

Topic: First Reconciliation

Family Lesson for FHC Cycle Week 2.5 (October 27, 2024)

Lesson Overview for Parents

Hello again! This week our lesson will be a bit different than the last two lessons. The lesson is largely for YOU, the parent. We want to equip you with practical tools to help you prepare your student(s) for First Reconciliation (and second and third and hopefully a lifetime of regular reconciliation or confession).

At our first Sanctuary Lesson, we learned about sin. At our second Sanctuary Lesson, we learned about God's covenant with Abraham and Sarah and we touched on God's covenant with us at baptism. It is important to help our student's understand that God loves us so much he doesn't want us to remain in a state of sin. He gives us the Sacrament of Reconciliation to help us grow closer to Him.

Before you ask your student to join you for the lesson, you need to set aside 45 minutes to watch the video below called "Preparing Your Child for First Confession". You may want to grab paper and pen to take notes. There is a lot of good, practical advice to help you prepare your student. After you watch this video, you may want to take a break before completing the rest of the lesson with your student.

[Preparing Your Child for First Confession](#)

At our next Sanctuary Lesson Father Tilley will be covering First Reconciliation. He will do a demonstration to illustrate what sin does to us. Then he will be walking us through the process of how to go to confession.

1. Opening Prayer

Below is one example of an Act of Contrition. Next week you will get a booklet with other options for an Act of Contrition. You and your student will be able to select any of them to memorize. Pick one and work hard to help your student memorize it.

2. Mass and Mass Journal

Did your student write in their mass journal this weekend?

Act of Contrition

O my God,
I am sorry for my sins with all my heart.
In choosing to do wrong,
And failing to do good, I have sinned against you,
Whom I should love above all things.
I firmly intend, with your help,
To do penance,
To sin no more,
And to avoid whatever leads me to sin.
Our Savior Jesus Christ
Suffered and died for us.
In his name, my God, have mercy. Amen

Spend a minute or two talking about what your student wrote in their mass journal.

If you haven't gone to mass yet, take a minute or two to look at the Mass Journal Bingo card and pick one or two options your student would like to write about this week. They will only use one of the options but it is nice to have two picked out.

3. Sacrament Book Readings

In our sacrament book this week we are introducing our student to an examination of conscience and the process for the individual Rite of Reconciliation. Next week you will receive a booklet you can use to walk your student through Reconciliation

Grades 1-3

Book: *God's Gift Reconciliation*
Pages 65-69, 72-75 – Read the following sections: *I Prepare for Reconciliation, I Celebrate Reconciliation, and I Pray These Prayers,*

Grades 4-6

Book: *Loyola Intermediate Reconciliation and Eucharist*
Pages 87-89 – Read the following sections: *Examination of Conscience and The Individual Rite of Reconciliation.*

4. Formed Video

Before clicking the link below, log into your FORMED account or be ready with your userid/password to log in after clicking the link below. The video below walks your student through First Reconciliation.

[How to make a great confession](#)

5. Activity

Match up the Commandment on the left side with a description of how to follow that Commandment on the right. The first one is done for you.

I am the Lord your God; you shall not have strange gods before me.	Respect your neighbors and friends.
You shall not take the name of the Lord your God in vain.	Treat all human life with respect.
Remember to keep holy the Lord's Day.	Keep only what belongs to you.
Honor your father and your mother.	Love God.
You shall not kill.	Keep Sunday a day of prayer and rest.
You shall not commit adultery.	Use God's name with reverence.
You shall not steal.	Be grateful when your needs are met.
You shall not bear false witness against your neighbor.	Respect yourself and married life.
You shall not covet your neighbor's wife.	Respect those who care for you.
You shall not covet your neighbor's goods.	Tell the truth. Do not spread gossip.

6. Discussion Questions

1. Talk to your student about the reconciliation video. Do they have any questions?
2. Think about one or two things from the video you watched as a parent that you can implement with your family. Write down a plan to do that.

7. Story Time

Set aside time this week to read one of the Mercy Parables talked about in the parent video. Use your family bible. Go to Luke Chapter 15.

Parable of the Lost Sheep: Luke 15: 1-7
Parable of the Lost Coin: Luke 15: 8-10
Parable of the Lost Son: Luke 15: 11-32

Activity Answers

I am the Lord your God; you shall not have strange gods before me.

You shall not take the name of the Lord your God in vain.

Remember to keep holy the Lord's Day.

Honor your father and your mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.

Love God.

Use God's name with reverence.

Keep Sunday a day of prayer and rest.

Respect those who care for you.

Treat all human life with respect.

Respect yourself and married life.

Keep only what belongs to you.

Tell the truth. Do not spread gossip.

Respect your neighbors and friends.

Be grateful when your needs are met.