



ROMAN CATHOLIC
Diocese of Calgary

Parent Session
First Reconciliation
Sacramental Preparation

SESSION 2
*“Sin, Contrition and the Grace of the
Commandments”*

Hand - Outs

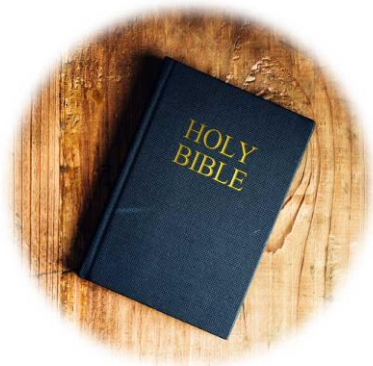


OPENING PRAYER

*Heavenly Father,
Your love for us is everlasting.
You are always ready to forgive.
Help us have forgiving hearts and
seek forgiveness always.
We ask this through our Lord Jesus Christ.
Amen.*



FOUR KEY POINTS



1) Understand that we learn God's rules from the Bible. Jesus came to show us how to follow God's rules and realize that the Sacrament of Reconciliation can help us to do so.



2) Understand the difference between mortal and venial sin.



3) Understand what it means to repent and realize that the Sacrament of Reconciliation is one of conversion.



4) How to make an examination of conscience and learn what we can do to help our conscience grow.



DISCUSSION QUESTIONS

- 1) How do you understand that by keeping God's Commandment of Love you keep all of God's Commandments?

- 2) What are some of the rules you have your home and within your family? Are you family rules modeled after God's rules in any way?



3) How do you understand making and examination of conscience?
How can you help your child understand what “repentance” means?

4) What is the “seal of confession” and why is it important?



IN THIS SESSION YOUR CHILD WILL:

- Pray with Scripture
- Learn the Scripture story about the Ten Commandments
- Learn God's rules from the Bible
- Learn that Jesus came to help us to follow God's rules
- Understand mortal and venial sin
- Learn that the Sacrament of Reconciliation can help us to follow God's rules
- Understand the importance of keeping God's commandments
- Pray for help in following the Word of God
- Pray a prayer about being sorry and returning to God
- Learn the Scripture story about John the Baptist and the Baptism of Jesus
- Understand what it means to repent
- Explain how the Sacrament of Reconciliation is a Sacrament of conversion
- Make an examination of conscience
- Learn ways the Holy Spirit helps us in the Sacrament of Reconciliation
- Pray a prayer of praise and petition to God.



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**
- Review Chapters 3 and 4 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:
 - ✓ God revealed his rules to Moses in the Ten Commandments
 - ✓ The Great Commandment that Jesus taught us is to love God and to love others
 - ✓ We find these Commandments in the Bible, the Word of God
 - ✓ Repentance, like contrition, means that we are truly sorry for our sins and will try not to sin again
 - ✓ Telling our sins to the priest is called confession
 - ✓ An examination of conscience is thinking about our actions and any sins we may have committed.



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

Loving God,

Your Word in the Scriptures reminds us

That you are always with us.

Help us to follow your Word by keeping it in our minds,

On our lips and in our hearts.

We ask this through Jesus Christ, your Son.

Amen.

