



Parish-Based Sacramental Preparation Program

FIRST RECONCILIATION

PARENT SESSION #3

Living out the Sacraments

HAND-OUTS

OPENING PRAYER

† In the Name of the Father, the Son and the Holy Spirit.

A PRAYER TO JESUS

by St. Richard of Chichester

O most merciful Redeemer, Friend, and
Brother,

May I know you more clearly,

Love you more dearly,

And follow you more nearly,

For ever and ever.

Amen.

FIVE KEY POINTS

1. The Latin word *sacramentum* means “to make sacred“. The sacraments are *visible signs instituted by Christ, to give grace*.



2. The sacraments are directly instituted by Christ. Jesus told His apostles to 'Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...' (Matthew 27:19). Jesus also gave them the gift of the Eucharist when He said, 'This is My Body' and 'This is the chalice of My Blood' (see Matthew 26:27-29, Mark 14:22-25, and Luke 22:14-23).



3. The sacraments are at the same time signs and instruments of God's grace.



4. There are seven sacraments in the Roman Catholic Church: Baptism, Eucharist, Confirmation, Anointing of the Sick, Reconciliation, Holy Orders and Matrimony. (3 – Initiation; 2 – Healing and 2 – Service)



5. Through the sacraments, God meets His people where they are through symbols of oil, words, touch, vows, bread and wine.



DISCUSSION QUESTIONS

1. How do significant moments in our lives involve growth and change?
2. How do you see individuals and/or parish communities experiencing the presence of God at such moments?
3. Identify the sacraments that you have received or that you have witnessed others receiving. In what ways did you feel God's grace for yourself or these individuals?
4. In what ways have you seen attitudes, relationships and/or lives transformed by receiving the sacraments?
5. What do you think people seek in the sacraments for the sacramental moment itself and for their lives?

HOME ACTIVITY

In today's session, your child will pray an Act of Contrition; learn the Scripture story about the woman who was sorry for her sins; understand the connection between the Scripture story and the Sacrament of Reconciliation; learn how the priest has the power to forgive sins through the sacrament; learn why the priest gives a penance in the Sacrament of Reconciliation; understand that sorrow for sins involves having the intention not to sin again; realize that doing a penance demonstrates our sorrow for hurting God, self and/or others; pray the Hail Mary; sing the prayer, "Peace is Flowing like a River"; learn the scripture story about Zacchaeus; learn how Jesus saves us from sins that make us feel guilty or disappointed in ourselves; discover the peace of absolution; learn how the priest prays the words of absolution; discover that we are reconciled with God, ourselves and others; realize that we have to seek and work for peace and to pray the prayer of St. Richard of Chichester.

Pray the Hail Mary together (Student text page 50)
Student Text page 41 – Also, review the Act of Contrition which will be part of the Sacrament of Reconciliation
Student text page 45, 46 and 47 – talk with your child about how the sacrament of reconciliation is celebrated emphasizing conversion, forgiveness and peace
Student text – page 52 – Jesus loves all people (Zacchaeus) and the activity on page 53 – this will be reviewed at the January session.
Page 56 in the student text and the activity on page 57 – reviewing with your child how the sacrament of Reconciliation and how the priest grants absolution. (also see note at the top of page 55)
Page 59 – saint spotlight and prayer on page 60
Resource pages for Families – student text – pages 81 to 93

HOMEWORK FOR JANUARY

- Student text – page 52 – Jesus loves all people (Zacchaeus) and the activity on page 53 – this will be reviewed at the January session.
- Take your child to Church and bring their book, *Celebrate and Remember Reconciliation*. Go through the Church with them and point out the items on page 81.
- Review pages 81 and 82 about the celebration of the Sacrament of Reconciliation.
- Help your child to memorize the Act of Contrition on page 92.

DISCUSSION QUESTIONS

1. How do you plan to approach the home activities with your child?
2. Do you have any questions about the home activity assignments?
3. Which home activity topics do you anticipate will be easily understood by your child?
4. Which home activity topics do you think may pose a challenge for your child? How will you talk about these topics with your child?
5. Are you clear on the home activity which will be reviewed at the child's next session of sacramental preparation?

EXIT CARD

In what ways did this session help you in your faith and your role as a parent supporting your child's faith journey?

For next time, what would you like to see included in the session to address your questions of faith and help you in your child's faith journey preparing to receive the Sacrament of Reconciliation?

Are there other things we need to know to assist you, your child and family?

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CLOSING PRAYER

† In the Name of the Father,
the Son and the Holy Spirit.

Hail Mary full of Grace,
The Lord is with thee.

Blessed are thou among
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.