



ROMAN CATHOLIC  
**Diocese of Calgary**

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**Parent Session**  
**First Reconciliation**  
**Sacramental Preparation**

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SESSION 1  
*“The Fall, the Resurrection and the Gift”*

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**Hand - Outs**



OPENING PRAYER

*Father in Heaven,  
Open our eyes to see clearly the wonders  
of your teachings.*

*We offer this prayer through our Lord  
Jesus Christ.*

*Amen.*



## FOUR KEY POINTS



1) God loves us very much and is always ready to forgive us.



2) Jesus gives us the Sacrament of Reconciliation to bring us back to God when we sin. It is a gift to unpack and use.



3) Sin is anything that separates us from the love of God. He sent his Son to save us from sin. Do we understand what it means to have contrition for our sins?



4) God forgives sin and promises new life in Jesus. Our sins are forgiven in the Sacrament of Reconciliation.



## DISCUSSION QUESTIONS

- 1) Can you recall and reflect on a time when you needed to forgive someone or when you needed to be forgiven?


- 2) How well do you understand the meaning of the words “contrition” “repentance” and “penance”?




3) In what ways have you seen attitudes, relationships or lives transformed by forgiveness?


4) How does the Sacrament of Reconciliation strengthen us on our faith journey? How might you encourage your children to embrace the Sacrament as a gift of God’s true mercy, grace and loving forgiveness in the face of life’s hardship and difficulties?




## IN THIS SESSION YOUR CHILD WILL:

- Pray the sign of the cross
- Learn the Scripture story about first sin and the need for forgiveness
- Learn that God loves us and is ready to forgive us
- Understand that Jesus gives us the Sacrament of Reconciliation to bring us back to God when we sin
- Apply to their life experience the need to seek and offer forgiveness
- Pray for God's mercy and a change of heart
- Learn the scripture story about the Forgiving Father
- Learn that God sent His Son to save us from sin
- Learn what it means to be sorry for our sins
- Learn that God forgives us and promises new life in Jesus
- Understand that sins can be forgiven in the Sacrament of Reconciliation
- See the Sacrament of Reconciliation as a gift from God that brings us back into right relationships
- Pray for a forgiving heart



## FAMILY LEARNING TIME

*“The family is the First School, Parents are the First Teachers”.*

The Scripture passages and activities are all very important in helping your child understand the concepts in these chapters. Spend time reading God’s Word and sharing this love story with your family. As you support your child along this faith journey, we ask you to:

- Participate in Sunday Mass with your child
- Complete the opening pages of your child’s workbook - “All About Me”
- Review Chapters 1 and 2 with your child
- Complete any “Activity” portion that has not been finished
- Work together on all “With My Family” activities
- Help them understand the following:
  - ✓ The Sacraments give us grace, God’s life in us
  - ✓ Sin hurts our relationship with God and our neighbor
  - ✓ The Sacrament of Reconciliation brings us back to God
  - ✓ God forgives our sins when we are sorry or have contrition
  - ✓ Contrition means being sorry and trying not to sin again
  - ✓ Our sins are forgiven in the Sacrament of Reconciliation



## 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?




CLOSING PRAYER

*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.*

