



With You Always Sacramental Programme Session three

MY FULL NAME IS...

Come Back to Me

CHOICES/RECONCILIATION

BY THE END OF THIS SESSION YOU WILL:

- have a chance to think about the choices you make
- know a little more about the Sacrament of Reconciliation
- be reminded that God loves and forgives you and wants you to do the same to others.



The Sacrament of Reconciliation is sometimes called Confession or Penance.

GOD SAYS 'COME BACK TO ME'

(from the Book of Hosea, in the Old Testament, chapter 14)

- 1 God calls us to love Him and follow His Son every day.
- 2 God calls us to be sorry when we do wrong, and when we fail to do good things.
- 3 God calls us to ask for forgiveness and to forgive each other.
- 4 God loves to forgive us in the *Sacrament of Reconciliation*.

As Catholics we confess our sins in the *Sacrament of Reconciliation*.

The priest then asks us to do *penance*, a simple act to show we are sorry.

We use the word *Reconciliation* because it reminds us that our friendship with God is made new again.

PRAY TOGETHER

God, who created me to love you,
I praise and worship you.

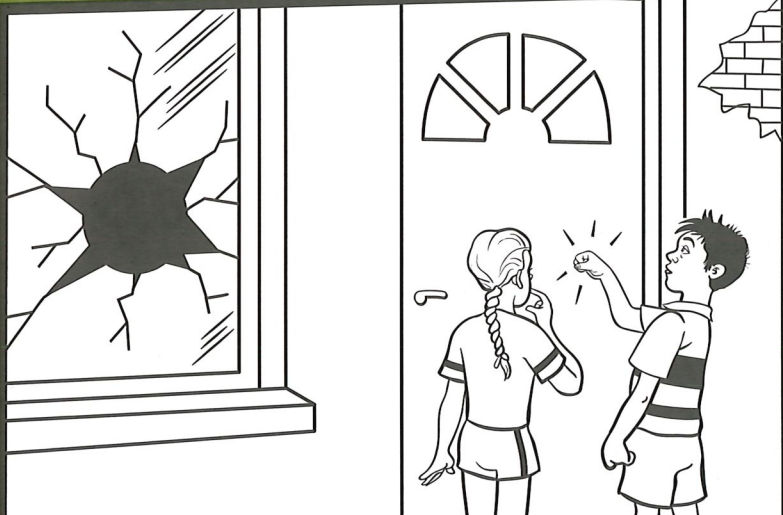
Help me to follow your Son, Jesus
and do what is right and good.

Amen.

Gathering

COME BACK TO ME!

DISCUSS THE CHOICES...



A parent warns a child not to play football near houses. The child chooses to play anyway and kicks a ball. What might happen (consequences)?

A grandparent warns their grandchild not to play by the road. The child chooses to ignore their grandparent. What might the consequences be?

In your family, ask each other:

- 1 How easy do you find it to say sorry?
- 2 How do you feel when someone says sorry to you?
- 3 Have you ever chosen to do something that you knew was wrong? What happened afterwards?
- 4 How important are love and forgiveness in your family?

Try to learn this Prayer of Sorrow by heart. It is a way to say sorry to God. It will help you to prepare to meet Jesus in Confession.



PRAYER OF SORROW

O my God, because you are so good,
I am very sorry that
I have sinned against you and my neighbour.
By the help of your grace,
I will not sin again. Amen.

The *Sacrament of Reconciliation* helps me to follow Jesus every day.

Sharing GOD FORGIVES ME!

When we love someone we want to make them happy. We all make mistakes and get things wrong at times. Sin is more than making a mistake. Sin is knowing our actions will upset or hurt someone else or even hurt ourselves. When we sin, we turn away from God. We need to say sorry and receive His forgiveness.

Jesus had a lot to say about making right choices. He said 'what you do to others you do to me'.
Matthew 25:40

READ TOGETHER PSALM 34:11-14

In the Old Testament, Psalms were special hymns of praise. In this Psalm God reminds us about making right choices:

Come my young friends and listen to me, and I will teach you to honour the Lord.

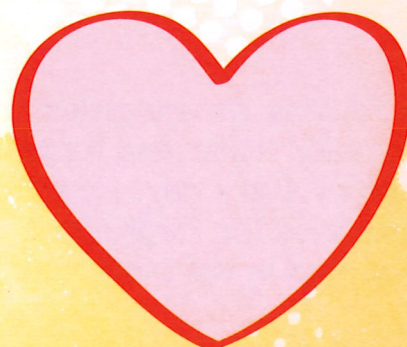
Would you like to enjoy life?

Do you want long life and happiness?

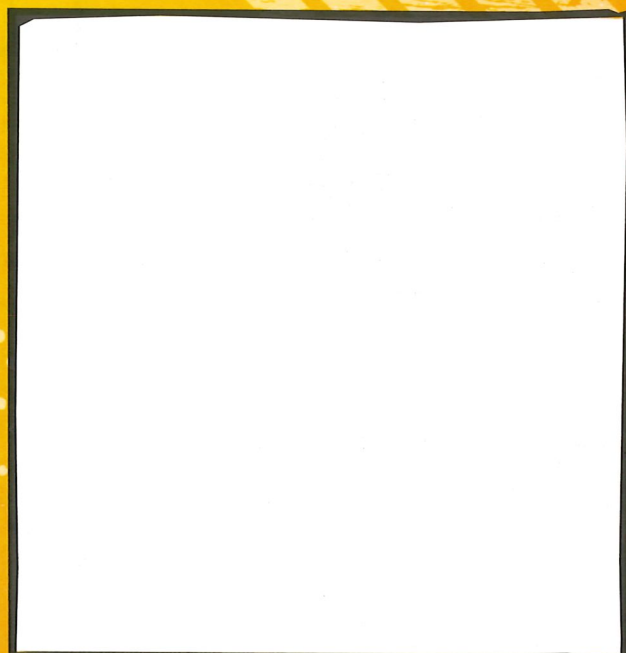
Then hold back from speaking evil and from telling lies.

Turn away from evil and do good; strive for peace with all your heart.

Is there a word that stands out from this psalm? Write it in the heart.



We can choose how we treat others. What is happening in the picture below?
Write or draw another example of a good choice in the blank box below.



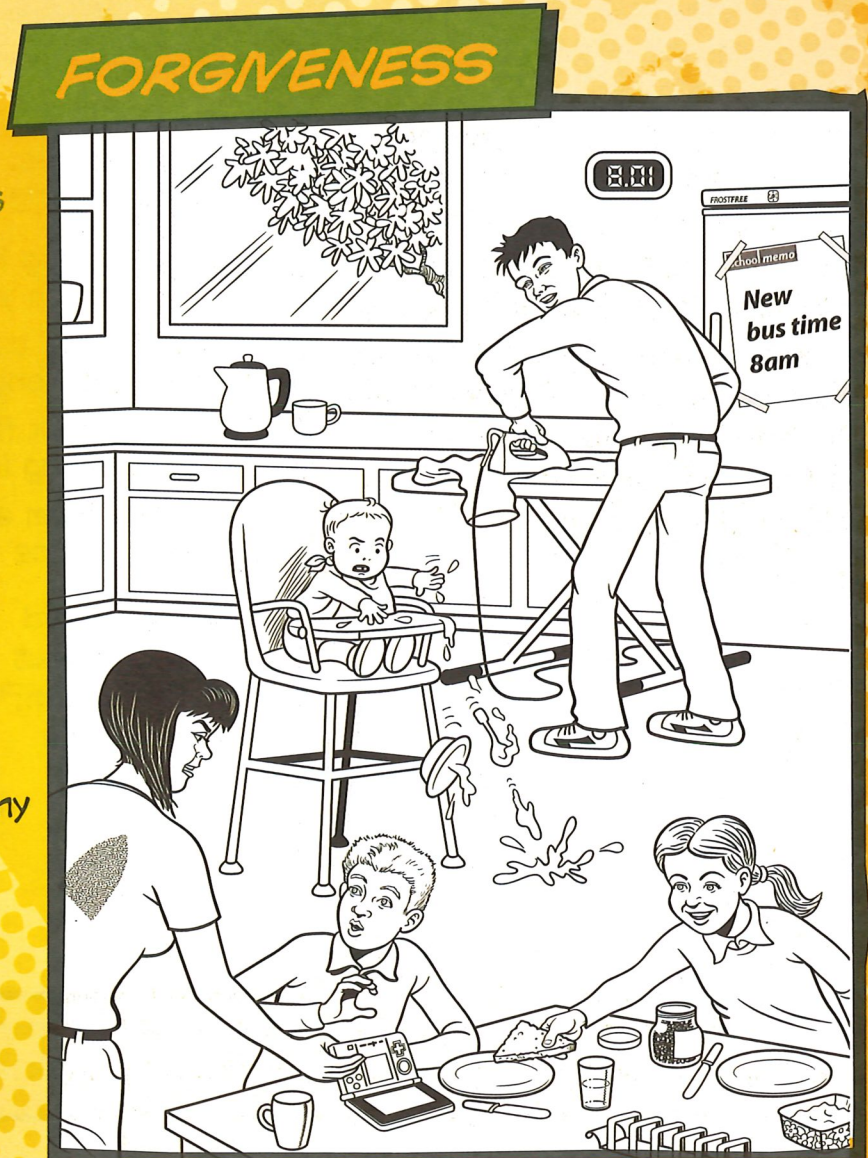
Sharing Scripture

I MUST FORGIVE OTHERS!

Here is something Jesus told his disciples about forgiveness from the Gospel of Matthew:

Then Peter came to Jesus and asked, 'Lord, if my brother keeps sinning against me, how many times do I have to forgive him? Seven times?' Jesus answered, 'I say to you, not seven times but seventy-seven times.' (Matthew 18:21-22)

In our families we are called to love each other and forgive each other every day. How many opportunities for forgiveness can you find in the picture?



What is the biggest number you can think of? Can you imagine forgiving someone that many times?

77

At the time of Jesus, the number 77 was used to show a really massive number.

Sacrament of Reconciliation

OUR CATHOLIC TRADITION

What will happen when you go to the Sacrament of Reconciliation?

- 1 You and your family gather with the parish. Everyone listens to stories from the Bible about God's love and forgiveness. Then, an **examination of conscience** helps you to remember your sins. You are ready for Confession.

PREPARE



MEET WITH THE PRIEST

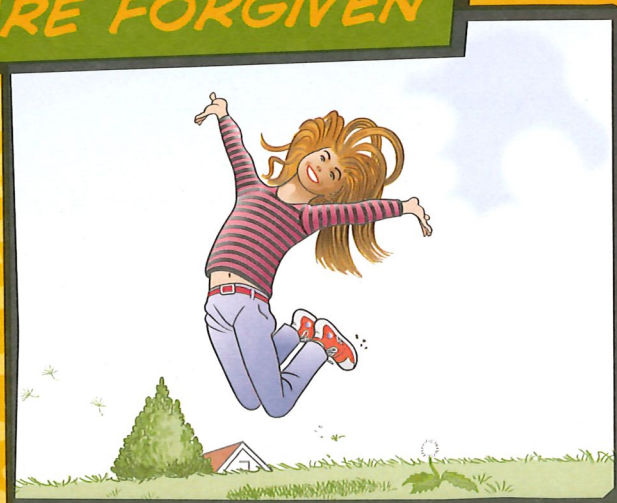


- 2 You meet with the priest (we call him 'Father'). This might be in the Reconciliation Room or elsewhere. Your conversation with the priest is between you, him and God. Nobody else. Father will welcome you and listen to your confession.

Father will give you some words of encouragement, invite you to do a penance for your sins and ask you to try harder to make better choices. A **penance** might be a short prayer or action to show God you are sorry and want to do better in the future.

YOU ARE FORGIVEN

- 3 You will then say the **Prayer of Sorrow** (on page 2). The priest will then bless you with a special **Prayer of Absolution** giving you God's forgiveness. Make time to do your act of penance to show you are sorry.



Responding

MY FIRST RECONCILIATION

WORDSEARCH

Find all these words to do with Reconciliation in the wordsearch and then fill in the blank spaces below.

penance sorry
choices confession
joy
forgiveness
conscience

i	i	i	i	y	p	i	e	i	i	y
i	i	i	o	c	i	i	c	i	i	r
i	i	j	t	h	i	i	n	i	i	r
i	i	i	y	o	i	i	a	i	i	o
f	o	r	g	i	v	e	n	e	s	s
i	i	i	i	c	i	i	e	i	i	i
i	i	i	i	e	i	i	p	i	i	i
i	c	o	n	s	c	i	e	n	c	e
n	o	i	s	s	e	f	n	o	c	t

In the Sacrament of Reconciliation, God forgives us and we are truly s _____. We think about the times when our _____ have hurt others and offended God. This is called an examination of c _____.

The priest listens to our _____ and says the prayer of absolution. Through Confession God gives f _____.

After we have confessed, the priest asks us to do a _____ to show that we will try to do better in the future. Receiving the Sacrament of Reconciliation gives us a fresh start so we feel full of _____.



The dove is a symbol of peace and fresh starts. Do you remember how after the flood Noah sent out a dove to see if he could leave the ark and make a fresh start on dry land? (Genesis 6-9)

We can make a fresh start in the Sacrament of Reconciliation. Find out when Confession is available in your parish. It is usually some time on a Saturday.

Celebrating THE SIGN OF PEACE

Catechist: In the name of the Father,
and of the Son, and of the Holy Spirit.
Amen.

- ① After receiving the Sacrament of Reconciliation we are happy to make a fresh start. We can be peacemakers and live like Jesus taught us.
- ② The Sacrament of Reconciliation is there for us throughout our lives.
- ③ God loves us even when we think we do not deserve it.
- ④ The seasons of Advent (before Christmas) and Lent (before Easter) are times when we are especially encouraged to go to the Sacrament of Reconciliation.
- ⑤ Every time we come to Mass we pray for peace.

READ TOGETHER based on Psalm 46

Come and look at the wonders of God,
the marvellous work God has done on
earth.

'Stop fighting,' God says,
'Be still and know that I am God.'

God is always with me, sheltering me
from harm.

SIGN OF PEACE

The sign of peace is an important reminder that we should share God's peace with others.

At Mass the catechist will say the priest's part and you answer the people's part.

THE PRIEST SAYS:

The peace of the Lord be
with you always.

THE PEOPLE SAY:

And with your spirit.

THE DEACON OR PRIEST
SAYS:

Let us offer each other the
sign of peace.

*(Everyone gives the sign
of peace)*



Taking out PREPARE FOR YOUR FIRST RECONCILIATION

Bless me, Father, for I have sinned.
This is my first Confession.



- Think about what to confess before you see Father
- Father begins with the Sign of the Cross
- Tell Father what you have done wrong and how you are sorry
- Say the Prayer of Sorrow
- Bless yourself when Father absolves you
- You are forgiven!

O my God, because you are so good,
I am very sorry that I have sinned
against you and my neighbour.
By the help of your grace,
I will not sin again. Amen.

Remember that God is always ready to forgive us. We experience this in a special way in the Sacrament of Reconciliation.

God created us to love Him and to follow Him every day.

- 1 Take home a prayer card with Psalm 34 on it and information about your First Reconciliation.
- 2 Practise the Prayer of Sorrow from page 2 together and try to learn it by heart.
- 3 As part of bedtime prayers, think about your choices that day and say the Prayer of Sorrow.
- 4 Review what will happen at your First Reconciliation.
- 5 Practise the sign of peace in your family.
- 6 Think about how you can be a peacemaker in your family, school, and with your friends.

READ THIS REFLECTION BASED ON PSALM 34

Come my children.

Listen to me.

Who loves to be happy
all of the time?

Who enjoys having good
times together?

Well, so does God!

Be careful about what
you say.

Don't say anything to
hurt anyone.

Don't tell a lie.

Keep away from what
is wrong.

Always do what is right
and good.

Be the one to bring peace.

Remember, God cares
for you.

God knows what you want.

God listens.

Nihil Obstat

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