



Archdiocese
of Glasgow

RE Department



Preparing Your Child
for the Sacrament of
Reconciliation

How can I support my child to prepare for the Sacrament of Reconciliation?

“How precious is the family as the privileged place for transmitting the faith!”
Pope Francis

As a parent/guardian, you model for your child what the life of faith looks like. The following practices will help you to demonstrate to your child why faith is important to you:

- While churches remain closed, watch Sunday Mass on TV or streamed and help your child learn responses. A list of Live streamed Masses can be found here: [Mass live streams - updated list \(rcag.org.uk\)](http://rcag.org.uk)
- Pray with your child regularly. See the book of prayers for children on our webpage: [Sacramental Preparation at Home \(rercglasgow.org\)](http://rercglasgow.org)
- Encourage your child to examine their conscience. See the attached examination of conscience based on the Our Father or the audio file: [Examen for Children by Pray as you go \(soundcloud.com\)](https://soundcloud.com)
- Read Scripture stories and stories of the lives of the saints with your child.
- Create a prayer space in your home. You may wish to include a crucifix, a cloth with the liturgical colour, a Bible etc.
- Access the resources for the Sacrament of Reconciliation on our webpage: [Sacramental Preparation at Home \(rercglasgow.org\)](http://rercglasgow.org)
- Rehearse the rite of Reconciliation with your child to help them become comfortable with the words and responses.
- Once your child has celebrated First Reconciliation, ensure that you regularly receive the Sacrament as a family.

- Using everyday examples to discuss our choices, temptation, dealing with consequences etc. can help your child to prepare for the Sacrament of Reconciliation.
- Viewing a movie with your children, followed by a short discussion, is a good way to help them explore themes related to Reconciliation: temptation, dealing with consequences, doing the right thing, real love, redemption and repentance. Some suggested films to watch and discuss with your child:
 - **Narnia** based on the story by C.S. Lewis is a classic allegory of redemption
 - **Beauty and the Beast** (Disney or any other version) shows that we have a second chance, a chance to change, especially through the love of another.
 - **The Secret Garden** illustrates the transforming power of love.
 - **Pinocchio** deals with temptation, bad companions, conscience formation and new life.

Simple Examination of Conscience for Children Using the Lord's Prayer

Our Father who art in heaven, hallowed be Thy name.

How often do I think about God?

How often do I say my prayers?

Do I pay attention and participate at Mass?

Thy kingdom come, Thy will be done on earth as it is in heaven.

Am I kind to others?

Do I do what Jesus wants me to do?

Do I share with others?

Am I helpful to my family and neighbors?

Do I show respect to my teachers and classmates?

Give us this day our daily bread.

Do I remember to say thank you?

Am I sometimes greedy?

Do I appreciate the good things I have in my life?

Do I think of ways to help those who have no food, clothes, shelter or money?

Do I take things that don't belong to me?

Forgive us our trespasses as we forgive those who trespass against us.

Do I say I'm sorry when I have been wrong?

Do I forgive and forget when someone does something bad to me?

Do I help solve problems between my friends or do I cause more trouble?

Do I say bad things about people who have hurt me?

Lead us not into temptation, but deliver us from evil.

Do I play fairly in sports and games?

Do I cheat in school?

Do I tell the truth?

Do I let other kids tempt me to do things I know I shouldn't do? Do I tempt others?

Taken from Seven Frequently Asked Questions About Children and the Sacrament of Reconciliation,

written for the Archdiocese of Milwaukee by Kathleen D. Beuscher, 2010

Preparing your Child for Confession

Helping your child to rehearse the rite will enable them to become more comfortable and confident with the order of when things happen and what he/she does. Encourage your child to be relaxed about approaching the sacrament. The priest will support them if they forget the words or the order. There is also a short video 'Going to Confession' on our website [Sacramental Preparation at Home \(nercglasgow.org\)](http://www.nercglasgow.org)

Child: Make the sign of the cross and say,
"Bless me Father for I have sinned. This is my first confession." If this is not the first confession, the child should say, "It has been (amount of time) since my last confession."

Priest: May God, who has enlightened every heart, help you know your sins and trust in his Mercy.

Child: Amen.

Child: I did not show love for God when: (child then names the sins)

After we confess our sins, the priest talks to us. He names some ways we can live a holy life. He gives us a penance. We accept and promise to do the penance. He may give prayers to pray or something to do. Doing the penance is a sign that we want to change our lives and repair any hurt we have caused and try to do better.

Prayer of Sorrow and Absolution

Our prayer of sorrow shows we are truly sorry for our sins and that we will try do better.

Child: 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.

Priest: The priest extends his hands over our head as he prays:
God, the **Father** of mercies,
through the death and resurrection of his Son
has reconciled the world to himself
and sent the Holy Spirit among us for the forgiveness of sins;
through the ministry of the Church may God give you pardon and peace.
and I absolve you from your sin
in the name of the Father and of the Son and of the Holy Spirit.

Child: Amen.

Priest: Your sins are forgiven, go in peace.

Child: Amen.

Leave the confessional. Go into a pew or find a quiet space where you can pray your penance, if the priest assigned prayers as penance. If he assigned something else, take a moment to reflect on your confession and how you will carry out your penance.

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.