



FIRST RECONCILIATION

At Home Prep Materials

Click lesson title to go to the support video for that lesson.

Scan for key dates, support videos, submissions, etc.

Lesson 1 – [The Origin of Sin](#)

- Read Genesis 3:1-24 and Questions 29-45 (handout pages 2-3).
- Complete “Sad Story of the First Sin” activity.



Lesson 2 – [The Sacrament of Confession](#)

- Read Luke 15:11-32 and Questions 264-274 (handout pages 7-8).
- Complete “Accident, Mistake, or Sin?” activity.

Lesson 3 – [The Steps to Confession Part 1: Examination, Contrition, and Confession](#)

- Read Matthew 9:1-8 and Questions 275-287 (handout pages 11-12).
- Review a “Children’s Examination of Conscience.”
- Complete “Steps to Confession Put-It-In-Order” activity.

Lesson 4 – [The Steps to Confession Part 2: Absolution and Penance](#)

- Read John 20:19-23 and Questions 288-293 (handout page 17).
- Complete “Act of Contrition Put-It-In-Order” activity.
- Role play going to Confession using the provided activity.

Lesson 5 – [Prayers You Should Know](#)

- Read Matthew 6:9-15 and Questions 288, 497-501 (handout page 27).
- Complete Put-It-In-Order Prayers and/or Tracing Prayers.

Lesson 1 – The Origin of Sin

29. Why did God create the world?

God created the world to show his goodness and so that we could enjoy it.

30. Did God create the world in six days?

The days of creation in Genesis 1:3-31 are meant to show that God created in an orderly way with human beings as the highest point of creation. They are not six twenty-four-hour periods.

31. Is there more to creation than just what we can see?

Yes. In the Creed we profess that God is the Creator of “all things visible and invisible.”

32. What are angels?

Angels are spiritual creatures that do not have bodies.

33. Who are the good angels?

Good angels, simply called angels, are God’s messengers to us who help us to do good and avoid evil.

34. Do angels have names?

Yes, but the Bible only mentions three angels by name: Michael (Revelation 12:7), Gabriel (Luke 1:26), and Raphael (Tobit 12:15).

35. Who are the bad angels?

Bad angels, called either devils or demons, disobeyed God and now tempt us to sin.

36. What is a Guardian Angel?

Jesus said that each person is assigned a personal angel (see Matthew 18:10), and the *Angel of God* prayer explains their role in our lives:

Angel of God, my guardian dear,
To whom God’s love entrusts me here,
Ever this day be at my side,
To light and guard, to rule and guide.
Amen.

37. What is man?

Man, both male and female, is a creature made in the image of God with a body and a soul.

38. What is a soul?

A soul is the spiritual part of man that cannot die and is created immediately by God; it does not come from our parents like our body does.

39. What does it mean to be made in the image of God?

The image of God means that human beings are spiritual creatures that can think freely (intellect), desire and act freely (will), and are meant to have God living within them (sanctifying grace). Together, these things make man capable of love.

40. Who were the first man and woman?

The first man and woman were named Adam and Eve (see Genesis 3:20-21).

41. How did sin enter the world?

Sin first entered the world when the Devil tempted Adam and Eve. This *original sin* was passed down to us. The fallen angels continue today to tempt us to disobey God.

42. What are the consequences of sin?

Sin causes us to have a dimmed intellect, a weakened will, and the loss of sanctifying grace. Together these factors mean that sin is attractive to us.

43. Does sin only harm the one who commits it?

Unfortunately, no. Sin also harms other innocent people.

44. How does God respond to sin?

God invites confession (see Genesis 3:11), promises a Savior (see Genesis 3:15), and never stops caring for us (see Genesis 3:21).

45. How did God begin reversing the effects of sin?

God became a human being, Jesus, and died on a cross to take away our sin. He rose from the dead so that we could have eternal life. He instituted the sacraments, especially Baptism and Confession, to take away our sin and increase sanctifying grace in our souls.

The Sad Story of the First Sin

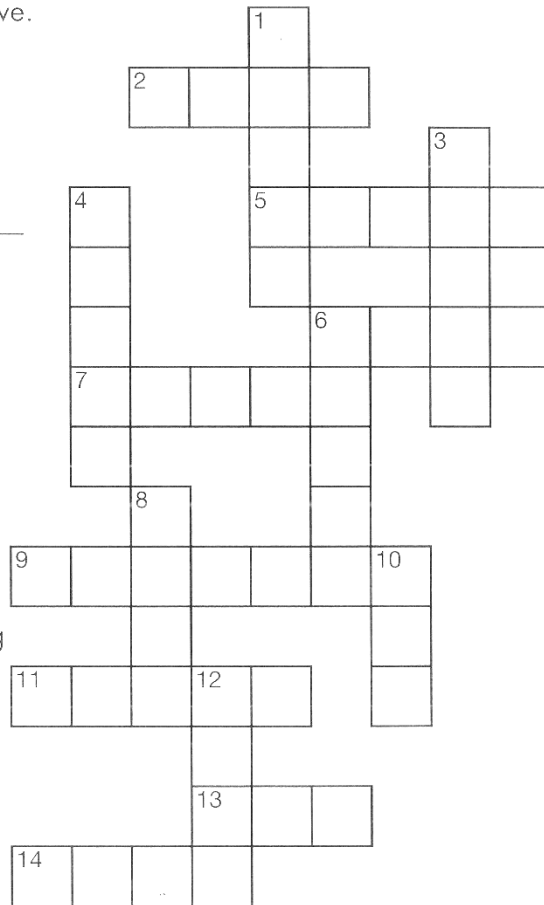
Put the missing word in each sentence in the crossword puzzle.

Across

2. Eve thought that the fruit would make her as wise as the _____ God.
5. A flaming _____ kept people from the tree of life.
6. Because our first parents sinned, they would die and become _____ again.
7. Adam blamed the _____ for his disobedience.
9. God made _____ for Adam and Eve.
11. After disobeying God, Adam and Eve realized they were _____.
13. _____ is the mother of all human beings.
14. The woman's punishment was _____ in giving birth.

Down

1. God said that the offspring of the woman would _____ the snake's head.
3. Adam and Eve were not to eat the _____ from a certain tree.
4. God punished the snake by making it _____.
6. Eve blamed the _____ for tempting her to eat what God had forbidden.
8. The man's punishment was to _____ hard to produce food.
10. The disobedience of Adam and Eve was the first _____.
12. Adam and Eve had to leave the Garden of _____.



Seek and Find: Look at pages 26 and 27 of your Bible. How many fruits are in the tree at the top of the story pages and in the box on the first page?

Level 2 Activity: **Adam and Eve Disobey God** (*The Catholic Children's Bible*, pages 26–27)
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The Sad Story of the First Sin – Answer Key

Across: 2. Lord, 5. Sword, 6. Soil, 7. Woman, 9. Clothes, 11. Naked, 13. Eve, 14. Pain

Down: 1. Crush, 3. Fruit, 4. Crawl, 6. Snake, 8. Work, 10. Sin, 12. Eden

Lesson 2 – The Sacrament of Confession

264. What is Reconciliation (also called Confession or Penance)?

It is the sacrament in which we confess our sins to Jesus' priest and the priest absolves us of our sins in Jesus' name.

265. Why is there a sacrament of Reconciliation after Baptism?

Baptism frees us from sins but not from the attraction to sin, called concupiscence. We often give in to temptation and commit sin after Baptism, and so Jesus gave us this sacrament to take away those sins too.

266. What is sin?

Sin is a thought, word, or action that breaks God's commands. It can be something wrong you have done (sins of commission) or something good that you should have done but did not do (sins of omission). It can be against God, someone else, or even against yourself.

267. Is sin the same thing as a mistake or an accident?

No. For something to be a sin, you must freely choose it. We confess sins but not mistakes or accidents.

268. Is it a sin if I feel like doing something wrong?

No, being tempted to sin is not a sin. Giving in to the temptation and acting on it is.

269. What does sin do?

Sin separates us from God and from each other, and it leads to more sin. Small sins (venial sins) wear us down and lead to serious sins (mortal sins). Any sin can cause scandal, when we give others the impression that sin is ok.

270. Why do we have to confess our sins to a priest?

On the evening of the first Easter, Jesus gave his Apostles and their successors (today's Bishops and priests) the ability to forgive sins: "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained" (John 20:22-23). For them to forgive sins in Jesus' name, they have to be told which sins to forgive.

271. Is confession to a priest something new that Jesus started?

Confession to a priest is a practice from the time of Moses about a thousand years before Jesus' ministry (see Leviticus 5:5).

272. Why does this sacrament have so many names?

The different names express different aspects of the sacrament. Confession refers to the penitent confessing his or her sins. Penance refers to the prayers or good deeds that the priest will assign

to the penitent to complete as a sign that he or she is sorry. Reconciliation refers to the fact that the repentant sinner is reconciled to God and to the Church.

273. What else does Confession do for me?

It also gives you an interior peace, and it strengthens you to avoid sin in the future.

274. What does the penitent do in Confession?

There are four steps: make an examination of conscience, be sorry for your sins (known as contrition), confess them to a priest, and perform the penance given by the priest (known as satisfaction).

Accident, Mistake, or Sin?

When something happens and we didn't mean it to, that is called an accident.

When we do something that we know God told us not to do, that is called a sin.

When we make a wrong choice or give a wrong answer because we didn't know the right choice or answer, that is called a mistake.

It is important to know the difference between an accident, a mistake, and a sin. Read each of these sentences and decide which answer is correct.

(Check One)

1. Jason was careless and spilled a glass of milk at the breakfast table.

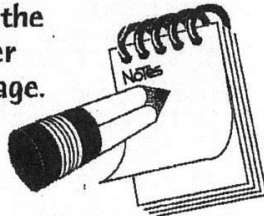
Accident ____ Mistake ____ Sin ____

2. Latisha told her mother she had fed the dog, but she had not.



Accident ____ Mistake ____ Sin ____

3. Su Linn wrote down the wrong phone number while taking a message.



Accident ____ Mistake ____ Sin ____

4. Manuel took money from his dad's wallet without asking him.

Accident ____ Mistake ____ Sin ____

5. Samuel kicked his soccer ball too hard and it broke his neighbor's window.



Accident ____ Mistake ____ Sin ____

Lesson 3 – The Steps to Confession Part 1: Examination, Contrition, and Confession

275. What is an examination of conscience?

It is a sincere effort to remember your sins since your last Confession. You should always ask the Holy Spirit to help you know your sins and to confess them well.

276. Are there any tools to help me examine my conscience?

There are many, including the Ten Commandments (see questions 405-447), the Precepts of the Church (see questions 448-462), the Seven Capital Sins (see question 396), or a list of virtues (see question 398).

277. What is contrition?

Contrition is sorrow for sins and the intention not to commit them again. Contrition is called perfect when it comes purely from love for God. Contrition is called imperfect when it comes from a fear of punishment, either in this life or in hell. Either type of contrition is sufficient.

278. How do I begin Confession?

When you enter the confessional, Make the Sign of the Cross. The priest may then greet you or say a short prayer. Then say, “Bless me Father, for I have sinned. It has been [how long?] since my last Confession. My sins are...”

279. What sins should I confess?

All serious sins (mortal sins) that you have not previously confessed must be confessed. You also need to tell the priest about how many times you committed them.

280. What is a mortal sin?

A mortal sin is a serious action that you know is seriously wrong and freely choose to do anyway. It destroys God’s life within us. Sacramental Confession is the normal way to be absolved of a mortal sin.

281. What about less serious sins?

“All wrongdoing is sin, but there is sin which is not mortal” (1 John 5:17). These sins are called venial sins, and it is good to confess them as well if you can remember them.

282. What if I forget a sin?

Any sin that you honestly forget about is also absolved in Confession. But if you forget a mortal sin and remember it later, you should also confess it during your next Confession.

283. What if I don’t confess a sin on purpose?

The priest cannot forgive what you hide from him, and so any sins not confessed on purpose are also not forgiven.

284. Can the priest tell anyone my sins?

Absolutely not. The seal of the confessional is a very serious obligation, and the priest may not act on anything he has heard in Confession.

285. What if I overhear someone else's Confession?

You also would be bound by the seal of the confessional. It would be a very grave sin to tell anyone what you overheard or to act on it.

286. What do I do when I am done listing my sins?

You can end your list of sins by saying, "For these and all my sins I am truly sorry."

287. What happens after I list my sins?

The priest will give you some encouragement and a penance to complete later. He will also invite you to pray an Act of Contrition before he grants you absolution.

Children's Examination of Conscience

- Do I pray every day and thank God for all my blessings - or have I often forgotten?
- Do I attend Mass every Sunday (or Saturday evening) and pay attention - or have I tried to get out of Mass, behaved disrespectfully, or failed to participate?
- Do I speak the names of God and Jesus only with reverence - or have I used these names disrespectfully or in anger?
- Do I take care of my health--or have I been eating or drinking the wrong things, avoiding exercise, sleeping too little, or breaking safety rules?
- Do I deal with my anger in good ways - or have I hurt others with angry words or actions?
- Do I respect the property of others - or have I stolen or damaged things that do not belong to me?
- Am I truthful with myself and others--or have I lied or denied the truth?
- Do I speak kindly about other people--or have I gossiped, called names, or made fun of others?
- Do I complete my schoolwork or games honestly--or do I sometimes copy or cheat?
- Do I speak respectfully to my parents and obey their rules about staying away from TV, movies, music, video games, clothing or websites that are not good for me - or do I sneak and disobey?

Steps to Confession Put-it-in-Order

This activity will help your child understand the order of the steps to Confession. Cut the following page of phrases into strips and work with your child to put them in the correct order, which is:

Examine your conscience to recall your sins.

Say, “Bless me Father for I have sinned...”

Tell Father how long it has been since your last confession.

Tell Father all your sins that you can remember.

Listen to Father’s advice and the penance he gives.

Pray an Act of Contrition.

Listen to Father say the words of absolution.

Do your penance.

Examine your conscience to recall your sins.

Say, “Bless me Father for I have sinned...”

Tell Father how long it has been since your last confession.

Tell Father all your sins that you can remember.

Listen to Father’s advice and the penance he gives.

Pray an Act of Contrition.

Listen to Father say the words of absolution.

Do your penance.

Lesson 4 – The Steps to Confession Part 2: Absolution and Penance

288. What are the words to the Act of Contrition?

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

289. What is absolution?

Absolution is the prayer in which Jesus, through the priest, declares your sins forgiven.

290. What are the words of the prayer of absolution?

God, the Father of Mercies,
through the death and resurrection of his Son,
has reconciled the world to himself
and poured out the Holy Spirit among us
for the forgiveness of sins;
Through the ministry of the Church
may God grant you pardon and peace,
and I absolve you from your sins
In the name of the Father, and of the Son,
and of the Holy Spirit, Amen

291. What should I do after leaving the confessional?

You should complete your penance as soon as possible. If your penance is a prayer, kneel down in the church and pray it right then.

292. What if I forget how to go to Confession?

Simply ask the priest to help you.

293. How often should I go to Confession?

The Church requires it at least once a year to be a practicing Catholic in good standing. It is good to go to Confession every month if you can and as often as needed.

Act of Contrition Put-it-in-Order

This exercise will help your child memorize the Act of Contrition. While they will not need to have it memorized for their First Reconciliation, they will want to know it for future Confessions. The Church recommends a minimum of going to Confession once per year.

The correct order of the prayer is:

My God,

I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you

whom I should love above all things.

I firmly intend, with your help,

to do penance, to sin no more,

and to avoid whatever leads me to sin.

Our Savior Jesus Christ

suffered and died for us.

In His Name, my God, have mercy. Amen.

My God,

**I am sorry for my sins with all my
heart.**

**In choosing to do wrong and
failing to do good,**

I have sinned against you

**whom I should love above all
things.**

**I firmly intend, with your help,
to do penance, to sin no more,**

**and to avoid whatever leads me to
sin.**

**Our Savior Jesus Christ
suffered and died for us.**

**In His Name, my God, have mercy.
Amen.**

Role-Playing Confession

This activity will help your child to feel comfortable with how it feels to go to Confession. As a parent, you can play the priest first, and then switch roles. We provide made-up kids' sins so that no one feels pressured to confess actual sins outside of Confession. You may want to cut out the made-up sins and put them in an envelope before you begin.

1. Parent and child make the sign of the cross.
2. Child says, "Bless me Father for I have sinned, this is my first confession."
3. The child confesses a few made-up sins from the ones provided below.
4. The parent-priest gives a prayer as a pretend penance by saying, "Pray the Our Father / Hail Mary / Glory Be."
5. The child reads the Act of Contrition.
6. The parent-priest reads the Prayer of Absolution.
7. Both make the sign of the cross.
8. After they have completed this, you can switch roles and do it again.

Role-Playing Confession Script

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

Penitent: Bless me Father for I have sinned, this is my first confession.

[Read some made-up sins from the suggestions below.]

Priest: God forgives you. Say one Our Father / Hail Mary / Glory Be. Now pray your Act of Contrition.

Penitent: My God,
I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In His Name, my God, have mercy.

Priest: 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 sins in the name of the Father, and of the Son, and of the Holy Spirit.

Penitent: [Making the Sign of the Cross] Amen.

Made Up Sins for Role Playing Confession

I didn't say any prayers this week.	I used Jesus Christ's name when I was angry.	I told my parents I didn't want to go to church this weekend.
I talked back to my parents.	I stole a classmate's pencil.	I talked bad about a friend behind their back.
I hit my brother.	I was mean to a friend because they wouldn't let me play with their new game.	I was goofing around during Mass last weekend.
I laughed at another kid in school and it made them cry.	I borrowed a book from the library but didn't take care of it very well.	I was jealous of a friend who got to do something I wanted to do.
When I got a gift from my parents, I didn't share it with my friends or brothers and sisters.	I haven't been good in school.	I made fun of another kid in my school.

Lesson 5 – Prayers You Should Know

288. What are the words to the Act of Contrition?

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

497. What is the Our Father or the Lord's Prayer?

The Our Father or the Lord's Prayer is the prayer that Jesus taught his disciples in Matthew 6:9-13 and in Luke 11:2-4:

Our Father, who art in heaven, Hallowed be Thy Name. Thy Kingdom come. Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

498. What did Jesus teach us to pray for in the first three petitions of the Our Father?

Jesus taught us to pray by acknowledging that God is our Father in heaven. Then he told us to pray that God's name be holy or revered by everyone, that God's kingdom would come to earth, and that his will would be done immediately.

499. What did Jesus teach us to pray for in the last four petitions of the Our Father?

Jesus taught us to pray for our most basic needs: for bread for today (physical bread and the Eucharist), for forgiveness in the way that we forgive others, for protection from temptation, and for protection from the evil one.

500. What is the Hail Mary prayer?

The Hail Mary is a prayer that combines Gabriel's greeting to Mary in Luke 1:28 with Elizabeth's greeting to Mary in Luke 1:42 and a prayer asking for Mary to pray for us:

Hail Mary, Full of Grace, the Lord is with thee. (Luke 1:28)

Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. (Luke 1:42)
Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

501. What is the Glory Be prayer?

The Glory Be is a short prayer of praise to the Holy Trinity. It is modeled on several prayers found in the New Testament:

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.

Common Prayers Put-it-in-Order

This exercise will help your child memorize the prayers they will most likely receive as a penance. The correct order of the prayer is:

Our Father, who art in heaven,
hallowed be Thy name
Thy Kingdom come
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses
As we forgive those who trespass against us
And lead us not into temptation
But deliver us from evil. Amen.

Hail Mary Full of grace
The Lord is with thee
Blessed art thou amongst women
And blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners
Now and at the hour of our death. Amen.

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.

**Our Father, who art in
heaven,**

hallowed be Thy name

Thy Kingdom come

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

**Give us this day our daily
bread,**

**And forgive us our
trespasses**

**As we forgive those who
trespass against us**

**And lead us not into
temptation**

**But deliver us from evil.
Amen.**

Hail Mary Full of grace

The Lord is with thee

Blessed art thou amongst women

**And blessed is the fruit of they womb,
Jesus.**

Holy Mary, Mother od God,

Pray for us sinners

**Now and at the hour of our death.
Amen.**

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

TRACE and PRAY
Our Father
Part 1

NAME: _____

DATE: _____

Our Father who art in
heaven, hallowed be
Thy name. Thy kingdom
come, Thy will be done
on earth as it is in
heaven.

Share your work & tag us @WEEBELIEVERS    

For more fun & free resources visit www.WeBelievers.com and click on **Printables**.



TRACE and PRAY
Our Father
Part 2

NAME: _____

DATE: _____

Give us this day our
daily bread, and forgive
us our trespasses, as
we forgive those who
trespass against us.
And lead us not into
temptation, but deliver
us from evil. Amen.

Share your work & tag us @WEEBELIEVERS    

For more fun & free resources visit www.WeBelievers.com and click on **Printables**.



TRACE and PRAY
Hail Mary
Part 1

NAME: _____

DATE: _____

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among
women, and blessed is
the fruit of thy womb,
Jesus.

Share your work & tag us @WEEBELIEVERS    

For more fun & free resources visit www.WeBelievers.com and click on **Printables**.



TRACE and PRAY
Hail Mary
Part 2

NAME: _____

DATE: _____

Holy Mary, Mother of
God, pray for us
sinners now and at the
hour of our death.
Amen.

Share your work & tag us @WEEBELIEVERS    

For more fun & free resources visit www.WeBelievers.com and click on **Printables**.



TRACE and PRAY
Glory Be

NAME: _____

DATE: _____

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.

Share your work & tag us @WEEBELIEVERS    

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