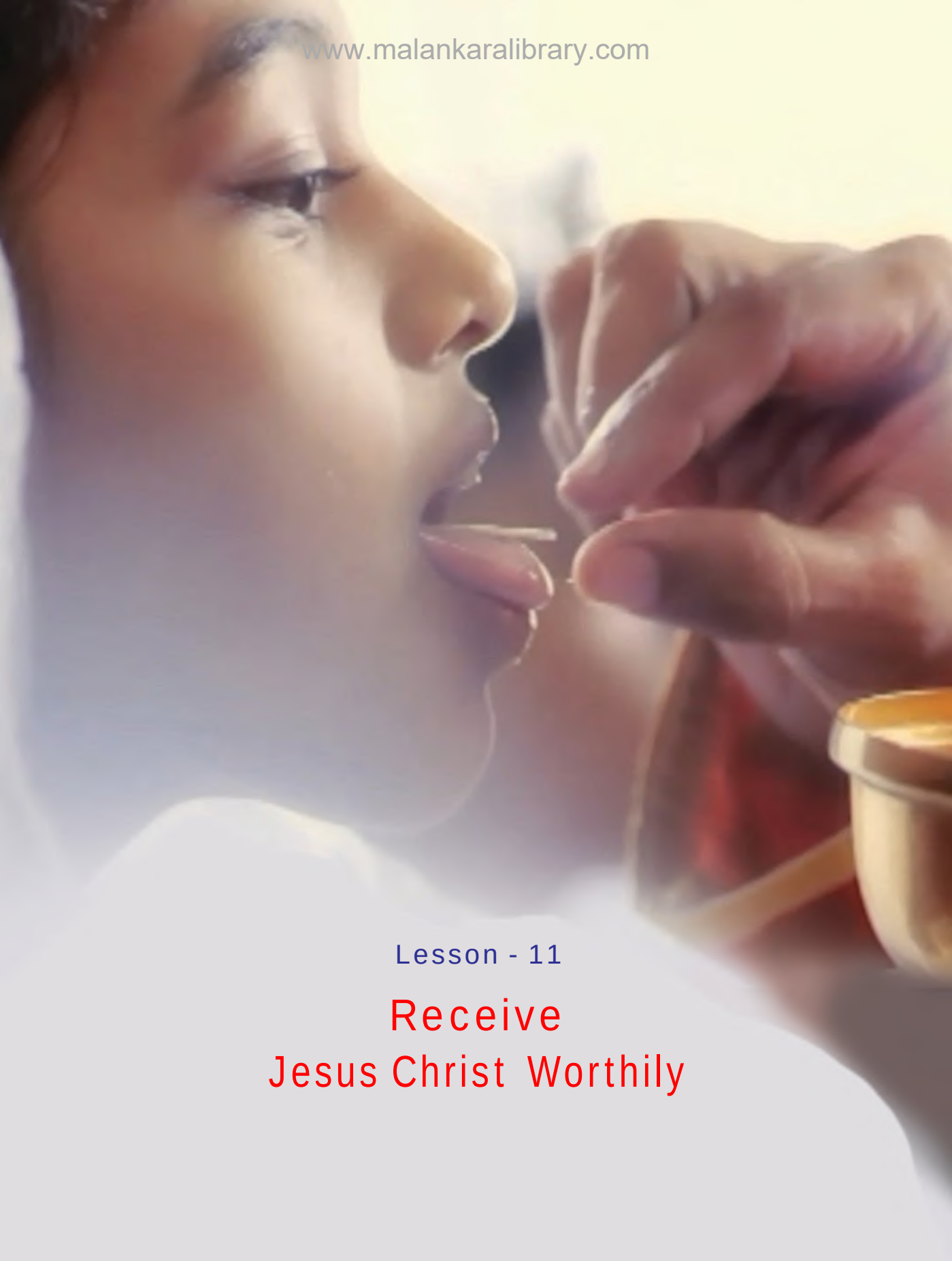
THE BEATITUDES

1) **Blessed are the poor in spirit, for theirs is the kingdom ofheaven.**
2) **Blessed are the meek, for they shall inherit the earth.**
3) **Blessed are those who mourn, for they shall be comforted.**
4) **Blessed are those who hunger and thirst for justice, for they shall be satisfied.**
5) **Blessed are the merciful, for they shall obtain mercy.**
6) **Blessed are the pure in heart, for they shall see God.**
7) **Blessed are the peacemakers, for they shall be called the children of God.**
8) **Blessed are those who suffer persecution for justice's sake, for theirs is the kingdom of heaven.**

Exercise:

Prepare a chart of the words of saints about the Holy Eucharist.

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Lesson - 11

Receive
Jesus Christ Worthily

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There lived a saint in Italy in the city of Bologna. Her name was St. Imelda. From her childhood, she had a great devotion to Jesus present in the Holy Eucharist. She had an ardent desire to receive Jesus. She kept her heart pure by the many acts of virtues. But, she was not permitted to receive Holy Eucharist, because she was not of age. She waited zealously for the day of her Holy Communion.



One day, seeing everybody receiving Jesus, she told Jesus of her great desire. She was saddened of her inability to receive Jesus. A miracle happened at that moment. A sacred host flew away from the hand of the priest and stayed over her head. The priest took that sacred host and put it on her tongue. Thus Jesus fulfilled her great desire. We too, should have that same desire of St. Imelda to receive Jesus. We should prepare ourselves well for the coming of Jesus in to our heart. Now, let's think about the ways of we can prepare to receive Jesus.

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We should wake up early in the morning. Our preparations begin soon after waking up. Think about Jesus whom you are going to receive today. You can recite small prayers. Get ready so as to reach church before the opening of the Holy Mass (Qurbana). The dress should be clean and modest, but need not be expensive. Our dress should be appropriate to the sanctity of the church.

We should go to church with great joy of receiving Jesus. We should not be fighting or talking loudly on the way. After reaching the church, you should not spend time in wandering around or talking to others. Enter the church, bow down respectfully before the Lord saying, "Let there be praise, glory and adoration to Jesus present in the most Blessed Sacrament". Then kneel down in the pew and make the sign of the cross. You can either kneel down or sit, but be prayerful.

At the opening of the Holy Mass (Qurbana), you should rise and participate in the celebration of the Holy Eucharist, using the book. Recite the prayers and sing the hymns loudly. Observe the rituals accurately. The Rite of Reconciliation is the preparation for receiving Holy Communion. It is the time for seeking forgiveness for our sins. Confess your sins to Jesus and ask for forgiveness. Pray to Jesus honestly, "My Jesus, forgive my sins". Jesus will forgive our sins and will provide us graces. If there is any grave sin, you need to make your confession prior to receiving Holy Eucharist.

It is a very grave sin to receive Jesus without sufficient preparation and purity of heart. St. Paul reminds us, "Therefore whoever eats the

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bread or drinks the cup of the Lord unworthily, will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup". (1Cor 11:27-28)

At the time of receiving Holy Communion, the priest will come with the Holy Eucharist. Don't hurry up. Be in the line keeping the order. Put your hands together and stay with great desire to receive Jesus. Pray in your heart, "My Jesus, I love you; come to my heart"

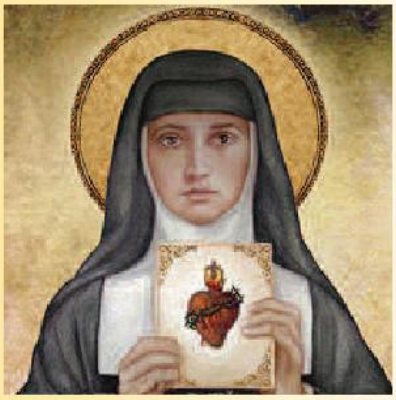
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When your turn comes, open your mouth and show your tongue to receive Jesus. You have the choice of receiving Jesus in your hand. If so, put your left hand over your right hand. The Priest will give the Holy Eucharist in your left hand. Take the Holy Eucharist with two fingers of your right hand, raise your both of your hands together, and consume the holy host. Your hands face and tongue should be very clean. Your hands should be clear of colors and drawings. You should not hold anything else in your hand, while receiving the Holy Eucharist.

After receiving the Holy Eucharist, remain prayerfully in your seat. Pray silently, "Thank you Jesus for coming to my heart. I am always yours. Make me your own, O Jesus". This moment is very precious because of the coming of Jesus into your heart. Pray to Jesus for the necessary graces and blessings.

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We should actively participate in the Holy Mass (Qurbana) till the end. After the final blessing, spend some quiet time with Jesus to thank Him and praise Him. Then make the sign of the cross, stand up and bow down before you leave the church.



St. Margaret says, "Be holy in order to receive the Holy Eucharist and receive the Holy Eucharist in order to be holy" It is not prefer to omit Holy Communion. It is equal to ignoring Jesus. Hence, if there is any grave sin, receive the Sacrament of Reconciliation at the earliest and then receive the Holy Eucharist.

Lets keep in mind the words of great scholar, St. Thomas Aquinas, "Lead a life that makes you worthy to receive the Holy Eucharist. Jesus has reserved a holy host for you each day of your life. We should not miss any of them".



Let recite this small prayer

'Jesus, make my heart worthy of your heart'.

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Lets Study

FOURTEEN WORKS OF MERCY

THE SEVEN CORPORAL WORKS OF MERCY

1) Feeding the hungry
2) Giving drink to the thirsty
3) To clothe the naked
4) To shelter the homeless
5) To visit the sick and the imprisoned
6) To help the poor and needy
7) To bury the dead

THE SEVEN SPIRITUAL WORKS OF MERCY

1) Instructing the ignorant
2) Giving counsel to the doubting
3) To give comfort to the afflicted
4) To admonish wrong doers
5) To forgive offences
6) To bear patiently with others
7) To pray for the living and dead

Exercise:

Write down a prayer that can be recited after receiving the Holy Eucharist

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Lesson - 12

Sacrament of Reconciliation and Christian Life

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After the ascension of Jesus, the disciples were totally immersed in prayer in the upper room. Mary, mother of Jesus, also was with them. The disciples were filled with the fear of being murdered by the Jews. The Holy Spirit descended upon them in the form of tongues as of fire. It came to rest upon each one of them. Then, the disciples got new courage and strength. Peter, who had renounced Jesus three times, proclaimed Jesus to the people gathered there. Three thousand people believed in Jesus that day.

Other apostles also went to different parts of the world and proclaimed the gospel. It is the Holy Spirit who gave them strength to proclaim Jesus and to receive martyrdom. It was when they were filled with the Holy Spirit that they got courage and confidence. Until then they were fearful. They each were transformed into a new being when they received the Holy Spirit.

Before his death on the cross, Jesus had promised the disciples to send the Holy Spirit. " The advocate, the Holy Spirit, that the father send in my name. He will teach you everything and remind you of all that I told you" (John 14:20). When the apostles laid their hands and prayed for those who believed in Jesus and received baptism, they too received the Holy Spirit. (Acts 8:14-17)

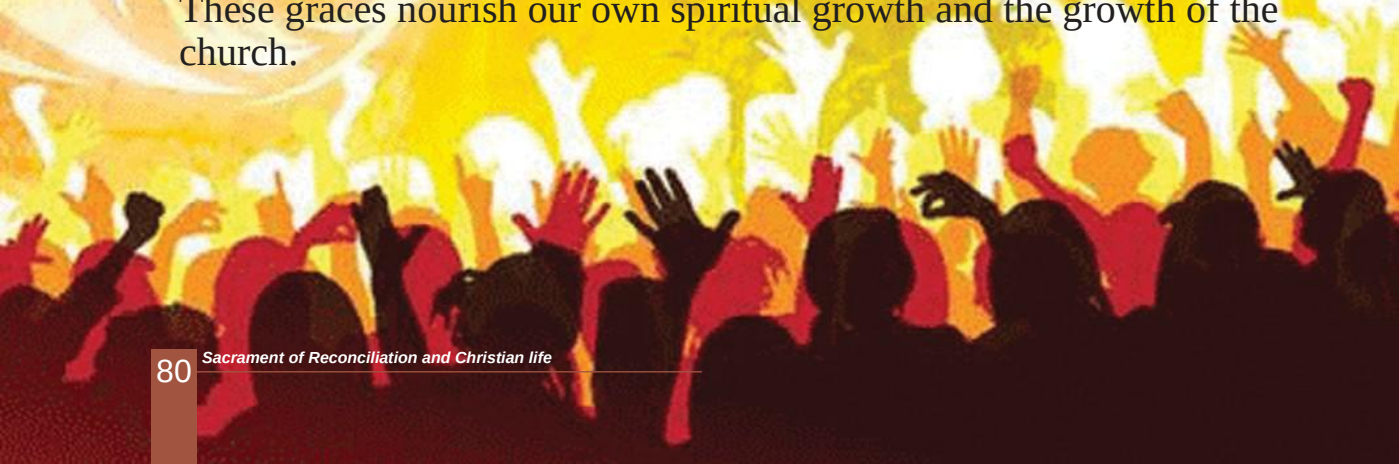
God sends the Holy Spirit even today. In order to be filled with the Holy Spirit we should have an ardent desire and good preparation.

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We receive the special strength and graces of the Holy Spirit through the Sacrament of Anointing. It is a sacrament by which a person who has become a child of God through baptism receives the special strength and graces of the Holy Spirit so as to proclaim the Gospel of Jesus and to witness to it. This sacrament is also known as Confirmation. It also strengthens us to fight against evil.

Baptism, Anointing and Holy Eucharist are known as the Sacraments of Initiation. Anointing is the continuation and completion of baptism. Usually these two sacraments are administered together. However in some places, the Sacrament of Anointing is administered together with First Holy Communion. The celebrant lays his hands and prays over the person and anoints them on the forehead with the holy oil. By this sacrament, an indissoluble relation is established with Jesus and His church. We can receive this sacrament only once in our lifetime as it masters our soul with permanent impression. By the reception of this sacrament, we are equipped with the necessary tools to face all the challenges against our faith.

As we receive this sacrament, we get some special blessings. Important among them are the seven gifts of the **Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.** These gifts help us to discern good and evil and to choose good always. Moreover, the Holy Spirit gives us special graces to proclaim the gospel and to propagate the kingdom of God. The most important among the graces of the Holy Spirit are the gift of tongues, gift of prophecy, gift of service, gift of teaching, gift of counseling, gift of giving, gift of vision, gift of healing and gift of doing miracles. These graces nourish our own spiritual growth and the growth of the church.



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Anointing enables us to grow in the fruits of the Holy Spirit. These fruits are the signs of the presence of the Holy Spirit in us. They are, love, Joy, peace, patience, kindness, goodness, generosity, faithfulness, gentleness, modesty, self-control and chastity.

It is the Holy Spirit who strengthens us to witness Jesus who comes to our heart by the reception of the Holy Eucharist. The sacrament of Anointing gives us strength to proclaim the gospel, to serve the church, and to fight against evil.

The Holy Spirit is our helper as well. We should seek the help of the Holy Spirit to gain courage against fear and to live in righteousness against all kinds of doubts. The Holy Spirit will help by giving the gift of wisdom. We should learn the prayers and hymns to the Holy Spirit in order to pray and sing them every day. Pray frequently, "Come and fill in my heart, O! Holy Spirit."

In order to live a genuine Christian life we need strength. We get this strength from heaven. It is the Holy Spirit who gives us that strength. As a result, the Sacrament of Anointing helps us to live a genuine Christian life. These sacraments of initiation enable us to lead a perfect Christian life.

Let us recite this prayer frequently:

Strengthen me, O Holy Spirit

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Let Us Study

PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, and from heaven direct on man the rays of your light. Come Father of the poor, come giver of God's gifts; come light of men's hearts.

Kind Paraclete, in your gracious visits to man's soul you bring relief and consolation. If it is weary with toil, you bring it ease; in the heat of temptation, your grace cools it; if sorrowful, your words console it.

Light most blessed, shine on the hearts of your faithful even into their darkest corners, for without your aid man can do nothing good and is sinful. Wash clean the sinful soul, rain down your grace on the parched soul and heal the injured soul. Soften the hard heart, cherish and warm the ice-cold heart and give direction to the wayward.

Give your seven holy gifts to the faithful for their trust is in you. Give them reward for their virtuous acts; give them a death that ensures salvation; give them unending bliss.

Amen.

Pray to the Holy Spirit "O come holy spirit……."

Days of Obligations

1. Nativity of Our Lord (Christmas) Dec 25
2. Danaha (Baptism of Jesus - Jan 6)
3. Sts. Peter and Paul (June 29)
4. Dukharana of St. Thomas (July 3)
5. Ascension of Our Lord (Thursday after the 6th Sunday of Easter)
6. Assumption of Blessed Virgin Mary (Aug 15)
7. All Sundays.

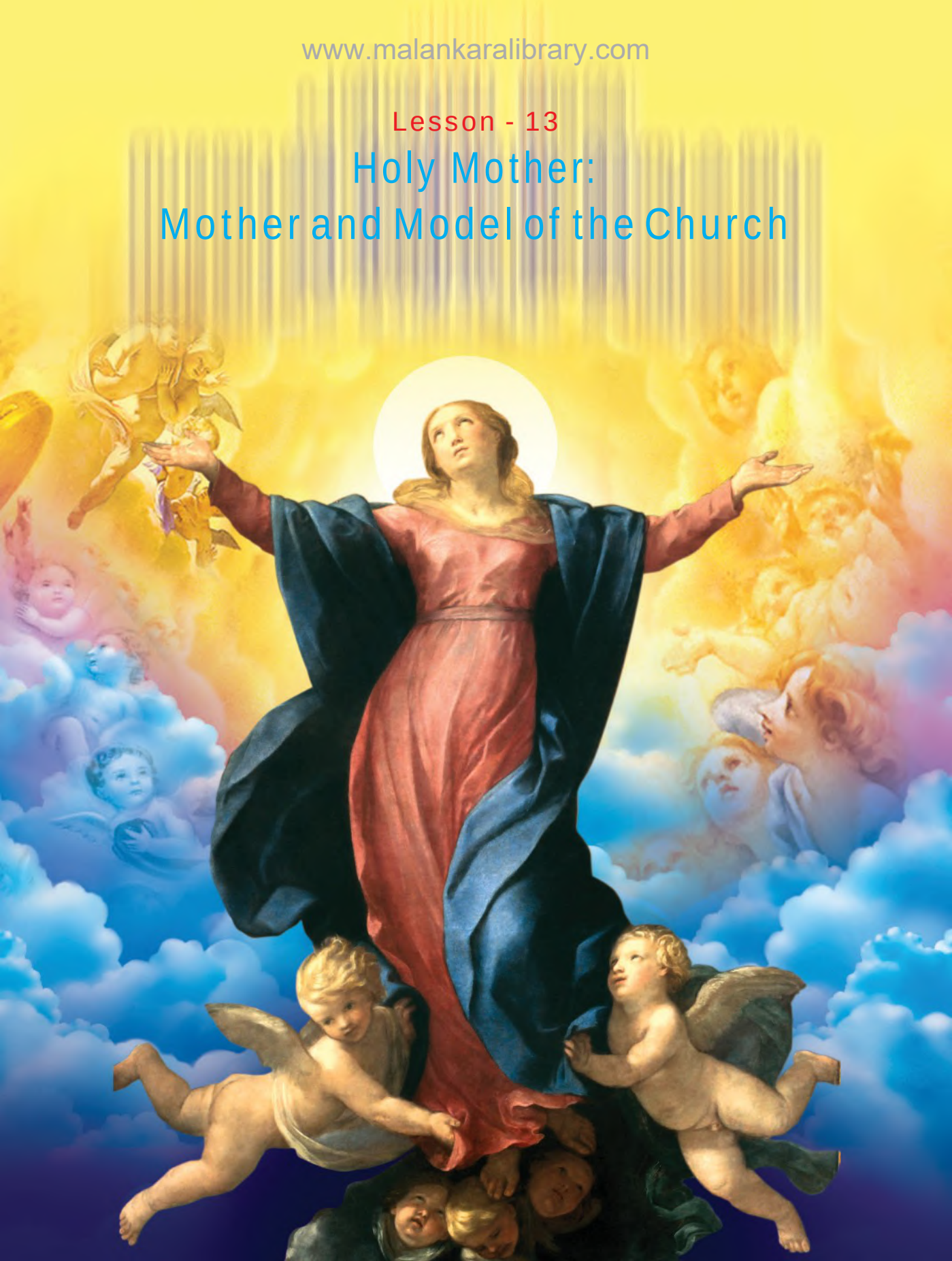
Exercise:

Holy Spirit is always active. How can you know that the Holy Spirit is active? Write down your ideas.

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Lesson - 13

Holy Mother:
Mother and Model of the Church



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Jesus died on a wooden cross on Calvary. At the time of his death, with endless pain, he looked down. Standing near the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." (John 19: 25-27)

Jesus gave his mother to his disciple John and he gave John to Mary. This way he was giving a mother to the world. According to a Christian, Holy Mary is a spiritual Mother. What is the specialty of this mother? As Mary is the mother of the Son of God, she is known as Mother of Jesus and Mother Mary through the prayers.

Mary is Immaculate that is born without original sin. God the father blessed Mary who gave birth to Jesus, Son of God, the most holy. So Mary was born without original sin. The Solemnity of the Immaculate Conception is celebrated on December 8, by the Holy Catholic Church.

She agreed to become the mother of the Son of God. She gave birth to him in a manger in Bethlehem. She brought him up bearing a lot of difficulties with St. Joseph, and became the Mother (leader) of the Holy Family of Nazareth. In the public life of Jesus, she helped him and the disciples. Finally at the foot of the cross, she witnessed the suffering and death of Jesus. She accepted her Son's call to be the Mother of all the Christian disciples. On Pentecost day, she was in prayer with the disciples. In this way, Mary stands as the Mother and Model of all the children of God.

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The Church teaches us that Mary, who was born without the original sin was taken up to Heaven. The Assumption of the Blessed Virgin Mary is celebrated on August 15th. She who is the Queen of Heaven is also the queen of saints. She is also our mediator. She also helps us in receiving and knowing Jesus. Therefore we have to take the initiative to pray to Mother Mary.



St. John Bosco was a great devotee of Mother Mary. His mother taught him to pray three times a day. Throughout his life he used to be under the protection and care of Mother Mary. Hence, he said, "Whatever you can do, do you best. The rest Mother Mary will do."

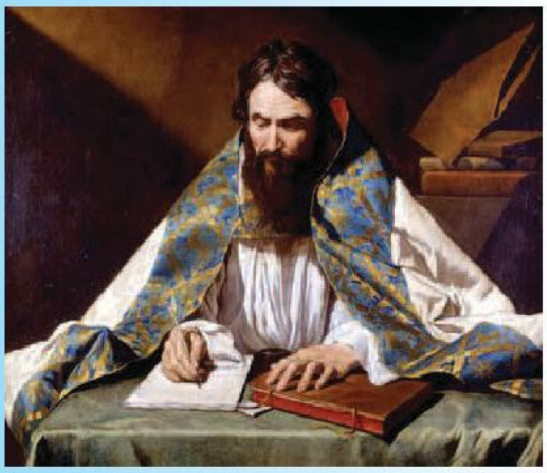
The greatest prayer is the Holy Rosary. We should participate actively in the Holy Rosary in our homes, at the daily prayer.

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When we participate in the Holy Rosary, we meditate and pray the Joyful, Luminous, Sorrowful and Glorious Mysteries. This is in remembrance of the events that took place in the life of Jesus. It also becomes a remembrance of Mother Mary. When we celebrate the Holy Qurbana we receive the Holy Rosary and Scapular. This helps us to live in Mother Mary's love.

"Never will anyone who says this Rosary every day be led astray. This is a statement that I would gladly sign with *my blood*." - *St Louis de Montfort*. Pope Pius X said: She is the dispenser of all the gifts that Our Savior purchased for us by His Death and by His Blood.

We have learnt the Hail Mary in our childhood. We honour Mother Mary with the angel Gabriel who brought the good news of the Immaculate Conception. In the Memorare and the Hail Holy Queen Prayer the intercessory power of Mother Mary is proved. We should learn to recite them timely. Mother Mary intercedes for all our intentions and grants us all these through our Lord Jesus.



St. Ambrose said: Mary is the staircase to Heaven. God came down through the staircase, so that human beings can go to Heaven through Mary. We should not leave the Mother Mary way. The protection of Mother Mary is very important. We can share our needs, desires, sorrows and happiness with Mother Mary.

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Mother Mary will listen to all this with much attention. She will intercede for her children to God the Father and ensures the prayers are heard.

Those who receive the Holy Communion are supposed to keep an ardent love to the Blessed Mary the Mother of Jesus. St. Ambrose observes that it is essential to all Christians to have the spirit of Mary to get the courage to glorify God and rejoice in the Lord.

Let us pray to Blessed Mary during our preparation for the reception of a solemn Holy Communion:

MY MOTHER MY HELPER.
Mother of Jesus, I love you as My Mother.
Mother Mary protect me as you protect Jesus
Mother Mary, prepare my soul and body to receive Jesus Christ
Mother Mary: Keep me and protect me in all the moments of my life



Hail, Holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! Amen.

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Memorare
(Prayer of St Bernard)

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Exercise:

Write any two Apparitions which has been approved by the Catholic Church.



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ROSARY OF THE BLESSED VIRGIN MARY

In the name of the Father and of
the Son and of the Holy Spirit.

Amen.

THE APOSTLE'S CREED

I believe in God, / the Father Almighty, / Creator of heaven and earth / and in Jesus Christ His only Son, our Lord, / who was conceived by the power of the Holy Spirit, / born of the Virgin Mary / 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 there 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.

1 Our Father, 3 Hail Mary & 1 Glory be to...

(after each decade)

O My Jesus, forgive our sins,

save us from the fire of hell, lead all souls to heaven,

especially those who are most in need of your mercy.

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JOYFUL MYSTERIES *(Mondays & Saturdays)*



1. **The Annunciation** - The angel Gabriel saluted our Blessed Lady with the title Full of Grace *(Lk 1:26-28)*

(1 Our Father, 10 Hail Mary and 1 Glory be)



2. **The Visitation** - The B.V. Mary went to visit her cousin St. Elizabeth *(Lk. 1:39-45).*

(1 Our Father, 10 Hail Mary and 1 Glory be)



3. **The Nativity** -The B.V. Mary brought forth our Lord in a manger at Bethlehem. *(Lk. 2:1-14).*

(1 Our Father, 10 Hail Mary and 1 Glory be)

4. **The Presentation** -The B.V. Mary presented the child Jesus in the Temple.*(Lk. 2:22-40)*

(1 Our Father, 10 Hail Mary and 1 Glory be)





5. **The Finding of Jesus in the Temple** -The B.V. Mary sought the lost Child Jesus and found Him in the Temple. *(Lk. 2:41-50)*

(1 Our Father, 10 Hail Mary and 1 Glory be)

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LUMINOUS MYSTERIES *(Thursdays)*



1. **The Baptism at the river Jordan** - beginning of His public life, Our Lord Jesus Received baptism at the river Jordan. *(Mt. 3:13-17)*

(1 Our Father, 10 Hail Mary and 1 Glory be)



2. **The Self-manifestation at Cana** - Our Lord Jesus manifested Himself at the wedding feast at Cana, by changing water into wine. *(Jn. 2:1-11)*

(1 Our Father, 10 Hail Mary and 1 Glory be)



3. **The Proclamation of the Kingdom of God**- Our Lord Jesus exhorted people to repent, by proclaiming the coming of the Kingdom of God. *(Mk. 1:15).*

(1 Our Father, 10 Hail Mary and 1 Glory be)



4. **The Transfiguration** - Our Lord Jesus transfigured at Mount Tabor and revealed His heavenly glory. *(Lk. 9:28-35).*

(1 Our Father, 10 Hail Mary and 1 Glory be)



5. **The Institution of the Eucharist**- Our Lord Jesus imparted His life and expressed His love towards mankind by instituting the Eucharist at the last supper. *(Lk. 22:14-22).*

(1 Our Father, 10 Hail Mary and 1 Glory be)

SORROWFUL MYSTERIES *(Tuesdays & Fridays)*



1. **The Agony in the Garden** - Our Lord Jesus' Prayer for us in the Garden of Gethsemane, bathed in sweat of blood. *(Lk. 22:39-46)*

(1 Our Father, 10 Hail Mary and 1 Glory be)

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2. **The Scourging of Jesus** - Our Lord Jesus was most cruely scourged at a pillar by the soldiers of Pilate *(Mt. 27:26)*

(1 Our Father, 10 Hail Mary and 1 Glory be)





3. **The Crowning with Thorns** - Our Lord Jesus was made to wear a crown of sharp thorns. *(Jn. 19:1-13)*

(1 Our Father, 10 Hail Mary and 1 Glory be)

4. **The Carrying of the Cross** -Our Lord Jesus patiently carried the Cross to Calvary. *(Mt.27: 24-32)*

(1 Our Father, 10 Hail Mary and 1 Glory be)





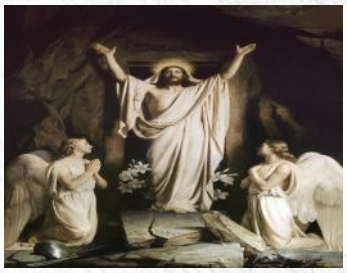
5. **The Crucifixion** - Our Lord Jesus was stripped of his clothes and nailed to the Cross. *(Mt. 27: 38-50)*

(1 Our Father, 10 Hail Mary and 1 Glory be)

THE GLORIOUS MYSTERIES *(Wednesdays and Sundays)*

1. **The Resurrection** - Our Lord Jesus triumphing gloriously over death, rose again immortal *(Mk. 16:1-7)*

(1 Our Father, 10 Hail Mary and 1 Glory be)



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2. **The Ascension** - Our Lord Jesus ascended into heaven on the 40th day after his resurrection. *(Lk. 24:50-53)*

(1 Our Father, 10 Hail Mary and 1 Glory be)

3. **The Descent of the Holy Spirit** - Our Lord Jesus after ascending into heaven, sent the Holy Spirit, upon his Apostles and others. *(Act. 2:1-2)*

(1 Our Father, 10 Hail Mary and 1 Glory be)





4. **Assumption** - The B.V. Mary after death, was assumed with her body and soul, into Heaven. *(Rev. 21:1-4)*

(I Our Father, 10 Hail Mary and 1 Glory be)

5. **The Coronation of B.V. Mary** - The B.V. Mary was crowned as the Queen of heaven and earth *(Lk. 11:27-28)*

(1 Our Father, 10 Hail Mary and 1 Glory be)



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OFFERING OF THE ROSARY

O God, whose only begotten Son, by his life, death and resurrection has purchased for us the rewards of eternal life, we pray Thee grant that we, who meditate upon those mysteries in the most holy rosary of the blessed Virgin Mary, may imitate what they contain and obtain what they promise.

Amen.

LITANY OF THE BLESSED VIRGIN MARY

Lord have mercy

Christ have mercy

Lord have mercy

God the Father of Heaven

God the Son redeemer of the world

God the Holy Spirit

Holy Trinity one God

Have Mercy **on us**

Holy Mary — *Pray for us*

Holy Mother of God — ,,

Holy Virgin of Virgins — ,,

Mother of Christ — ,,

Mother of Divine grace — ,,

Mother most pure — ,,

Mother most chaste — ,,

Mother inviolate — ,,

Mother undefiled — ,,

Mother most lovable — ,,

Mother most admirable — ,,

Mother of good counsel — ,,

Mother of our creator — ,,

Mother of our Saviour — ,,

Virgin most prudent — ,,

Virgin most venerable — ,,

Virgin most renowned — ,,

Pray for us

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Virgin most powerful	,,	,,
Virgin most faithful	,,	
Mirror of justice	,,	
Seat of wisdom	,,	
Cause of our joy	,,	
Spiritual vessel	,,	
Vessel of honor	,,	
Singular vessel of devotion	,,	
Mystical rose	,,	
Tower of David	,,	
Tower of ivory	,,	
House of gold	,,	
Ark of the Covenant	,,	
Gate of Heaven	,,	
Morning star	,,	
Health of the sick	,,	
Refuge of sinners	,,	
Comfort of the afflicted	,,	
Help of Christians	,,	
Queen of angels	,,	
Queen of patriarchs	,,	
Queen of prophets	,,	
Queen of apostles	,,	
Queen of martyrs	,,	
Queen of confessors	,,	
Queen of virgins	,,	
Queen of all saints	,,	
Queen conceived without original sin	,,	
Queen assumed into heaven	,,	
Queen of the most Holy Rosary	,,	
Queen of peace	,,	
Queen beauty of Carmel	,,	

Pray for us

Pray for us

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L. Lamb of God who takes away the sins of the world.
R. Spare us, O Lord
L. Lamb of God who takes away the sins of the world.
R. Graciously hear us, O Lord.
L. Lamb of God who takes away the sins of the world.
R. Have mercy on us
L. Pray for us, O Holy Mother of God
R. That we may be made worthy of the promises of Christ.

We fly to your patronage O holy mother of God despise not our petitions in our necessities but deliver us always from all dangers O glorious and Blessed Virgin.

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

LET US PRAY

Defend O Lord! We beseech you, by the intercession of Blessed Mary, ever Virgin this your family from all adversity and mercifully protect us who prostrate ourselves before you with all our hearts from the snares of enemy through Christ Our Lord. Amen.

HAIL, HOLY QUEEN....

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

LET US PRAY

O, Almighty everlasting God, who, who by the co-operation of the Holy Spirit, prepared the body and soul of Mary, glorious virgin and mother, to become the worthy habitation of your Son, grant that we may be delivered from instant evils, and from everlasting death, by her pious intercession in whose commemoration we rejoice through Christ our Lord. Amen.

MEMORARE....

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