

Enhance your family prayer with
FAMILY ROSARY

5 Ways to Prepare Your Child for First Reconciliation

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

Reconciliation can be a bit intimidating. Whether it's your first, second or three hundredth seventy-second time, bowing your head asking for mercy and forgiveness, is not always easy. But like most everything we experience, the more we do it the more comfortable we are.

Ease your children into understanding the importance of this beautiful sacrament and help them prepare for their first reconciliation with these helpful exercises.

A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of **family prayer**. Now it can be part of your family's tradition so you can fulfill the vision that "The Family That Prays Together Stays Together," the message created by Father Patrick Peyton, C.S.C., so many years ago.



THE SACRAMENT OF RECONCILIATION ALLOWS US
TO DRAW NEAR TO THE FATHER WITH TRUST TO
HAVE THE CERTAINTY OF HIS FORGIVENESS.

POPE FRANCIS

5 WAYS TO PREPARE YOUR CHILD FOR FIRST RECONCILIATION

It's the time of year when many young children are preparing to soon receive their first Sacrament of Reconciliation. This is a beautiful Sacrament, instituted by Christ as a way to offer us His Mercy and Grace. It is a very special time for our children and as parents, it's our primary responsibility to help prepare them for this soul-redeeming Sacrament. Here are five simple ways you can help your child prepare for their first reconciliation.

1. TALK ABOUT THE SACRAMENT OF RECONCILIATION TOGETHER

Before your child receives the Sacrament of Reconciliation, it's important they understand what it is and why we do it. Spend time talking with your child about this great healing Sacrament.

Read together with your child about when Jesus instituted the Sacrament and gave his apostles the authority to forgive sins in His Name in the Gospel of John 20: 19 – 23. The Healing of a Paralytic in the Gospel of Mark, chapter 2: 1 – 12, is also a good example of Jesus's authority to forgive sins and an example of faith and trust in His healing power.

Explain to your children that going to Confession is not about getting into trouble; it's about asking God for forgiveness and receiving God's Grace to do better. Listen to your child's questions and encourage them to learn more by asking more questions.

2. EXAMINATION OF CONSCIENCE

Teach your child how to pray an Examination of Conscience each night before bed, or as often as time allows. Some families do this together as a family before bed, silently reflecting on their days while mom or dad read the Examination out loud.

There are many great examinations around. Try and find one that your child will understand. This [Examination of Conscience for Children Using the Lord's Prayer](#) is very simple yet prods children to think more about their actions.

3. PRACTICE

Practice, practice, practice! Like with any sport, musical instrument, or other skill – continuous practice is essential. The same is true for preparation for all the Sacraments. The National Catholic Register has a nice and easy [Confession Guide for Children](#) that goes through a simple Examination of Conscience followed by the steps involved in a confession.

As your child's first reconciliation approaches, take time to role play with them what they will do in their real confessions. Except, you can tell them they don't have to really tell you their sins – unless of course they really want to. Maybe you'll finally find out who really took that item you've been searching everywhere for.

4. GO TO CONFESSION AS A FAMILY

Aside from practicing how to go to confession with your child, practice actually going to confession as a family. As parents, we are the first educators for our children when it comes to our Faith. However, the best way to really teach our children about the Faith is to practice it by living it out in our every day life. Showing your child that you can take the time to go to confession makes a deeper and longer-lasting impression than all the hours you might spend talking or reading about it with them.

Maybe even make it a family tradition, say on the first Saturday of each month or another day that works for your family. If you cannot make it during the time of regularly scheduled confessions in your parish, try a different parish nearby or ask your pastor if you can schedule a regular family confession time. Add a little fun incentive and go out for ice cream or grab some pizza afterwards and make it a family date night.

5. PRAY TOGETHER

Aside from all the talking, reading, and practicing, the most essential step in preparing your child – and yourself – for the Sacrament of Reconciliation is prayer. Through prayer, we join in an intimate conversation with God. We ask Him to open our hearts to Him, show Him our weaknesses, and ask for His infinitely merciful forgiveness. Pray with and for your child, asking God to prepare him or her for this great Sacrament.

Together, you can pray the Act of Contrition with your child and also the Prayer to Your Guardian Angel to help them make good choices and be ready to receive God's mercy.

How are you preparing your child for their First Reconciliation? Do you have any other resources or books you'd recommend?

GOING DEEPER

Need a fun way to explain the importance of Reconciliation to your older kids (and get a little refresher yourself)? Has anyone ever asked you why Catholics believe you have to confess to a priest? [Catholic Central](#)'s episode on Reconciliation explains the powerful but often misunderstood sacrament that enables us to mend our relationship with God and heal.

CONTINUE THE JOURNEY

We're excited to start this Lenten journey with you. Join us in prayer every day on our social platforms, blog and resources page. We hope to fill your homes with rich faith nourishment for your entire family!



ERIKA MARIE

Erika Marie is a simple Catholic, Wife, and Mama. She relishes snuggles and free time with her family and enjoys reading, writing, blogging, and has a slightly obsessive addiction to creating Canva graphics. Enjoy more reflections by Erika at her personal [simplemama](#) blog.

BRINGING FAMILIES TOGETHER IN PRAYER

To learn about the changing seasons in the Church, watch Catholic Central's episode on [The Liturgical Year](#).

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "*The Family That Prays Together Stays Together.*"

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