

# My First Communion Journal in Imitation of St. Paul, Putting on the Armor of God

Janet P. McKenzie



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**My First Communion Journal in Imitation of St. Paul, Putting on the Armor of God** Janet P. McKenzie This journal has been constructed in imitation of the copybook made for Therese Martin by her older sister Pauline (Sr. Agnes of Jesus) in 1884 to help Therese prepare for her First Holy Communion. Each day of her sixty-nine day preparation period Therese recorded the number of times she recited the included prayers and aspirations. By using her "sacrifice beads," she counted each time she overcame her own desires in order to please Jesus. Inspired by that copybook, this journal uses the same method of encouraging, and recording, daily prayers and mortifications. However, instead of using flowers to illustrate virtues, this resource uses the battle model St. Paul describes in Ephesians 6:10-17. First communicants are encouraged to arm themselves with virtues and spiritual weapons in order to fight as soldiers of Christ. The scriptural words of Jesus and St. Paul are reflected on frequently to encourage the imitation of the actions and love of Jesus and to inspire a love and knowledge of Holy Scripture.

Use this journal on its own or in conjunction with the *Communion with the Saints* family preparation program for First Communion. Create a lasting First Communion keepsake by daily recording your thoughts, prayers, and drawings. May you, like St. Therese, learn to love Jesus more deeply, thereby joining St. Paul's "holy ones" (Ephesians 6:18) in heaven.

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