



St. Cecilia – Faith Formation

2025 - 2026

First Penance

Sacrament Preparation Goals

- Preparing 2nd grade students to receive the sacrament of reconciliation for the first time is not an easy or simple task. There is no perfect model or program for preparation. Each child and each class are unique and deserves special attention and consideration.
- The sacrament of penance is also called 'confession' or 'reconciliation'. All terms are correct and just emphasize a different aspect of the same sacrament.
- Below are some items that ideally all of the students should understand and believe before they approach the sacrament of reconciliation for the first time.

Key Concepts

- Sin
 - Sin is when we turn away God, and break His law of love.
 - Because of original sin, all people sin and struggle with sin
 - Only God can save us from our sins. Jesus is the Son of God, who became man to save us from our sins
 - A sin is different from a mistake or an accident. Sin is a choice
 - Difference between mortal sin and venial sin
 - The Ten Commandments, the Bible, and the Church, all help us to understand God's law.
- Forgiveness / Mercy
 - Through the life, death, and resurrection of Jesus we can be freed from sin
 - Jesus left us the Church and the sacraments so we might remain united with Him.
 - There are 7 sacraments, and reconciliation is a sacrament of healing
 - Sacraments are an outward sign instituted by Christ to give us grace.
 - In the sacrament of reconciliation, the priest forgives us for our sins in the name of Jesus.
 - The sacrament heals us and reunites us more closely with God

Prayers and Liturgy

- Our Father, Hail Mary, and the Glory Be
- Act of Contrition
- Students should know the formula for the sacrament
 - Before - Examination of Conscience
 - During - Bless me father, I have sinned. It has been _____ since my last confession
 - Confession of all sins
 - Priest: counsel and penance
 - Act of contrition
 - Absolution
 - After – perform prescribed penance
- Students should know that they can go to confession 'face to face' or 'anonymously'



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First Holy Communion

Sacrament Preparation Goals

- There is no perfect model or program for preparation. Each child and each class is unique and deserves special attention and consideration.
- The sacrament is sometimes called, the Eucharist, Communion, the Bread of Life, the Body and Blood of Jesus, etc. All terms are correct and just emphasize a different aspect of the same sacrament.
- Below are some items that ideally all of the students should understand and believe before they receive their Holy Communion for the first time.

Key Concepts

- Sacrament
 - A sacrament is an outward sign, instituted by Christ, to give us grace
 - There are 7 sacraments.
 - There are 3 sacraments of initiation; Baptism, Eucharist, and Confirmation
 - The Holy Mass is where we encounter and receive Jesus in the Eucharist
 - The Mass is the highest form of prayer and the most important form of prayer and worship
- Eucharist
 - The Eucharist is the real presence of Jesus Christ; Body, Blood, Soul, and Divinity
 - The Eucharist is kept in the tabernacle in the Church. We should genuflect every time we pass by the tabernacle.
 - As Catholics we are invited and obliged to go to Mass every Sunday and on Holy Days
 - Jesus in the Eucharist should always be received:
 - while in the state of grace (regular confession is helpful)
 - with reverence and respect
 - with gratitude and prayerful hearts
 - When we receive Jesus in the Eucharist, we receive the love of God and the grace to live as God wants us to live.

Prayers and Liturgy

- Mass
 - Parts of the Mass
 - Liturgy of the Word (bible readings)
 - Liturgy of the Eucharist
 - Responses in the Mass
 - “and with your spirit” etc
 - Posture and proper behavior in the Mass
 - Stand, sit, and kneeling upright
 - No food, drinks, or fooling around
 - Listening, responding, praying, and singing accordingly
 - Reception of Holy Communion
 - Small bow before approaching the priest
 - Responding clearly ‘Amen’ to the priest when the ‘Body of Christ’ is presented
 - Open hands or mouth easily accessible for the priest to give Holy Communion
 - Consume the Eucharist immediately and with mouth closed