



## PRAYERS TO PRACTICE AND PRAY TOGETHER WITH YOUR CHILD

### ACT OF SORROW

O my God, I thank you for loving me.  
I am sorry for all my sins,  
for not loving others and not loving you.  
Help me to live like Jesus and not sin  
again .Amen

### PRAYER FOR FORGIVENESS

O my God, help me to remember the times  
when I didn't live as Jesus asked me to.  
Help me to be sorry and to try again. Amen

### THE CONFITEOR

I confess to almighty God.  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to  
do, through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.  
Amen

At the end of each lesson on your child's book there  
is a prayers you can say with your child.

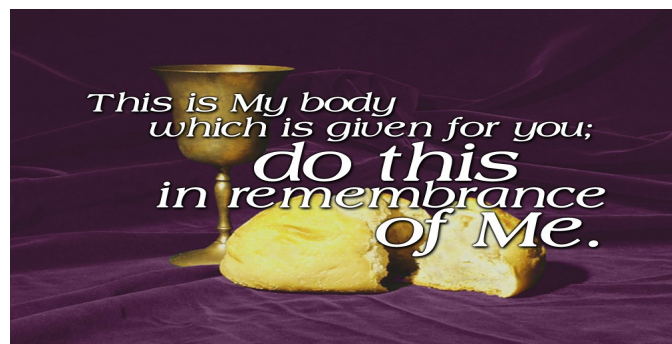
*Family is where prayer is first shared.  
In its experiences of reconciliation and of shared  
meals, it anticipates the sacraments of  
Reconciliation and Eucharist. Family is where the  
seed of faith begins to grow. It is where children  
come into contact with the God in Jesus Christ.*

*From the First Communion Diocesan Policy*

**Consider** taking your child to  
visit the Church outside of  
Mass times. It is often a much  
quieter and more personal  
experience. Perhaps light a  
candle and say a prayer for someone who is  
unwell or who has died, or maybe say a prayer of  
thanksgiving for the gifts that God has given to  
your family!



Don't forget to continue these practices  
after the reception of the sacraments!  
Remember Our Family Mass is 10:30am  
every Sunday. You're welcome to join  
us!

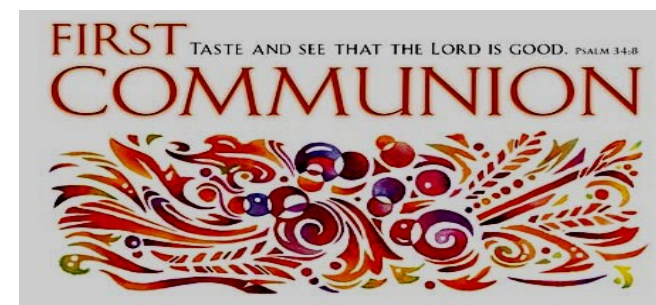


## Lucan South Parish



### Preparing for First Sacrament of Reconciliation

*Some guidelines to help you prepare your  
child for First sacrament of Reconciliation*



## What are the children learning about the Sacrament of Confession or Sacrament of Reconciliation?

The school programme, *Grow in Love*, focuses on the fundamental goodness of us all as God's children. The children learn how, despite their own uniqueness, they need relationships. If they do not make an effort, if they are selfish, bully or generally misbehave they break these relationships. They become disconnected from their own goodness, from the group and from God. To re-establish these relationships they are challenged to see where they have gone wrong or where they could have done better (examination of conscience), they acknowledge it and say sorry. So in a very concrete way they learn what the Sacrament of Reconciliation is about.

## What will happen on the day?

On the day of First Confession, the Sacrament of Reconciliation will take place in the Church. The children will participate in readings and prayers. The child's confession will be heard by a priest in the open but in private. Confession boxes are not used for First Confession. The priest will be sitting on a chair and your child will sit opposite them. The parent or guardian brings the child forward and introduces the child to the priest. They stand back and wait for the child to finish. The child returns to the parent and gives them a hug. The parent if they so wish may receive the Sacrament when the child has finished.

## How can you help prepare your child for and support your child during the Sacrament so they are not nervous?

Go over the prayers they are learning in school with them. Bring them into the Church during the

week and say the prayers with them there. Assure them that you will be close by during the Confession.

## How do I talk about sins to my child?

Use the idea of showing God's love and not showing God's love. Look at their workbook (pgs.28-29). Get them to talk about what is on book? Talk to them about sin using practical examples and ask them to think about times when they did not show love or to think of something they were not proud of doing or indeed think of something they could have done better. This will help them think (i.e. do an examination of conscience), acknowledge it, plan to do better and ask forgiveness. There are some suggestions below to help your child think of some ways they have not shown God's love. You may have ones that are specific to your child and family life and values that you could include. If you feel that your child will be nervous on the day you could write the main points and prayers on a card which they can bring with them to the Priest.

## Suggestions for ways of considering how we have not shown God's love:

*I didn't show love when: I didn't do what I was told,  
I took something that didn't belong to me,  
I used bad language,  
I lied to my parents,  
I fought with my brother/sister,  
I didn't listen very well,  
I didn't play fairly,  
I had a fight with my friend,  
I didn't say my prayers,  
I was mean,  
I didn't share,  
I hit someone,  
I called someone names,  
I could have been better doing this or that....* Children truly understand that they are forgiven when they say sorry. They have no problem accepting the unconditional love of God.

## First Confession – Step by Step (This is an example)

**Parent:** Father, this is my daughter/son N.

**Priest:** N. you're very welcome. (*Parents/guardian steps back*)

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

**Child:** Bless me Father for I have sinned, this is my First Confession.

**Priest:** What ways have you not shown God's love?

**Child:** I didn't show love when.... (*see suggestions above*)

**Priest:** Thank you (*and he will say a few words of encouragement to your child*) and now will you pray your Act of Sorrow?

**Child:** O, My God. Thank you for loving me. I am sorry for all my sins. For not loving others and not loving you. Help me to live like Jesus and not sin again. Amen.

**Priest:** N. God the Father forgives you and I absolve you of all your sins, in the name of the Father and of the Son and of the Holy Spirit.

**Priest:** Congratulations, you have made your First Confession. (*The Priest will shake your child's hand and invite you to give your child a hug and then return to your seat.*)

## Future Confession

As a parish community, trusting in a loving and forgiving God, we invite all families to take part in the sacrament of Reconciliation in church as a further step in preparing for the sacrament of First Communion. Taking part helps to reaffirm the pattern of participation for the child, enables them to see the Sacrament as a community activity and allows the family to avail of this Sacrament as part of their preparation.