

FOCUS #5: I Say Sorry to Jesus During Reconciliation

When bad things happen, Jesus is there to help us always. We can say sorry to Jesus and he will forgive us! We can put our trust in Jesus!

Reconciliation is a gift from Jesus to allow us to be reconciled with God.

Watch

- Watch “How Do I Go to Confession?”
- <https://www.youtube.com/watch?v=Ib8pzvnnL20>

To Do

- Practice going to reconciliation by doing a role play with your child on the next page.

FOCUS #5: Let's Practice

Set up two chairs face-to-face as in a real confession. Mom or Dad can act as the priest.

Step 1

- The priest welcomes and greets me. We say the Sign of the Cross together.

Step 2

- I say "Bless me, Father, for I have sinned. This is my first confession."

Step 3

- I confess or tell my sins to the priest.

Step 4

- I listen to the priest as he gives me a penance which is a small act or prayer to make up for what I have done so I can show that I am truly sorry.

Step 5

- The priest prays the words of absolution or forgiveness in the name of Jesus by laying his hands over my head. I answer, "Amen."

Step 6

- The priest asks me to pray out loud an Act of Contrition to tell God I am sorry.
(You may bring your prayer card with you.)

Step 7

- I say goodbye to the priest and go do my penance.